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SpeechPathology.com
Live Expert e-Seminar!**

**Stuttering: Working on
Negative Beliefs and Emotions**

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Moderated By:
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Live Expert eSeminar

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EARNING CEUS

- Must be logged in for full time requirement
- Must pass short multiple-choice exam

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- The test for the Live Event will be available after attendance records have been processed, approximately 3 hours after the event ends!**
- Must pass exam within 7 days of today
- Two opportunities to pass the exam

Peer Review Process

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•3+ years SLP Clinical experience
Required

• Contact: Amy Hansen at
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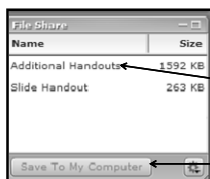


Sending Questions




Type question or comment
and click the send button

Download Handouts



Click to highlight handout

Click Save to My Computer





**Stuttering:
Working on Negative Beliefs
and Emotions**

Contact Information

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INTRODUCTION

- Background Information
- Preview of Workshop

There are 2 packets of handouts

Early Experiences with Stuttering



Speech Therapy



National Stuttering Association

NSA



NSA All-Star Key Note Address 2010

Inside a stuttering moment

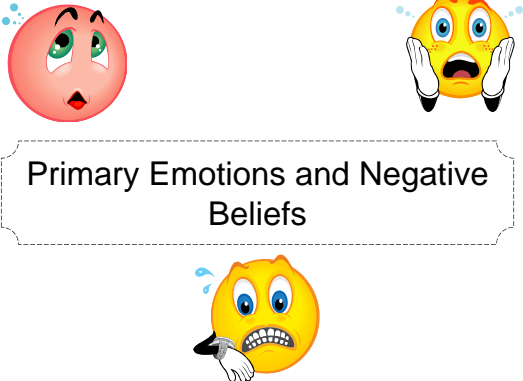
“The person who stutters in the middle of a block experiences diminished awareness of his or her surroundings. They lose awareness of where they are, what they are doing, to whom they are talking or any details in their immediate environment.”
(Starkweather & Givens-Ackerman, 1997, p. 34)

Definitions

1. **Stuttering**-“A specific type of disruption in the forward flow of speech that accompanies a speaker’s feelings of ‘loss of control.’” (Yaruss, 2009, p. 4)
2. **“Loss of control”** - “The feeling that you know exactly what you want to say but for some reason that you cannot define, you are unable to say it.” (Yaruss, 2009, p. 5)
3. **Secondary behaviors**-“Extra behaviors”
4. “The stuttering disorder involves more than just the production of speech disfluencies.” (Yaruss, 2009, p. 6)
5. It involves “negative feelings and reactions, difficulty communicating and difficulty participating.” (Yaruss, 2009, p. 6)

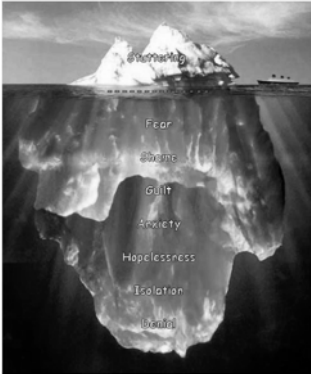
What does every client deserve?

1. To be heard
2. Validated where they are in the process
3. To be reassured that they are still worthy of everything in the world even though they stutter.
4. To develop their full potential



Primary Emotions and Negative Beliefs

The Iceberg Analogy of Stuttering



www.rushicks.com/iceberg (HANDOUTS, p. 1)

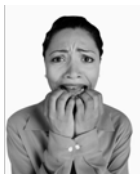
Factors Indicating an Emotional Component (Rentschler, 2004, p. 2)

1. "reports of feared words, sounds or situations"
2. "secondary characteristics"
3. "loss of eye contact"
4. "situational or word avoidances"
5. "lacking confidence as a speaker"
6. "difficulty articulating feelings/emotions about stuttering"

ANXIETY

When do PWS have anxiety...

- Entering feared speaking situations
- Saying feared words
- Talking to people they don't know
- Making phone calls
- If they are feeling hurried in speaking



FEAR

When do PWS have fear...

- Doing a presentation
- Talking in a NEW situation
- When they can't get the word out
- When they have had a past negative experience in a particular situation that they have to do again.



EMBARRASSMENT

When do PWS have embarrassment...

- If they have a block with lots of tension
- If there is a group of people around
- If someone says a negative comment or has a negative reaction to their stuttering
- If they are trying to make a good impression and stutter



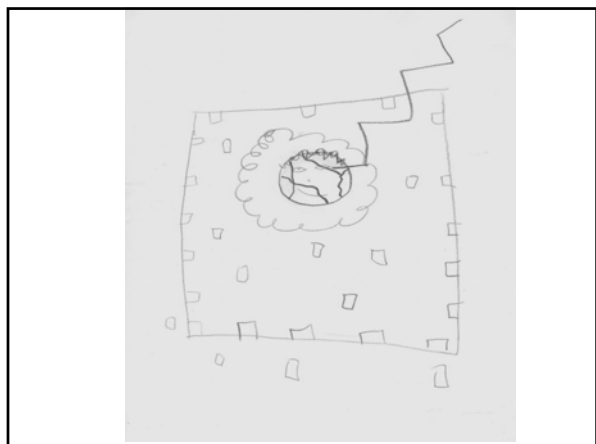
Evaluation Process for Emotions
~SURVEYS~

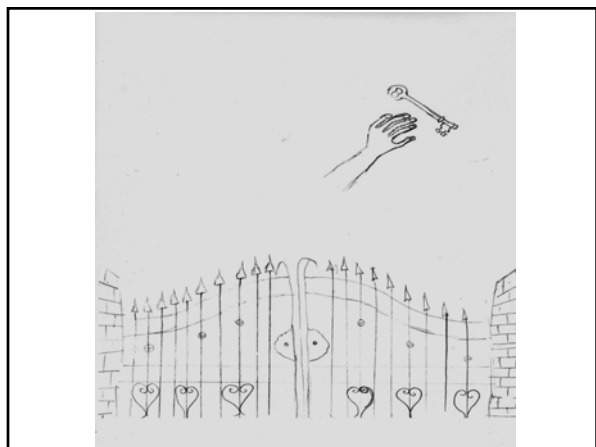
1. A-19 Scale
2. Modified Erickson Scale of Communication Attitudes
3. Overall Assessment of Speaker's Experience of Stuttering (OASES)

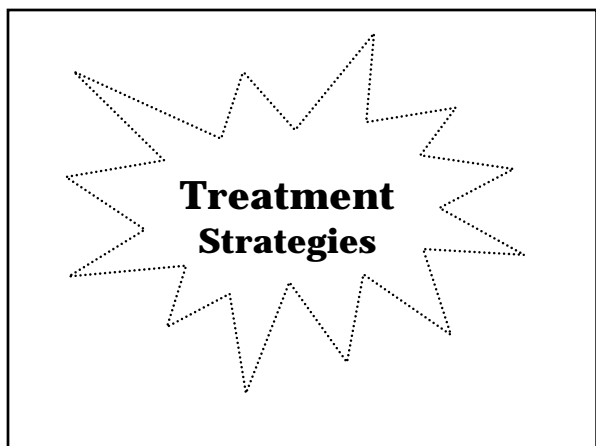
ART











Determining Goals

#1) Client will identify 5 negative beliefs about stuttering concerning a certain speaking situation with 90% acc.



- I can't give a presentation.
- I will stutter every word.
- They will make fun of me.
- It will be awful.
- I will never get through it.

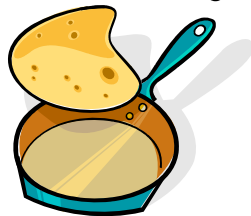
Flip Side of STUTTERING

Here is 1 side of stuttering....

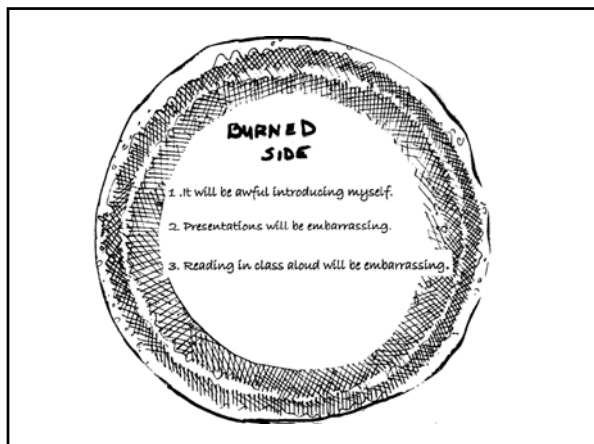


- Stuttering is awful.
- I can't help people who stutter.
- I can't talk.
- This is the worst thing that ever happened to me!

What is the flip side of stuttering?




- I can choose to learn from my stuttering!*
- I can help people who stutter if I am willing!*
- I can talk but sometimes it a little bumpy!*
- I can gain courage from this experience!*

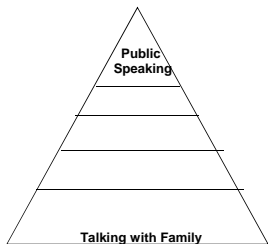




2) Client will formulate 1-2 sentences about his/her feelings related to embarrassment after reading an article or seeing a video on stuttering with 90% acc.

 "I feel like I can relate to the article because I often feel embarrassed when I have to give a presentation. I had one experience where I had a very bad block and ran out of the room ."

3) Client will complete 1 task on their hierarchy of feared situations.
(HANDOUTS p. 3)



ACTIVITIES FOR TREATING THE NEGATIVE BELIEFS AND EMOTIONS

1. Writing/Art (HANDOUTS, p. 2 & 4)
 - What are my thoughts about starting speech therapy?
 - How do I feel about my current speech?
2. Role-playing Activities (HANDOUTS, p. 6 & 7)
3. Providing Positive Comments about Speech

What's working in my speech?

- Voice
- Good grammar
- Some fluency
- Humor
- Easy to talk to

(HANDOUTS, p. 5)

Positive Comments

1. "You have such a great voice."
2. "I love your stories."
3. "You are a really good talker"
4. "You express yourself so well."



Scale of 1-10

"On a scale of 1-10, how are you feeling about entering this speaking situation?"

1 2 3 4 5 6 7 8 9 10

SCARY 1
2
3
4
5
6
7
8
9
COMFORTABLE 10



Final Thoughts



- A. Believe in our clients
- B. Accept that you are not the expert but merely the facilitator in the process
- C. Understand that to engage and participate in therapy is a CHOICE on the client's part.
- D. Unlock their PASSION for talking
- E. Provide them challenges rather than obstacles



Questions?????



The End!