HOME PROGRAM - Stuttering Modification Strategy/Fluency-Enhancing Technique Definition/Practice Tasks

Establishing a home practice program for can be an important part of a speech pathology therapy program, especially for a stuttering patient/client.

Nicespeechlady.com has included in this resource several HEPs for stuttering modification strategy/fluency-enhancing technique extra practice assignments, including:

Stuttering-modification Strategies:
- HOME PROGRAM: Fluency/Stuttering – Sliding or Pull-Outs
- HOME PROGRAM: Fluency/Stuttering – Intentional Stuttering
- HOME PROGRAM: Fluency/Stuttering – Easy/Fluent Stuttering
- HOME PROGRAM: Fluency/Stuttering – Bouncing
- HOME PROGRAM: Fluency/Stuttering – Cancellations
- HOME PROGRAM: Fluency/Stuttering – Preparatory Set

Fluency-enhancing Techniques:
- HOME PROGRAM: Fluency/Stuttering – Light Contacts
- HOME PROGRAM: Fluency/Stuttering – Slower Speech Rate
- HOME PROGRAM: Fluency/Stuttering – Relaxed Breath Patterns
- HOME PROGRAM: Fluency/Stuttering – Slow/Stretched Speech
- HOME PROGRAM: Fluency/Stuttering – Easy Onset
- HOME PROGRAM: Fluency/Stuttering – Pausing and Chunking

Clinicians can choose to print each letter form individually through setting preferences, as this resource includes all HEPs in totality.
HOME PROGRAM: Fluency/Stuttering – Sliding or Pull-Outs

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 stuttering modification strategy of “sliding” or “pull-outs”:

“Sliding or Pull-outs” = this is a strategy that involves the stretching of the during actual stuttering moment. This technique provides control of stutters which occur, and it is a stretching motion to relax the stutter in “real time” moments of communication. Reducing tension is a benefit -- and allowing speech to keep flowing as well is a good outcome of this strategy. First, the speaker needs to identify that a stuttering moment is occurring, then, before moving forward — holding the tension steady. Then, slowly and smoothly stretch out the transition between sounds in going ahead to complete the word. This strategy is similar to “relaxing the stutter”; however, there are no repetitions.

Reflection/remarks about using this strategy:

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2. 

3. 
HOME PROGRAM: Fluency/Stuttering – Intentional Stuttering

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 stuttering modification strategy of intentional stuttering:

“Intentional stuttering” = a preparatory activity to reduce anxiety and stigma of the stuttering behavior. Speakers intentionally perform disfluency behaviors. It also reduces the negative feelings speakers experience during stuttering.

Reflection/remarks about this strategy:

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HOME PROGRAM: Fluency/Stuttering – Easy/Fluent Stuttering

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 stuttering modification strategy of easy stuttering/fluent stuttering.

“Easy stuttering/also called Fluent stuttering” = this is a technique that speakers with disfluencies can utilize in different capacities — the strategy is for changing how words can be produced — using an easy manner compared to how usually a disfluency would be produced. This strategy can be used in anticipation of a future-stuttered word. Easy manner is produced on a non-disfluent word prior to the word that the speaker anticipates they will stutter on. Producing words in this manner will allow the movement of the word to be smoother and release tension. It will also allow for there not to be as much of an interruption to the follow of conversation. It can also be used in the middle of a stutter. Another aspect is using “Easy Speech” randomly during conversational tasks to communicate to listeners that there is stuttering present, and that it is not a factor to hide from. This allows the speaker to release tension and avoid the struggle that may come. Practice of this should occur in the therapy treatment room with a speech pathologist.

Reflection/remarks about this strategy:

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HOME PROGRAM: Fluency/Stuttering – Bouncing

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 stuttering modification strategy of bouncing:

Bouncing = this stuttering modification technique involves producing sounds or words in an easier capacity that previously in the speaker’s history — this results in improving awareness of tension that can be present or absent in speech productions. It also improves the comfortableness of the speaker of stuttering itself, thereby helping the speaker feel more comfortable when stuttering moments occur.

Reflection/Remarks on using this strategy:

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3.
HOME PROGRAM: Fluency/Stuttering – Cancellations

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 stuttering modification strategy of cancellations:

Cancellation = this is a strategy where the word is produced again after a stutter, but with less tension physically, and slower and controlled. This “re-do” allows the speaker to attempt to work on improving the flow of communication, thereby reducing stuttering behaviors.

Reflections/remarks about using this strategy:

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HOME PROGRAM: Fluency/Stuttering – Preparatory Set

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 stuttering modification strategy of preparatory set:

Preparatory set = this is a strategy that can be used prior to the production of an upcoming word that the speaker anticipates or feels it is likely the target word will be stuttered. Using a slower rate and light articulatory contacts allows the speaker who experiences stuttering to begin the first sound of the word slowly, smoothly, and easily.

Reflections/remarks on using this strategy:

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2.

3.
HOME PROGRAM: Fluency/Stuttering – Light Contacts

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 light contacts:

Light contact = producing the initial sounds of words that are plosives in manner — /b, p, d, t, g, k/ — these sounds are produced very gently. Light productions improve fluency due to less tension being involved.

Reflections/remarks about using this strategy:

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3.
HOME PROGRAM: Fluency/Stuttering – Slower Speech Rate

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 slower speech rate:

Slower speech rates = slowing down the rate of speech may improve fluency.

Reflection/remarks about using this strategy:

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3.
HOME PROGRAM: Fluency/Stuttering – Relaxed Breath Patterns

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 relaxed breath patterns:

Relaxed breath patterns = reducing tension globally via focusing on reducing tension in breath patterns can also improve fluency. Understanding, identifying and producing deep breaths vs. shallow breaths vs. full breaths and coordinating air flow will increase awareness of how respirations play a role in fluency.

Reflections/remarks about using this strategy:

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3.
HOME PROGRAM: Fluency/Stuttering – Slow/Stretched Speech
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 slow/stretched speech:

Slow/stretched speech = Prolonged productions of speech sounds in a general capacity improve fluency on a global level.

Reflection/remarks about using this strategy:

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3. 
HOME PROGRAM: Fluency/Stuttering – Easy Onset

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 easy onset:

Easy onset = producing initial sounds of words like vowels, fricatives /z, s, v/ nasals /n, m/ and liquid /l/ also in an easy and gentle way.

Reflection/remarks about using this strategy:

1. 

2. 

3.
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 breaks, 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:

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