

A Possible Approach

Several approaches for treating stuttering currently exist. Because stutterers are heterogeneous and stuttering is a complex disorder, different treatments work for different people. Thus, the more we know about different therapy approaches, the better.

When we understand and remain open to a wide range of therapeutic perspectives and practices, we have more possibilities to draw from as we work to individualize our treatment plans for specific students.

The school-age stuttering therapy described here is one possible approach. It is appropriate for students, aged 7 to 18, who require comprehensive, direct intervention. This description is presented in order to provide an overall context within which stuttering modification and fluency-enhancing strategies can be taught. It outlines a particular progression of therapeutic procedures that provides students with effective, well-integrated, and flexible speech skills.

This description also highlights a variety of activities that can benefit school-age stutterers. Remember that as you work with your students, you are encouraged to alter and add to this process as necessary. The exact nature of your treatment will be determined by the needs of each individual child.