

# Dysfluency

Stuttering is a neurological speech disorder

## Stuttering

Is a **NEUROLOGICAL** speech difference. It is **NOT**

- Nervousness
- Lack of intelligence
- Poor parenting
- "Talking too fast" or something you can "just fix"

The goal is not perfection.

The goal is to reduce struggle, increase confidence, expand participation, & support communication freedom

## Types of Dysfluency

- Developmental stuttering (most common; begins in childhood)
- Neurogenic stuttering (after stroke, TBI, or other neurological event)
- Psychogenic stuttering (rare often relating to trauma)

## Types of Stuttering

### Secondary Dysfluency Behaviors

- Eye blinking
- Facial or jaw tension
- Head or body movements
- Avoiding eye contact
- Word substitutions
- Avoiding certain sounds or situations
- Talking around a word
- "Starter words"

\*These often develop as attempts to push through or hide the stutter.

## Types of Stuttering

### Core Dysfluency Behaviors

- Sound repetitions (c-c-cat)
- Part-word repetitions (Be-be-because)
- Whole-word repetitions (I-I-I like it)
- Phrase repetitions (Yes I-Yes I can)
- Prolongations (sssssssorry)
- Sound Substitutions
- Blocks (silent stop of airflow or voice)
- Irregular pauses
- Interjections ("um," "uh", "yeah", "like")
- Cluttering (rapid, irregular rate & reduced clarity)



### Speech Strategies & Tools

Some of these may include:

- Easy onset
- Light articulatory contacts
- Prolonged speech
- Cancellations & Pullouts

### Feelings & Cognitive Work

We address:

- Fear of speaking
- Anticipation
- Avoidance behaviors
- Negative self-talk/shame
- Past speaking experiences

### Self-Advocacy

Disclose their stutter if they choose

- Educate teachers, peers, coworkers
- Ask for more time
- Advocate for communication needs
- Speak confidently – even if they stutter

### Real-World Practice

We practice:

- Ordering food
- Making phone calls
- Conversations with peers
- Job interviews

## Intervention Can Focus On

### Education & Awareness

Clients learn:

- What stuttering is (and what it isn't)
- How speech works in the body/brain
- Why stuttering happens



# When Speaking to Someone Who Stutters

It's frustrating to stutter. It's less frustrating when the listener knows what to do.



Listen patiently to their message



Maintain natural eye contact

(avoid distractions like TV or Phone)



Do not finish their sentences

(unless they've told you it's okay)



Don't talk at the same time.

(take turns)

Do not say "slow down" or "take a breath"

(unless they've asked you to cue them)



Ask for clarification if you didn't understand

Read their nonverbal cues (body language)

(to help understand the message)



Model calm communication energy

