

January 2013

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Recommended Citation

Ortega, Evelyn (2013) "How Individuals who Stutter, Graduate Student Clinicians, and an Experienced Speech-Language Pathologist Perceive Success in Fluency Therapy," *Ursidae: The Undergraduate Research Journal at the University of Northern Colorado*: Vol. 3 : No. 1 , Article 3.

Available at: <http://digscholarship.unco.edu/urj/vol3/iss1/3>

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How Individuals who Stutter, Graduate Student Clinicians, and an Experienced Speech-Language Pathologist Perceive Success in Fluency Therapy

Audiology & Speech-Language Sciences

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Since the inception of stuttering therapy, the field of speech-language pathology has become increasingly evidence-based; this trend has led clinicians to pursue techniques that are more successful. However, there are still some gaps in the research about successful fluency therapy. Current research needs to look at the experiences and perceptions of people who stutter as well as their perceptions of fluency therapy. By considering clients' attitudes toward fluency therapy, personality traits, life events, and specific therapeutic characteristics, speech-language pathologists will gain a better understanding of what successful therapy can entail. In addition, few recent studies have explored the clinician's point of view as well as the experiences and perceptions of clients. These studies have concluded that both perspectives should be included in treatment planning. While previous research has reported clients' and clinicians' perceptions of fluency therapy separately, this research considers both views simultaneously. The results from this qualitative study will aid speech-language pathologists in considering the factors that can create a successful fluency therapy session. Participants for this study were adults who stutter, graduate assistant clinicians, and a clinical educator. The participants who stutter were interviewed to determine if personality traits, hobbies, outside support, life events, or specific therapeutic characteristics influence success. The clinicians were asked what they have observed to be successful in speech therapy and what they believe their clients perceive as vital in fluency sessions. The data collected from three types of people involved with stuttering therapy were transcribed and analyzed to generate themes. Expected results of this research highlight factors that contributed to perceptions of success.