REFERRAL PROCEDURES

Before being enrolled for treatment, all individuals must be seen for an assessment to determine suitability for the program. The assessment fee is $200.

Referrals can be made by clients themselves, a family member/friend, or a health professional through a phone call, fax or email indicating the person's name, address, telephone number, date of birth and email address. Previous professional reports would also be of help. The waiting list for an assessment typically ranges from 1 to 2 months. Individuals 13 years of age or older are generally considered for this program. Summer months are usually reserved for school-aged persons and adults 18 years and up attend during the year.

Individuals who live a significant distance from the Institute cannot always be assessed through a personal interview. In such cases, assessments can be carried out by phone or Skype.

PROGRAM FEE

A one time fee of $2400.00 is charged to Ontario residents in order to defray the costs of professional therapy time, supplies, computerized equipment, operations etc. This includes 77 hours of treatment conducted by a Registered Speech-Language Pathologist. This fee is equivalent to $31 per hour. This fee is $3450.00 for out of province participants. These fees are typically deductible as medical expenses and frequently covered by group insurance plans.

MATERIALS REQUIRED

Participants must have a voice recorder for use at home, and an analog stopwatch with a rotating second hand. These devices must be used simultaneously.

THE DEMOSTHENES SOCIETY

This group, named after the famous Greek orator who stuttered, is a self-run group of former participants. The group independently conducts meetings for the purpose of maintaining fluent speech skills. The meetings are held on Saturdays and provide a variety of workshops for speech practice. All former participants of the intensive fluency program are invited to become members of the Demosthenes Society.

Further information regarding program details may be obtained by contacting either
Dr. Robert Kroll (ext. 228), Program Director or
Marni Kinder (ext. 235), Speech-Language Pathologist at the following address:

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THE SPEECH & STUTTERING INSTITUTE

INTENSIVE FLUENCY PLUS PROGRAM:

Treatment for Stuttering (13yrs - adult)

Robert Kroll Ph.D., Program Director

SPECIALIZED TREATMENT FOR STUTTERING

Stuttering is a problem for approximately one person out of every hundred. For many years it was believed that stuttering was related to a psychological dysfunction, and the treatments available were geared towards dealing with the "neurosis" rather than the speech behaviour itself.

Recently, research has led to a new view of stuttering. Stuttering is now regarded by speech-language pathologists and researchers as a behaviour which can be modified through a systematic relearning of the mechanics of speech. Thus, programs which combine the principles of learning and behaviour have enabled stutterers to effectively change their speech patterns.

The Department of Speech Pathology at the Clarke Institute of Psychiatry was the first Canadian clinic to introduce the Precision Fluency Shaping Program (PFSP), a specialized treatment program for stuttering.

For over 30 years, this program has attracted individuals who stutter as well as interested professionals from across Canada and other parts of the world. Years ago, this intensive treatment program moved out of a hospital setting to the community and now operates under the auspices of the Speech and Stuttering Institute.

After studying clients' responses to treatment, the PFSP program was modified from its original form to create the Fluency Plus Program. Fluency Plus integrates both fluency shaping and cognitive restructuring procedures. This program deals with both stuttering behaviour in addition to the psychological factors that impact on an individual who stutters

THE INTENSIVE FLUENCY PLUS PROGRAM

This program is based on the model of Precision Fluency Shaping and operates on the premise that stuttering is a speech motor behaviour that can be modified by learning a series of fluency facilitating techniques. The physical behaviours of speech such as rate, respiration, articulation, and voicing are reconstructed through a systematic series of exercises. Participants are taught to use state-of-the-art equipment to assist in developing accurate speech responses and self-monitoring skills. The program also addresses the psychological aspects of stuttering, as well as the transfer and maintenance aspects of treatment. Individuals who stutter who are seen for the three week program are followed for one year in order to facilitate the consolidation of fluency skills. Participants work in a small group as well as individually.

TREATMENT RESULTS

The results of this approach to stuttering treatment can often be quite dramatic. Approximately 90% of participants improve significantly in their speech fluency. A year after treatment, this percentage decreases to 70%. In most cases, the decrease in fluent speech is related to lack of practice. It is important to note that the first part of treatment serves to help participants learn and establish new speech skills and transfer them to everyday speaking situations. These skills can be maintained only through the active follow-up and maintenance program described.

ATTENDANCE REQUIREMENTS

The intensive three week program requires daily attendance, Monday through Friday from 9:00 a.m. to 1:30 p.m. Two to three hours of home assignments are given at the end of each day and on weekends. Thus, it is essential that the participant be fairly free of other responsibilities and commitments.

FOLLOW-UP

To maintain and further develop new speech skills, participants must follow a structured schedule of home practice. Without the ongoing practice, it is likely that the new speech skills will be lost and old patterns will return. Follow-up sessions are designed to provide participants with professional feedback about their speech performance and an opportunity to discuss their home practice and individual difficulties. 17 group follow up sessions are offered immediately after the treatment and continue at weekly, bi-monthly, then monthly intervals for a year. Participants from out of town may join sessions via Skype or are requested to stay in touch with their clinician by phone or email.

Twice yearly, the Speech & Stuttering Institute conducts a refresher course which is open to all those who have taken the initial treatment. This program provides individuals with the opportunity to re-establish fluency skills in the context of large group review sessions.