

The page features six decorative circles of varying shades of purple and lavender. Three circles are arranged in a top row, and three are in a bottom row. The top-left circle is an outline, while the others are solid. The text is centered over the top row of circles.

Freedom of Fluency

By David A. Daly



Phase One: Fluency Enhancement Strategies

- Fluency Targets:
 - Increase Amount of Voicing
 - Promote more efficient breath support
 - Initiate speech with smoother onsets and reduce pressure
 - Reduce speech rate



Target 1: Consonant Voicing

- Technique: drone/ “robot speech”, may use delayed auditory feedback, and 100% voicing
- GOAL: Link words together by turning voice on 100% of the time
- Rationale: Exaggerated manner of speaking helps to slow speech rate and under-articulated speech pattern decreases the tendency to exert intra-oral breath pressure

Example exercises



- Use 100% voicing (keep voice going) for 8 seconds while saying this list of words:
 - Mail, whale, nail, pail
- Use one breath to say this four word sentence clearly while maintaining constant voicing
 - Marry a rich man.

Targets 2 and 3: Normal Breathing and Smooth Starting

- Technique: Use a soft, smooth, phoneme prolongation: lower volume to reduce extra pressure, identify and eliminate hard vocal contacts, and stretch or prolong phonemes
 - Normal Breathing is incorporated into smooth starts by focusing on atypical build-up of intra-oral pressure prior to beginning speech.
- Goal: Promote more efficient breath support for speaking and teach the client to initiate speech with smoother onsets and reduce pressure
- Rationale: Chronic stuttering clients produce too much breath pressure when trying to say the initial sound of the first word. This results in repetitions or blocks in the forward flow of speech.

Example exercises

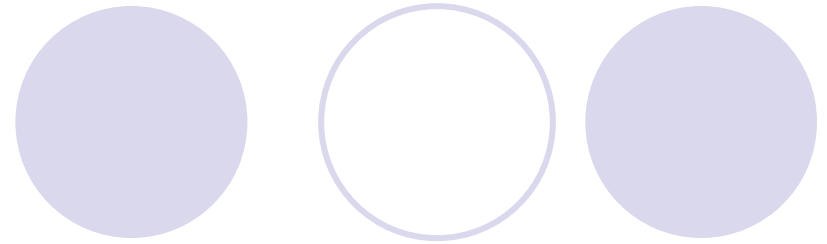


- Prolong the first in the first word before shifting to consonant voicing and focus on normal breathing
 - Haste makes waste.
 - Is my speech sounding better?
 - Winners make it happen.

Target 4: Let Go/ Near Normal Rate

- Technique: produce sentences at a slow rate of speech while maintaining other targets. Then, when signaled the client speeds up to a faster but not yet normal rate of speech. Practice with a clenched fist during slower speech, and release the fist simultaneously with increase in speech rate.
- Goal: Improve fine motor control as the client shifts from slower, monitored, more voiced speech to a faster near normal speech rate
- Rationale: The fist serves as a physical reminder and aids in maintaining control

Example exercises



- Increase speech rate at the asterisk (*) while focusing on other targets and using the special “fist hand signal”
 - Feed the *dog.
 - Sara missed a relaxing *sight seeing cruise.

Oral Motor Coordination

- A study by Glyndon and Riley reported 40% of disfluent children have difficulties with oral motor coordination. Therefore, oral motor coordination is not a separate target but integrated throughout therapy.
- Practice these 3 exercise slowly at first with exaggerated mouth movements while slowly increasing speed yet maintaining accuracy
 - Exercise A: Designed for all clients, but especially for those that show inaccurate oral motor sequencing movements. (ie. He-hay, he-hay, he-hay)
 - Exercise B: Coordination sequence that combines voiced and voiceless syllables (ie. Wu-fee, wu-fee, wu-fee)
 - Exercise C: Combines voiced and voiceless syllables and enhances smooth articulation changes (ie. Zoo-mu-ku, zoo-mu-ku)



Phase Two: Cognitive and Self-Instructional Strategies

- “Too many of our clients get fluent in their mouths and not in their heads.”
- Daly, 1988

- Guided Relaxation
- Mental Imagery
- Affirmation Training
- Self-Talk Strategies

Guided Relaxation



- A peaceful environment is essential
- The client should sit in a position of stillness and find a spot on the wall to “fix” eyes on
- The SLP should give directions for relaxation 1-2 times/session
- After client achieves relaxation in Therapy, should practice relaxation at home with a tape

Mental Imagery



- Before a person can change they must see themselves in a new role
- SLP should find ways to help client see the future differently
- The clinician instructs the client to envision a scenario “a mental picture of something or someone not present”, and the client rates the clarity of the vision

Affirmation Training



- Client writes five one sentence descriptions of hopes for the future written in positive language in first person present tense
- Helps the client to accept desired statements as truths
- Focus on wants, not “don’t wants”
- Client reads statements in a mirror first thing in the morning and at night

Self Talk Strategies



- Goal: to replace negative self talk with positive talk
- We talk privately in our thoughts at approximately 1200 words/minute, of this nearly 75% is negative
- Emotion should be put into our positive statements and statements should include “I am” and “I can”
- Every time a client has a negative thought they should turn it into something positive