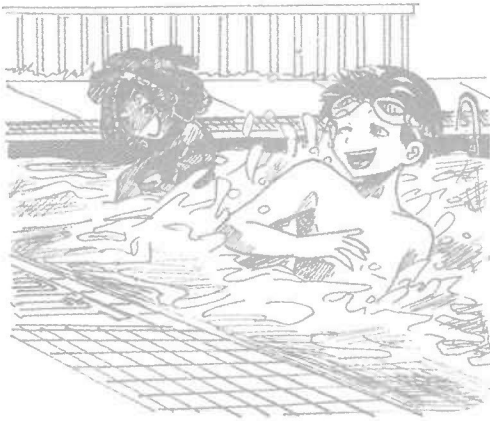


Slide

The Slide (also known as a “Pull Out”) is a stuttering modification strategy that involves catching oneself during a moment of stuttering and gradually “sliding out” of the disfluency. This is done by identifying and stabilizing speech tension, slowing down articulatory movements, and stretching out the transition between sounds (Murphy, 2002; Ramig & Dodge, 2005; Van Riper, 1973).



Using a Slide enables students to decrease tension, regain control of their speech, and keep their speech moving forward. It helps them to manage real moments of stuttering, and gives them a choice about *how* they stutter.

The Slide can be taught in the following way:

1. Explain the rationale (described above and on page 12 of the Student Workbook).
2. Preview steps 1–2 of “How to practice a Slide” with your students (see the same page).
3. Model the technique by purposefully stuttering with 100% tension on a word listed on page 13 of the Student Workbook.
 - » Momentarily hold the tension in a steady way, then slowly reduce the tension and ease out of the disfluency by stretching through the transition between sounds.

4. Ask students to produce a Slide in the same manner on the same word.
 - » Encourage them to “stay present with” and stabilize the stutter as they identify the degree and location of the tension. » Tell them to attend to the physical feeling as they decrease tension and ease out of the stuttering.
 - » You can highlight students’ control and release of tension by having them stutter and produce a Slide as they simultaneously tense and relax a hand.
5. Model, and have students practice using the Slide with different types of disfluencies (e.g., repetitions, prolongations, and blocks). Use the rest of the words on page 13 of the Student Workbook and then have students make their own list of words to practice with.
6. When students demonstrate proficiency at the word level, have them use Slides in phrases, sentences, oral reading, and conversation.

A/V Resources for Slide

Audio Files

[Track 1.6](#): Slide [0:49]

[Track 1.7](#): How to practice a Slide [1:58]

Video Files

[V06](#) Therapist Instruction [4:34]

[V07](#) Student Example #1: Workbook Words (3:12]

[V09](#) Student Example #2: Conversation [3:27]

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