

Introduction

In this book, I have tried to accomplish two objectives. First, to update you with new information, ideas, and strategies about the treatment of stuttering in children and adults. I have been gratified by the comments and letters from colleagues across the United States, Canada, and Europe on their positive experiences using the *Freedom of Fluency* program which was published with LinguSystems in 1988. This reinforcement motivated me to try even harder in this book to identify and clearly describe additional procedures, clinical rationales, and subtle changes which I have found to be most promising with disfluent clients. As a result, *The Source for Stuttering and Cluttering* contains much new information and specific speech exercises designed to make fluency progress even easier for both client and clinician.

However, colleagues and clinical researchers who have used *The Freedom of Fluency* encouraged me to not change too much in this revision. They argued that procedures in *The Freedom of Fluency* were yielding better results than methods they had used before. I was also particularly sensitive that the revision did not “throw out the baby with the bath water.” Because of these cautions, I believe that the essential ingredients for successful treatment of chronic fluency disorders have been retained in *The Source for Stuttering and Cluttering*.

The intent of this book is to offer more ideas, explanations, and strategies to help an even larger number of clinicians become confident and competent when working with fluency disorders. New information on the importance of the clinician’s and client’s belief systems, the need for clinicians to appreciate and learn the benefit of oral-motor exercise in therapy, and the significance of practice outside of therapy are emphasized. Central to these factors is the importance of helping both clients and clinicians to take action; that is, to decide on a plan of treatment, to teach specific strategies thoughtfully one task at a time, and then to assist the client in taking action. The necessity of over-practicing the various target fluency responses can’t be overemphasized.

Beyond updating the information on stuttering in *The Freedom of Fluency*, *The Source for Stuttering and Cluttering* was written to objectively identify, describe, and differentiate from typical stutterers a separate group of clients known as clutterers. A section of this book provides you with as current and comprehensive an account of cluttering as possible. Clinicians who have been puzzled with some slow-changing, atypical stuttering clients, many of whom also may show poor awareness, significant language disturbances, poor oral-motor abilities, rapid or fluctu-

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ating rates of speech, and difficulty with topic maintenance should find this section quite illuminating.

In addition to my own clinical experiences with people who present with cluttering disorders, I have gathered what information I could on the topic from conferences, recent literature, and from the personal experiences of others. These in-depth discussions with colleagues about their clinical and research experiences, suspicions, clinical hunches, and hypotheses about this “orphan” in the field of speech-language pathology have been most stimulating and informative. Cluttering has been a specific clinical interest of mine for more than 2 decades and my hope is that readers who also witness this kind of disfluent individual will find the discussion and suggested clinical strategies in *The Source for Stuttering and Cluttering* particularly valuable.

Dave