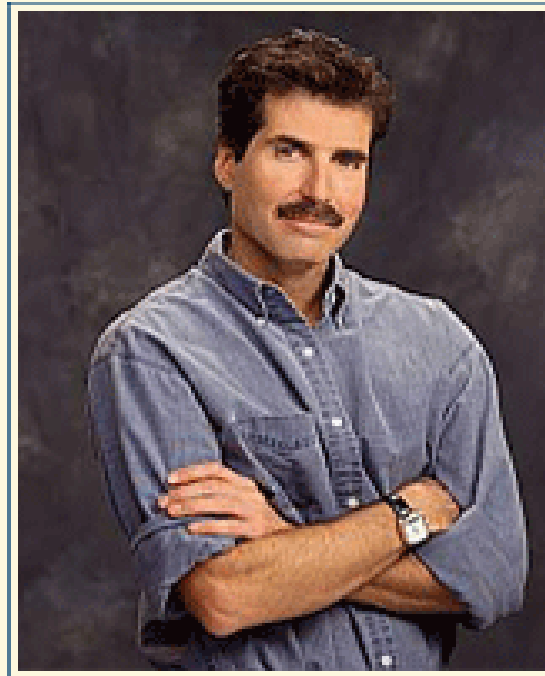


# Hollins Communication Research Institute

"Nothing helped me until  
I got to this place"



Congratulations to John Stossel  
New Co-Anchor for 20/20



Presented by,  
Sally Sudmeier and Sarah  
Schultz

Fluency Poster Presentation

December 12, 2003



# Background Information

- ✦ The Hollins Research Institute (HCRI) was founded in 1972 by Dr. Ronald L. Webster.
- ✦ The institute is a non-profit organization, which focuses on the analysis and treatment of stuttering.
- ✦ Combined with state of the art computer technology, the Hollins Fluency System seeks to assist individuals in their quest to learn, maintain, and transfer fluency techniques into everyday life.



# Research has...

- Identified comprehensive behavior analysis of stuttered speech.

- Identified fluency targets: articulation, voicing, and respiration.



# Research Has...

- Shown that abnormal motor behaviors present in stuttered speech are replaced with fluency targets.
- Shown that cognitive and emotional behaviors of those who stutter are directly correlated with abnormal speech muscle movement patterns.



# Program Overview

- A twelve-day program, which consists of 100+ hours of total contact time.
- Highly trained clinicians train participants how to generate fluent speech using muscle movements during articulation, respiration, and voicing.
- Emphasis placed on motor skill training and the aspects of cognition and emotion within each participant.



# Program Overview

- ✦ Interactive computer technology provides participants with automatic feedback pertaining to the accuracy of fluency targets. In addition, enables participants to “listen” as they practice various parts of speech.



# Program Overview

- Therapy focuses on the stabilization of articulatory positions, establishing adequate breathing skills, and developing muscle control during speech.
- Emphasis placed on generalizing skills to everyday environments, including talking on the telephone.



# Success Rates

- Of the 4,700 individuals who have completed this program, 90% report fluent speech, characterized by less than 3% disfluent words.



# Success Rates

- ✦ At the program end, 89% of participants have normal speech, based on scores obtained from the Perceptions of Stuttering Inventory. One-year post therapy found 72% maintained a comparable score.
- ✦ Results gathered from a one-year post therapy questionnaire found 75% have retained fluency skills within normal limits.



# Strengths

- Short length and intensity of program enables participants to quickly see results.
- High success rate in past participants.
- Addresses not only external behaviors of stuttering, but also internal factors such as cognition and emotional state.



# Weaknesses

- ✖ The program does not work for everyone, may not be a quick fix for all types of stuttering.
- ✖ Those who are computer illiterate may have trouble with the interactive technology utilized by the institute.

# Famous Past Participants

- ✦ John Stossel of ABC's 20 / 20.

- ✦ Annie Glenn, wife of U.S. Senator and astronaut John Glenn.

- ✦ Lester Hayes of the Los Angeles Raiders.



# Additional Information

✦ Contact the Hollins Institute at (540) 265-5650 or by email at [admheri@renet.com](mailto:admheri@renet.com)

✦ Hollins Research Institute website at: <http://www.stuttering.org>



# References

- Hollins Communication Research Institute (n.d.). *Excellence in treatment of stuttering*. Retrieved November 21, 2003, from <http://www.stuttering.org>