

Empathy-based practice for stuttering

Robert W. Quesal, Ph.D., CCC-SLP

Professor Emeritus, Department of Communication Sciences and Disorders

Western Illinois University, Macomb, IL

r-quesal@wiu.edu (or bob.quesal@gmail.com)

1. Goals for today (Part 2)
 - A. Build on framework from Part 1:
 - (a) the nature of stuttering
 - (b) definition
 - (c) empathy
 - B. Consider assessment and treatment based on those concepts
2. Brief review
 - A. Successful stuttering therapy involves more than just changes in observable fluency
 - B. “Evidence based” vs. “Empathy based” practice
3. Consideration #1: What is Stuttering?
4. Consideration #2: Empathetic Goals
 - A. What are your expectations for stuttering therapy outcomes?
 - B. Based on your expectations, what kind of goals do you write?
 - C. Are your goals “constrained”?
 - D. How do you measure...
 - E. How do you know your therapy works?
5. Consideration #3: Empathetic Therapy Activities
 - A. What do you do in therapy?
 - B. What are your “fluency” activities designed to do?
 - (a) Is “changing speech” really that easy?
 - C. Stuttering modification activities?
 - D. What are your “stuttering modification” activities designed to do?

6. Consideration #4: What's the Difference Between "Fluency Shaping" and "Stuttering Modification" Activities?
 - A. "Fluency Shaping" vs. "Stuttering Modification"
 - B. What motivates our decisions?

7. Consideration #5: Bullying and Teasing
 - A. Bullying vs. Teasing
 - (a) Teasing
 - (b) Bullying
 - B. The Players
 - (a) Bully
 - (b) Bullied
 - (c) Bystanders
 - (d) (Combination of roles)
 - C. A few more things to understand
 - D. Strategies to address bullying
 - E. The role of the SLP
 - F. A Five-Step Intervention Model for Helping Children Who Stutter Deal with Bullying (with thanks to Bill Murphy)
 - (a) The five steps
 1. Help children understand stuttering
 2. Help children understand bullying
 3. Help children think differently about stuttering
 4. Help children develop assertive responses
 5. Help children educate peers
 - (b) Desensitization
 - (c) Cognitive Restructuring
 - (d) The Classroom Presentation

8. Putting yourself in your client's shoes

A. Can you do the things you ask your clients to do?

B. How do you teach them?

9. Summary

10. Questions?

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12. Selected Internet Resources

- Stuttering Home Page: <http://www.stutteringhomepage.com>
- Friends: The National Association of Young People Who Stutter: <http://www.friendswhostutter.org>
- National Stuttering Association: <http://www.westutter.org/>
- Stuttering Foundation of America: <http://www.stuttersfa.org/>
- Bob Quesal Talks About Stuttering: <http://www.wiu.edu/users/mfrwq/stuthome.html>