

THERAPY PLANNING INTERVIEW FOR STUTTERING

Client **has** previous experience with the SAST program

Client Name: _____

Date: _____

Clinic File #: _____

Clinician: _____

Supervisor: _____

Interview: Discuss the following topics with your client.

1. Describe as specifically as possible what you have done in therapy in the past semester(s). What have been your specific goals in therapy? Then describe what have been your most recent goals.
2. What has been the course of your improvement? Be as specific and detailed as possible, giving examples, demonstration, etc.
3. Have you slid backwards at all? How, when, and to what degree. Be as specific as possible, giving examples, demonstration, etc.
4. How have you done since the last time you had therapy? In what ways have you been successful? Be specific with details. In what ways have you not been successful? Be specific with details.
5. Overall, what do you think you need do to become a more successful communicator?
6. What specifically do you think you need to do in the immediate future to help yourself become a more successful communicator?
7. Have you done any of the things identified in #5 and #6 in the past? Have they helped? If so, why are you not doing them now?
8. What do you see as my role (clinician) in helping you attain your goals?
9. What do you see as your role (client) in attaining these goals?
10. What do you believe now are things that might interfere with your improving? School, illness, attitudes, feelings, time, etc. Do you have worries or concerns over other matters that might influence improvement?
11. Discuss (client and clinician) what can be done about the issues identified in #10.

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.