

Stuttering Treatment Goals

Goals for Targeting Increased Knowledge of Stuttering

- Johnny will increase his knowledge about stuttering by passing 3 quizzes on basic stuttering facts.
- Johnny will educate 2 friends about his stuttering treatment techniques.
- Johnny will give a presentation to his family members, peers, or teachers on stuttering.
- Johnny will participate in periodic stuttering trivia contests that are held with other children who stutter.
- Johnny will be able to identify and explain the process of producing speech and the anatomical structures involved in this process through use of drawings and other illustrations.

Goals for Targeting “Quality” of Stuttering

- Johnny will demonstrate the ability to reduce physical tension during stuttering using the “easing out” technique, for 50% of disfluencies during various tasks.
- Johnny will use cancellation and pull-out techniques for 75% of disfluencies in a structured conversational task.
- Johnny will be able to correctly identify location of physical tension during 80% of stuttering episodes in a structured task.
- Johnny will decrease the use of any secondary behaviors associated with his stuttering to less than 10% of disfluencies.

Goals for Targeting the “Quantity” of Stuttering

- Johnny will demonstrate the ability to reduce the number of disfluencies in his speech by using easy starts 85% of the time in a structured conversation.
- Johnny will decrease the number of disfluencies in a structured conversational task by 15%.
- Johnny will demonstrate the ability to reduce the number of disfluencies in his speech by reducing rate of communication by 20%.

Goals for Targeting Overall Communication

- Johnny will decrease avoidance behaviors associated with his stuttering by entering 3 specific situations where he previously avoided stuttering.
- Johnny will demonstrate desensitization to stuttering by using 5 pseudostutters during a conversation in the classroom.
- Johnny will increase participation in educational and social situations, as noted on a weekly basis by his parents and teachers.
- Johnny will use correct posture and eye contact 85% of the time in conversational speech with the clinician.