HOME PROGRAM: Fluency/Stuttering – Pausing and Chunking

Practicing tasks that address goals need to be conducted every day for positive outcomes. Patients performing home programs each day — allow for daily work toward goals.

Instructions: Attempt this strategy on three occasions in conversations before the next session. Then, write down thoughts/remarks/reflections about how you felt about the experience. Below is a description of the fluency-enhancing strategy of pausing/chunking:

Pausing and chunking = This technique involves creating natural breaths, allowing for pausing that is indicated for improving fluency. Also, how information is communicated is grouped can play a role in where these natural breaks can occur.

Reflections/remarks about using this strategy:

1.

2.

3.