

Using *Speak Freely*

Speak Freely: Essential Speech Skills for School-Age Children Who Stutter includes this Therapist Handbook, an Instructional DVD, two Audio CDs, and a Student Workbook.

Therapist Handbook

The Therapist Handbook provides rationales and explicit, step-by-step instructions for teaching the stuttering modification and fluency-enhancing strategies described earlier. It presents a clearly defined progression of methods that ultimately integrates these skills into a unified, flexible, and effective speech modification.

The handbook's somewhat programmatic presentation has been adopted in the hopes of clarifying a detailed and multi-faceted process. Its aim is to provide you with the means to develop practical and effective clinical skills for helping children who stutter, while saving you valuable time.

Although the handbook and its accompanying materials are designed to simplify your therapy planning, remember that you will need to individualize treatment plans for specific students.

Instructional DVD

The Instructional DVD includes more than 60 video clips that demonstrate the stuttering modification and fluency-enhancing skills. These examples will help you learn to use and teach the strategies. If desired and appropriate, specific clips can be shown to students in order to reinforce your instruction.

For your convenience, the DVD uses a nested menu format that allows you to select individual videos. See Appendix B for a listing of all video clips.

Audio CDs

The Audio CDs provide recorded descriptions of the rationales and teaching methods for each strategy. They also include spoken models that demonstrate these strategies and their associated practice materials.

Specific rationales, methods, and materials are recorded on individual CD tracks in order to facilitate easy access and use (see Appendix C).

These recordings directly parallel the Student Workbook. Thus, the Audio CDs and workbook can be used hand-in-hand. Nevertheless, it is critical that you thoroughly familiarize yourself with, and practice, each of the strategies before teaching them to students. This will enable you to provide appropriate and accurate models. These models are an essential part of the therapy process.

As you work with your students, you should record both therapist and student models of the strategies on a separate cassette tape. Students will use this cassette during home practice.

Student Workbook

The Student Workbook presents age-appropriate rationales and instructions for each of the strategies. It provides easy-to-understand, detailed directions and materials for practicing each skill. You and your students will use the workbook together as you guide them through the therapy process.