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# Treatment Options for Childhood Apraxia of Speech (CAS)

## INTRODUCTION

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Childhood apraxia of speech (CAS) is a complex motor speech disorder that often requires lengthy treatment and may contribute, like many other speech disorders in children, to academic and social difficulties. Speech-language pathologists treating children with CAS need a solid understanding of motor learning principles and how treatment for CAS differs from that of other speech sound disorders. This journal self-study addresses what is currently known about treatment outcomes for CAS and explores specific treatment programs (including the PROMPT approach) that have been shown to benefit children with CAS and are supported by evidence. Information about incorporating biofeedback, which is not commonly used in the treatment of CAS, is also discussed, with preliminary studies showing promising results. In addition to specific treatment programs and tools, a discussion of how to structure and vary treatment tasks is included, with all studies providing recommendations that can be incorporated immediately into treatment. Those working with children with CAS understand how complicated treatment for this disorder can be and will appreciate the clinical suggestions provided in this self-study.

## LEARNING OUTCOMES

*You will be able to:*

- Identify specific treatment programs that have been shown to lead to positive outcomes for children with CAS
- Apply motor learning principles to the treatment of CAS
- Discuss aspects of treatment for CAS that may result in speech improvements, including type of cues and structure and variability of practice tasks
- Explain how biofeedback can be used in CAS treatment

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## PROGRAM HISTORY and IMPORTANT INFORMATION

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