Stuttering: Treatment Strategies for Affective and Behavioral Roadblocks

INTRODUCTION

In this course, Lourdes Ramos-Heinrichs will present three strategies that SLPs can use when working with adolescents and adults who stutter to help these clients sustain desired levels of fluency and carry over the fluent speech to everyday speaking situations and when conversing with diverse groups. The course will introduce and discuss the use of clinical self-reports as well as techniques from solution-focused brief therapy and cognitive-behavioral therapy to help address the affective and behavioral challenges that may interfere with clients' fluency. You’ll walk away with practical strategies to implement in your clinical practice.

LEARNING OUTCOMES

After completing this session, you will be able to:

- explain how self-reports can be used to help individuals who stutter to address their affective and behavioral roadblocks
- describe the principles of solution-focused brief therapy and cognitive-behavioral therapy
- apply new techniques to help individuals who stutter relate to and manage internal and emotional struggles

PROGRAM HISTORY AND IMPORTANT INFORMATION

Original program date: November 14, 2015
Peer reviewed: June 23, 2017
End date: June 23, 2022

To earn continuing education credit, you must complete the learning assessment on or before June 23, 2022.

This course is offered for 0.05 ASHA CEUs (Intermediate level, Professional area).