

Teenager with Stuttering: a case study based on ICF model

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ICF model as a key to getting to know the client and conducting therapy.

Treatment plan based on the assessment

The ICF Model (2019) from the perspective of the PWS

It highlights the important role of the client's experience with stuttering=feelings, thoughts and behavior (ABC).

1. SSI-4 - the moderate severity of stuttering
2. OASES-The assessment of the effect of stuttering on life is moderate.
3. Palin Parent Rating Scales – poor knowledge of stuttering and confidence in managing it high level of the severity of stuttering and the impact of stuttering on the parent, high level of the impact of stuttering on the child
4. Client profile – interview: parents and the client (13 age)

ICF model applied to stuttering– Tichenor S, Yaruss S. (2019)

The experience of stuttering

Etiology - grandfather

Body dysfunction - physical symptoms

- prolongation of sounds and syllables at the beginning of words, volume of voice
- head movements, eye blinking, loosing eye contact, mouth tightness, excessive gesticulation

Personal Factors: ABC of stuttering - feelings, thoughts, behavior

Feelings= helplessness, anger, school fear frustration

Thoughts: "I am not good enough", " I will surely be pointed because of my stuttering", perfectionism ("I'll show you...")

Behaviors: avoidance of words, situations, school fatigue, physical tiredness

Activity/participation /limitation in social situations

- At school - avoidance of oral presentations, avoidance of new colleagues (girls much more), avoidance of telephone calls
- poor communication skills

Environmental factors - parents' and teachers' awareness and knowledge, peers' reactions to stuttering, functioning at school: difficult relationship with older brother, parents' strong pressure on grades at school, father - very demanding, controlling, malicious, ridiculing

Treatment plan - based on the ICF model. The main goals (based on the SMART model), goals focused on correct communication and social behaviour, goals related to the elimination of stuttering

Long-term client's goals:

- Immediate client-related goals: knowledge of the speech apparatus, feeling of the body, knowledge about stuttering, communication model in his family and at school, fresh look at his personal goals

- Objectives for the family and school environment: knowledge of stuttering, factors supporting stuttering, exercises in speaking in turn, being a good speaker and listener; school requirements.

Practicing relaxation, calming, activities, desensitization, easy stuttering techniques

Summary: 16 meetings - he develops social skills, he tries to speak more slowly, without tension, he made oral statements in class several times, he has better relationship to his brother, he did shopping several times (6), he arranged a few appointments with his friends, his head and neck tension symptoms have disappeared, he is calmer

4 meetings to parents - they know much more about stuttering and ABC = personal factors, they received information on how to care for relationships, confidence as well as about his son's preferences

References:

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5.Millard, Edwards, Cook, 2009 Palin Parent Rating Scale

6. Riley, 2009, Stuttering Severity Instrument – SSI-4

7. OASES (13-17 age) -Overall Assessment of the Speaker's Experience – 2004, Yaruss J. S,