


The Camperdown Program



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Underlying Process/Rationale

- ❑ Adult treatment program
- ❑ Use Prolonged Speech (PS) aspects
 - Reduced speech rate
 - Continuous or extended vocalizations
 - Prolonged words or sounds
 - Soft articulatory contacts
 - Gentle onset of speech and/or voice
 - Breath stream management
- ❑ Overall goal is to reduce stuttering using any strategy of PS that best suits them while also sounding as natural as possible
- ❑ A fluency shaping approach

Four Stages

1. Individual Teaching Sessions
2. Group Practice Session
3. Individual Problem Solving Sessions
4. Performance Contingent Maintenance Stage

Individual Teaching Sessions

- Done one-on-one, for 3-5 sessions
- The client learns how to produce PS by watching a video with exaggerated samples
- Client evaluates his/her severity
- Client listens to speech samples and rates them

Individual Teaching Sessions

Continued

- ❑ The clinician gives feedback without reference to specific targets
- ❑ The client moves to stage 2 when their rating is at 2 or less and can produce stutter free speech for 3 minutes
- ❑ 1-9 scale for severity and naturalness
- ❑ 1=no stuttering/highly natural
- ❑ 9= severe stuttering/ highly unnatural

Group Practice Session

- ❑ 1 session (8 hours) with a series of 14 cycles involving 3 phases:
 - Practicing unnatural speech pattern as in video
 - Speaking in monologue using PS pattern. Aim to achieve naturalness of 1-3 and severity of 1-2 over several sessions
 - Evaluating speech produced in the previous phase for stuttering and naturalness
- ❑ Usually 3 clients and 3 clinicians
- ❑ Learn to gain control naturally

Individual Problem Solving Sessions

- ❑ One hour weekly, following the group practice day
- ❑ Develop strategies to generalize stutter free speech
 - ❑ Individualized practice
 - ❑ Analyzing situations in which control of stuttering is difficult
- ❑ Client moves to stage 4 when:
 - ❑ One 10 minute within-clinic conversation with severity of 1-2 and naturalness rating of 1-3
 - ❑ Three 10 minute beyond-clinic recorded conversations with severity of 1-2 and naturalness rating of 1-3
 - ❑ Must reach criteria for 3 consecutive weeks in the beyond-clinic recordings

Performance-Contingent Maintenance Stage

- Steps scheduled at interval of:
 - 2 weeks, 2 weeks, 4 weeks, 4 weeks, 8 weeks, 12 weeks, and 24 weeks
- Failure to meet criteria in any step requires that step to be repeated

Research Data: 12 months post treatment

- ❑ Overall, speech outcome data was favorable
- ❑ Stuttering severity was low- speakers spoke with minimal stuttering
- ❑ Speech naturalness rates averaged 4.5 with a range of 1.3-7.3
- ❑ Speech rates were within normal range
- ❑ Some sign of relapse in 3 of the 16 participants within 6-12 months post treatment

Strengths & Weaknesses

□ Strengths:

- Individualized
- Incorporates self-evaluation techniques
- Responsibility for managing and controlling stuttering is transferred to the client
- Clinical hours reduced: real-world experiences increases generalization
- Non-programmed and instrument free

□ Weaknesses:

- Client accountability: client is responsible for therapy
- Perceived naturalness is low between speakers and listeners

Would We Recommend it?

□ Yes

- It is highly individualized
- Provides the client unlimited opportunities to practice – this promotes generalization
- Promotes self-evaluation and self-awareness – minimizes clinician's criticisms
- Materials are provided for client reference (video and Manual)

□ However:

- Some speakers and listeners report that this method results in noticeably unnatural speech. It is one of many options available to a client that can be considered.

References

- ❑ Schaffer, Natalie (2006). Effects of differential prolongations of phrases on the perceptions of speech naturalness. *Contemporary Issues in Communication Sciences and Disorders*, 33, 152-159.
- ❑ O'Brian, S., Onslow, M., Cream, A., & Packman, A., (2003). The camperdown program: outcomes of a new prolonged speech treatment model. *Journal of Speech, language, and Hearing Research*, 46, 933-946.
- ❑ The Camperdown Program Treatment Manual (2003). ASRC. Retrieved from http://www3.fhs.usyd.edu.au/asrcwww/downloads/Camperdown_Tmt_Manual.pdf