

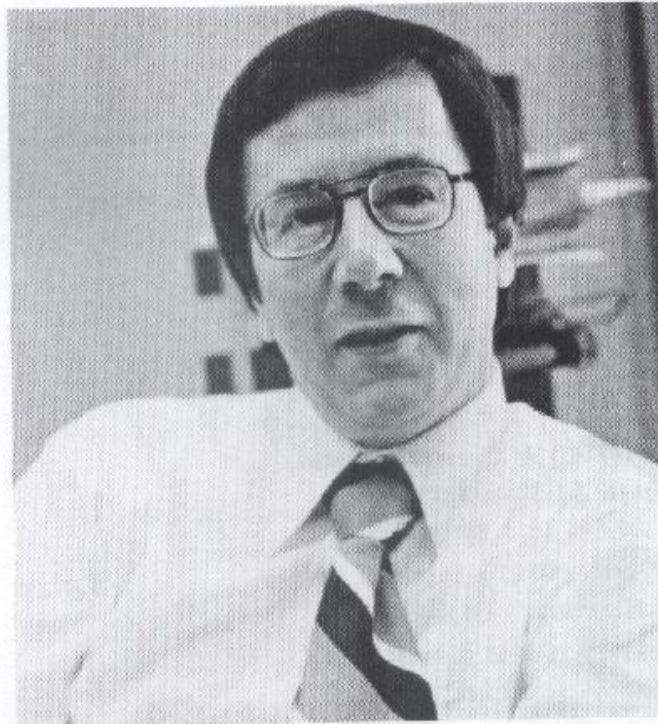


Precision Fluency Shaping Program

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History of PFSP

- Developed by: Dr. Ronald L. Webster (1972).



Ronald L. Webster



Classification & Description

- The Precision Fluency Shaping Program can be classified as a fluency shaping approach.
- Why?
 - Stuttering is viewed as a behavioral problem (incorrect or distorted muscle movements).
 - Emotional issues related to stuttering are not addressed in therapy.

Theoretical Rationale:

- The Precision Fluency Shaping Program is *not* theoretically based.
- PFSP is a behavioral treatment approach- if the client moves their speech muscles correctly, his/her speech will be fluent.



Style of Presentation

- Intensive therapy program:
 - Duration: 15-19 consecutive days
 - Time: 100-120 hours (8 hours daily)
 - Type: Individual/Group Therapy
 - Location: Clinical and natural settings



Precision Fluency Shaping Program: Procedures

- Focus of therapy:
 - Client is taught to generate fluent speech by altering:
 - Voice onset (easy onsets)
 - Articulation (precise positioning of articulators)
 - Speaking rate (slow-prolonged speech).
 - Respiration (breathe in a slower and calmer way)



Procedures Continued:

- Client begins by using these new techniques at the syllable level and then progresses to conversational speech.
- Auditory and visual feedback is provided using a computer program (which is eventually faded out).
- Client eventually becomes completely responsible for self-monitoring their own speech.

“Success”

- The overall goal of the Precision Fluency Shaping Program (PFSP) is that the client will use these “new ways of talking” in order to produce completely fluent speech at all times.



Generalization

- The client is able to consistently use speaking techniques to produce fluent speech when:
 - in the clinic or natural settings
 - with familiar and unfamiliar conversational partners
 - in a variety of speaking situations (i.e., on the telephone)

Maintenance

- 1 year follow-up program consisting of:
 - Weekly group sessions for the first month.
 - Followed by group sessions every other week for the next two months.
 - Monthly group sessions for the remainder of the year.
- 5-day refresher course is available each year.

Strengths & Weaknesses

■ Strengths:

- PFSP has been used more than any other fluency shaping program in a wide variety of settings around the U.S. and in other countries (Manning, 2001).
- Slow progression through different stages.

■ Weaknesses:

- Relapse rate is high approximated at 30-50% (Starkweather & Givens-Ackerman, 1997).
- Requires a lot of concentration.
- After treatment speech is often slow, lacks melody and inflection, and seems unnatural.
- Expensive (approximately \$2,500).
- Lacks sufficient evidence.



Recommendations

- Clinicians should be cautious because the Precision Fluency Shaping Program lacks sufficient research evidence relating to the program's success rate.
- We wouldn't recommend this program because we feel that therapy should address the emotional issues involved in stuttering.

References

- Barrett, R. (2005). The Precision Fluency Shaping Program. Retrieved December 3, 2005, from <http://www.fluentspeech.com>
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- Starkweather, C.W. & Givens-Ackerman, J. (1997). *Stuttering: pro-ed studies in communicative disorders*. Austin, TX: Pro-Ed, Inc.