

Stammering therapy : The restoration or "recovery" option

AIM = Not to obtain a flawless sentence but to restore the normality of the act which gives rise to speech.

Hypothesis = Stammering sets in when, during **implicative speech**, the speaker / interlocutor loses his/her first place.

Traditional observations and findings.

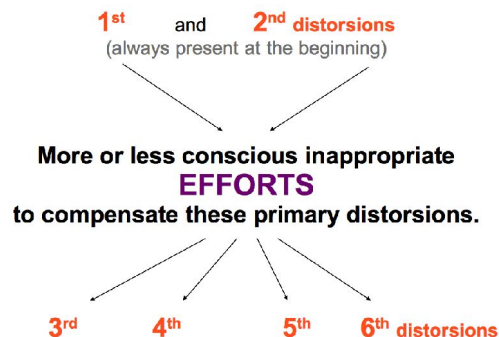
- Disfluences and associated difficulties
- Psychological feelings
- Reactionnal consequences

TWO PRIMARY DISTORSIONS (according to Dr F. Le Huche)

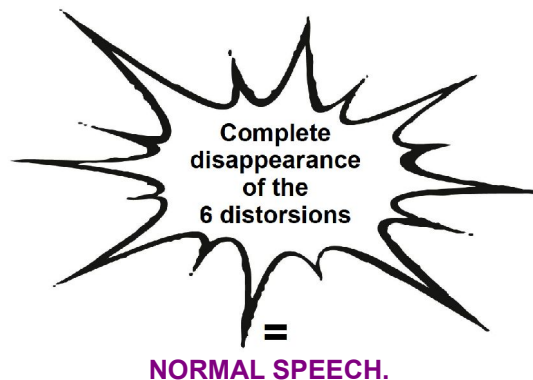
- 1st distorsion > Reversal of the normal relaxation reflex during speech difficulties.
2nd distorsion > Loss of spontaneity of speech.

FOUR POSSIBLE SECONDARY DISTORSIONS:

- 3rd distorsion > Loss of reassuring behaviour.
4th distorsion > Loss of help acceptance.
5th distorsion > Loss of listening and/or immediate self-listening.
6th distorsion > Alteration of expressiveness.



Disappearance of the 3rd distorsion =  **PROTECTION** against any worsening or relapse.



PREVENTION of chronicisation before the age of 7 by parental guidance.

3 Harmful approaches should be avoided :

- Reproaching or mocking or asking for willpower
- Giving advice
- False indifference

One salutary approach :



BECOME AN ACTIVE INTERLOCUTOR ! Ask questions *BUT...*

- Suggest a word or an end to the child's sentence unhurriedly but without any delay.
- Show a willingness to understand.



ANY REQUEST TO MAKE AN EFFORT OF SPEECH IS TO BE BANNED.

→ priority should be given to the quality of the exchange rather than the formal quality of speech.

PROPOSED THERAPY after the age of 7

During the therapy sessions, establishing exercises to be practised at home in order to restore the disrupted automatisms. These exercises relate to :

- Mastering any psychomotor tension (open-eye relaxation).
- Phonatory breath, voice, articulation (phonetics initiation and restoring the articulatory precession of vowels.)

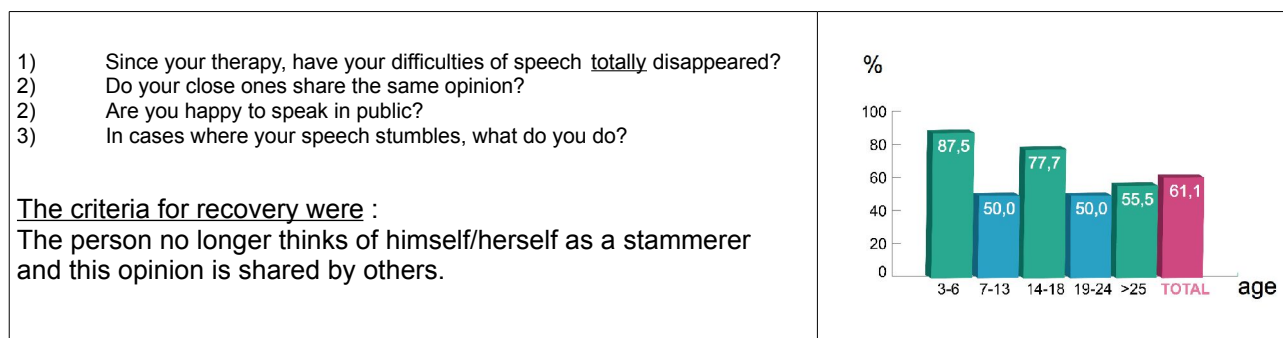
The relationship with the interlocutor and listening exercises aimed at building the *Oral Exchange Reference Object* (OERO), dictated drawing, image creativity...

No fluency technic is advised while speaking.

The transfer of use of the automatisms is learned during therapy sessions.

FINAL RESULTS :

Four questions have been asked to 101 patients having followed the D^r F. Le Huche therapy.



CONCLUSION : ➡ In most cases, restored or recovered speech.

<p><u>Below the age of 7 :</u></p> <p>Parental guidance.</p> <p>At the rate of an average of five half-hourly sessions every week or month.</p>	<p><u>From 7 to 77 :</u></p> <p>Therapeutic project for restoration of the speech act.</p> <p>At the rate of a session of half an hour per week over 18 months on average.</p>	<p>To remember :</p> <div> <p>NO:</p> <p>Controlling the stammering</p> <p>Avoidance techniques</p> </div> <div> <p>YES:</p> <p>Rectification of the distortions that affect the act of speech</p> <p>A therapeutic project aiming to restore the elements constituting normal speech</p> <p>Acquisition of fluency automatisms</p> </div>
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