



Self-Therapy for Adults Who Stutter

Presented By:
Karlyn Hall
Wai Ching Fong
Genesis Cratsenberg



The Self Therapy Approach

- Malcolm Fraser, the founder of the Stuttering Foundation of America, published the first book devoted to self therapy for adults who stutter.
- Through the years, his work has been adapted and made into simple sets of guidelines for adults to follow without clinical instruction.



What is Self Therapy?

- Self-therapy was designed for clients who, for whatever reason, choose to become their own therapists.
- The client will engage in an intensive period of self-study, paying attention and writing down both emotions and behaviors present when stuttering.
- Presented below are tips and ground rules to follow based on an integrated approach to the treatment of stuttering.
- Fraser recommends working on one rule at a time with the understanding that self therapy is a long process, requiring much determination and time.



Self-therapy tips for adults who stutter

- *Tip 1: Become an expert on your own stuttering pattern*
 - Identify behaviors that are maladaptive to forward moving speech.
 - Identify attitudes and thoughts that promotes avoidance and hiding.
 - Increase awareness of these behaviors and thoughts as they occur.



Self-therapy tips for adults who stutter

- *Tip 2: Have the courage to stutter openly*
 - develop a “no-tolerance” policy for word substitutions.
 - Say all that you would like to say with the words you mean to use.
 - Talk! Talk! Talk!...even when you don't need to.



Self-therapy tips for adults who stutter

- *Tip 3: Approach Feared Speaking Situations*
 - Develop a hierarchy of speaking fears, lowest to highest.
 - Starting with the least feared situation, enter feared speaking situations permitting yourself to stutter.



Self-therapy tips for adults who stutter

- *Tip 4: Exercise choice in the way you stutter*
 - In low feared situations, experiment with your stuttering pattern.
 - Stay in the block long enough to make adjustments to reduce tension and release the block comfortably.



Self-therapy tips for adults who stutter

- *Tip 5: Reveal yourself as a person who stutters*
 - Reduce fears related to disclosure by advertising yourself as a person who stutters.
 - Stutter (in a comfortable, easy way) when you would normally be fluent just for the purpose of showing your stuttering.



Self-therapy tips for adults who stutter

- *Tip 6: Become your own speech clinician*
 - Develop assignments based on your current state of comfort in communicating, situation fears, or degree of risk.
 - Set specific assignments and criteria for success before you speak.
 - Evaluate performance using the most realistic outcomes based on previous assignments.

Reference

- Bennett, E. M. (2005). *Working with people who stutter*. Columbus, OH: Person Education, Inc.
- Fraser, M. (1983). *Self-therapy*. Memphis, TN: Stuttering Foundation of America.
- Rentschler G. (2003 June). *Ten tips for better stuttering*. Paper presented at the National Stuttering Assosication Conference, Nashville, TN.
- Sisskin, V., & Weadon, M. (2004 June). *Peer mentoring in avoidance reduction therapy for stuttering, Part I & II*. Paper presented at the National Stuttering Association Conference, Baltimore, MD.