The Successful Stuttering Management Program (SSMP)

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How would this approach be classified?

- This is an integrated approach. A fluency shaping approach is used by teaching light contacts and prolongations. Sessions eight and nine focus on prolongations and using a gentle onset of phonation. A stuttering modification approach is also integrated by teaching cancellations and

underlying theoretical rationale(s)?

- Stuttering is a unique communication disorder and it cannot be cured. The people who stutter can, however, learn to manage his/her stuttering and speech so that he/she can communicate as a person who stutters in any situation without undue stress and strain to themselves or their listener. The clinician will guide and execute the program, but it is the responsibility of the people who stutter to accept, not only the fact that they stutter, but also the responsibility for

What is the style of presentation of therapy?

- For this program, group therapy has more advantages, but it is possible to use with a single client. This is an intensive program that schedules sessions as often as possible. Sessions are designed for a 2-1/2 – 3 hour period and should be scheduled a minimum of twice a week or half sessions four times a week; A

How is success defined and measured?

- Success is measured through self-perceptions and perceptions of others (clinician & other group members) of how successfully the individual manages his/her stuttering at the end of the program. Individuals are videotaped at the beginning and end of the program. The person who stutters evaluates themselves through a therapy evaluation

and maintenance addressed?

Generalization is addressed in many ways:

- Homework assignments are given in order to "take the therapy into the real world."

- The client uses the telephone during one of the sessions

- A shopping mall excursion is planned in order to encounter as many speaking situations as possible in the "real world."

- An outside transfer day is also

Maintenance is addressed by completing an after therapy maintenance program with the help of the clinician. The person who stutters is to assign themselves specific situations and determine what they will do with their speech. The form is organized into weeks and days. At the end of each week a task is required by the person who stutters to call either the clinician or others in the group and practice a certain

What are the program's strong points?

- Provides the person who stutters with tools to control their speech
- Realistic in that it is not a "cure" for stuttering
- Includes reproducible therapy handouts
- Includes reward techniques and reinforcers
- Includes encouragement tips for families and friends
- Can be used in a variety of settings: schools, hospitals, clinics, privately
- A follow-up program to assist with maintaining and improvement
- Is available as a package program or as a summer program through Eastern Washington University

What are some weaknesses?

- Individuals must be able to commit to an intensive program that requires a lot of time and commitment

- Expensive summer program through the university - $800 (diagnostic & therapy) + $750 (room & board)

- Very competitive admission into the University's summer program (only 10 accepted)

- No evidence to support success

Would you recommend using this approach?

- Yes, because it is a realistic program that gives the person who stutters tools that they can use in and out of therapy to modify their speech. It generalizes these tools and techniques into "real life" situations through practice with the clinician. It is also very versatile in that it can be used in group or individual therapy and in different settings (hospital, home, school, etc.). We found this program to be well

regarding the program's success rate?

- According to Blomgren (et al., 2005) very little data exists regarding the effectiveness of stuttering modification therapy. "The Successful Stuttering Management Program (SSMP) is an example of a stuttering modification treatment program with essentially no empirical evidence of its effectiveness" (Blomgren, 2005). Obtaining outcome measures of stuttering modification treatment is difficult due to the success being measured according to perception. There is no treatment