

THErapy PLANNING INTERVIEW FOR STUTTERING
Client has **No** previous experience with SAST program

Client Name: _____
Clinic File #: _____
Supervisor: _____

Date: _____
Clinician: _____

Interview: Discuss the following topics with your client. Items 2-7 address previous therapy other than at this program. Omit if the client has never received treatment.

1. Provide an overview of your stuttering problem.
What do you do that you call your stuttering?
What factors appear to make your speech better?
What things make your speech worse?
2. What previous therapy have you had? When, and how long?
3. What were the specific goals of therapy? Be very specific using demonstration, imitation, modeling, etc.
4. What was/were the most helpful thing(s) you did in therapy? Why?
5. What were the least helpful things you did in therapy? Why?
6. What did you learn overall from therapy?
7. What do you believe is wrong with your speech and how do you believe that you did in therapy fit into what you believe is wrong? In other words, why do you believe you stutter and from this, what things do you think would be helpful to do in therapy?
8. At this point, what do you want from therapy? That is, what do you see as your goals.
9. What do you think I can do to help you achieve those goals?
10. What do you believe is your role in therapy?
11. Now, discuss the role of each of you in therapy and try to establish an idea of how the client sees his/her role in therapy as well as the way he/she sees your role. (This is actually the beginning of establishing a client/clinician contract.).
12. What things do you believe might interfere with how and how much you improve (e.g. school, illness, attitude, emotions, etc.). Any physical limitations? Any time limitations? Worries or concerns about other matters? What can I (clinician) do to be helpful?
13. Clinician presents an overview of what will occur in therapy, including identifying the five phases of therapy.

Analysis: Begin to take notes and to describe what the person does as he is talking that interferes with talking. Observe the sequence of his struggling behavior, focusing as much as possible on the parameters and phases of speech movement. What behavior do you see immediately before an overt stuttering moment? In other words, what does the client do to get from "fluid" speech to "disrupted" movement? Begin to imitate and model your client's speaking patterns to get a more specific idea of what he is doing.

Begin to identify the factors (e.g. people, situations, nature of conversation [e.g. questions, arguing, etc.] that affect his fluency. When does the client's problem become more severe and less severe? Identify how the client believes h/her thinking and feelings relate to being more fluent or disfluent.

Impressions and Recommendations: Based on the information obtained from the above interactions what do you believe the client should be doing to become a more successful communicator. Where should the client begin? What are your overall goals for therapy? What are your initial goals and how do they relate to each other in a sequence of learning?