

**Speak Freely** Essential Speech Skills  
for School-Age Children  
Who Stutter

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*Therapist  
Handbook*

Mark Allen, Ph.D., CCC-SLP

Illustrated by Vicky Kao



**Speak Freely Publications**

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*To Edward W. Allen,  
with love and gratitude*

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## **About the Author**

Mark Allen received his M.A. and Ph.D. degrees in speech-language pathology from Northwestern University. He is the founder and director of the Center for Stuttering Therapy in Evanston, Illinois. Dr. Allen was among the initial cadre of speech-language pathologists to be recognized as a Fluency Specialist by the American Speech-Language Association's (ASHA) Special Commission on Fluency Disorders. He is licensed by the state of Illinois and certified by ASHA.

Dr. Allen has over twenty years experience working with children, adolescents, and adults who stutter. His own experience as a person who stutters fuels his commitment to help those who struggle with this challenging problem. In addition to his position at the Center for Stuttering Therapy, Dr. Allen is employed in the public schools where he works as both speech-language pathologist and special education teacher.

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## Preface

It is a privilege to be a speech-language pathologist. Engaging in this profession gives us the opportunity to develop meaningful relationships, support people in need, and guide them as they work with challenging communication problems.

Stuttering is one of those problems. It is a complex, multi-faceted disorder that presents challenges to both clients and clinicians. Fortunately, there are many resources that can facilitate our treatment of stuttering.

*Speak Freely* offers a unique resource that focuses entirely on one aspect of school-age therapy. It provides detailed training on how to teach stuttering modification and fluency-enhancing strategies. Its aim is to educate clinicians who have received limited instruction in stuttering therapy, and at the same time enhance the skills of experienced stuttering therapists.

The strategies described in the *Speak Freely* materials are drawn from the work of numerous professionals who have treated stuttering over the last forty years. In some cases, the names of the skills, the specific manner of instruction, or the way in which strategies are combined have been changed. Nevertheless, these *essential speech skills for school-age children who stutter* are fundamentally the product of the longstanding efforts of dedicated professionals working in the area of stuttering.

*Speak Freely* presents these strategies in a way that makes them accessible and easy to implement. It provides clinicians with explicit and effective methods for helping students who stutter become confident and capable communicators.



## A/V Resources for **Title Page**

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