

Goals for Stuttering (D. Games)

Preschool

1. Produce easy messages in speaking activities of sequencing, reordering of information, questioning, formulating sentences and explaining.
2. Develop messages to include a variety of information in a number of situations with focus on complete messages versus incomplete messages; easy versus hard messages; bumpy versus smooth messages.
3. Education of the family about stuttering including methods to facilitate fluency in the home.
4. Parent: identify fluency disruptors and modify interactions to decrease demands.

Lidcombe:

1. Educate parent as to taking daily Severity Ratings.
2. Sampling speech in the clinical setting on a weekly basis.
3. Training parent to facilitate Structured and Unstructured interactions (10-15 minutes) on a daily basis.
4. Training parent to administer contingencies based on child's performance and to alter these contingencies as the child progresses.
5. Adjusting program to manage child's disfluency.

School Aged:

1. Produce words, phrases, sentences and structured conversation while utilizing easy onsets, light contacts and pausing.
2. Describe and rate tension following a moment of stuttering (tension bar 1-10).
3. Identify situations where tension increases (situational hierarchy).
4. Develop solutions steps for managing these situations.
5. Explain the anatomy of the speaking mechanism, how speech is produced and where tension occurs during stuttering moments.
6. Use objective words to describe disfluencies.
7. Participate in periodic measures to evaluate feelings concerning communication and stuttering.
8. Identify speech reactions as a result of time pressure and develop strategies to manage communication during pressured moments.
9. Evaluate various communication situations for frequency of responses and coping behaviors.
10. Change negative responses to positive ones concerning communication.

High School

1. Describe behaviors that lead to increase tension. This goal would include identification of tension points and types of disfluency.
2. Practice and apply fluency-shaping and stuttering modification strategies to facilitate tension reduction and release during speech. Length and complexity of speech practice will increase as Ethan becomes more familiar with the strategies of easy onset, light contact, cancellation, pull-out and pausing.
3. Learn diaphragmatic breathing to ease tension in longer utterances.
4. Use pausing and chunking to facilitate breath support.
5. Identify attitudes and emotions concerning speaking situations and modify negative thinking by using cognitive restructuring tasks. These tasks analyze the impact of negative thinking on communication in order to help Ethan develop more positive thinking when approaching difficult speaking situations.
6. Identify coping behaviors including avoidance and develop strategies to address these issues.
7. Set up a speaking hierarchy and work on problem solving of difficult speaking situations.

Adult

1. Learn about stuttering as a disorder through reading and analysis of the physical mechanism.
2. Learning the following integrated strategies:
 - a. Full breath with identification and release of tension.
 - b. Easy onset/light contacts for learning to relax the articulators during initiation of speech.
 - c. Movement into words, phrases and other speaking tasks of increasing length and complexity while maintaining flow of speech.
 - d. Pull out and cancellation techniques during the moment of stuttering.
 - e. Pausing and phrasing to manage speed and timing of communication.
3. Analyzing tension in the vocal mechanism including variations in breathing. Learning to relax the vocal cords, chest and oral area during speech.

4. Developing problem solving strategies along with techniques to manage new speaking challenges.
5. Identifying feelings and attitudes associated with disfluency and determining the relationship to communication.
6. Learning strategies to cope with cognitive distortions concerning communication.
7. Decrease the use of coping behaviors that do not facilitate communication.