

Expecting the Unexpected:
 Maintaining effective therapy when plan A doesn't go as planned

Karen Miller, MA, CCC-SLP
 Metro Speech Language Symposium
 February 2019

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Introduction

Karen Miller, MA, CCC-SLP

Degrees from BYU, USU, UNC

Currently work with preschool through 5th grade in CCCD (Premont RE-1)

Financial disclosures:
 No financial gain beyond receiving complimentary conference admission.

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I'm selfish.

I'm not here as an expert—I'm one who lives in the trenches just like you.

I work 4 days a week.

I see 19 preschoolers one day a week and 29 (soon to be 33) high needs elementary students the other 2 days. (One day a week is dedicated to law work).

When deciding to come to the conference, I thought about what I would want to hear. What I need help with.

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This is *not* a session on going without a plan.

SKETCHES FROM MEMORY BY CHUCK COTTRELL

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Teachers Pay Teachers

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But every so often (or more often than we'd like to admit) . . .

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Seven horizontal lines for writing.



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Seven horizontal lines for writing.



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Seven horizontal lines for writing.



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This is a strategy session on how to make it work anyway.

- How to make it effective and research based.
- How to make it engaging.
- How to make it with mixed groups.
- How to make it with NO prep not just low prep.

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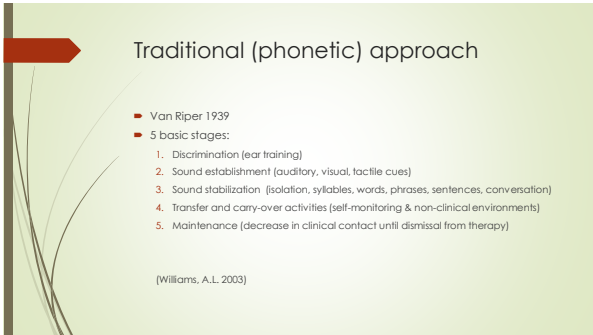
What does the research say anyway?

School-based SLP's big 4
Articulation
Language
Fluency
Social skills

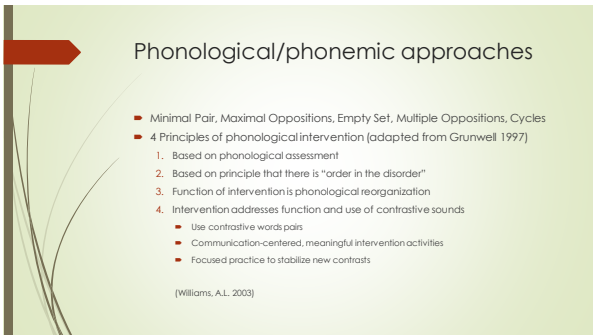
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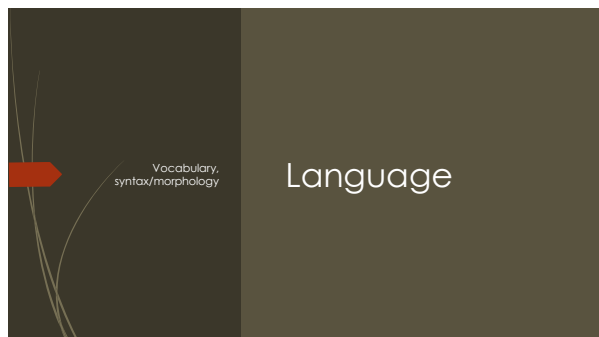
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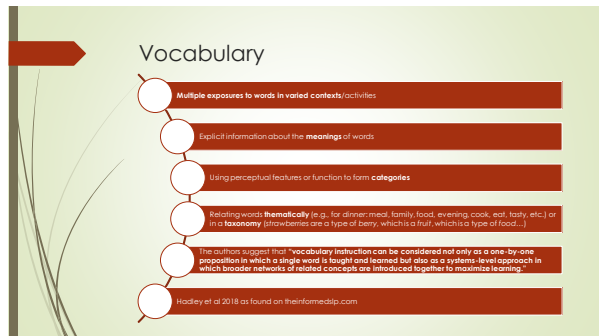
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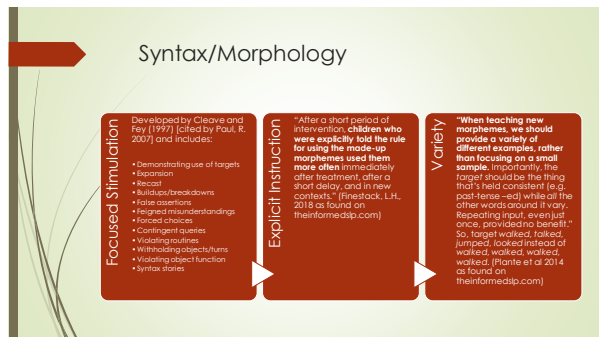
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Fluency

Fluency Shaping

- Stuttering is a learned behavior.
- Reinforce fluency and reduce stuttering through reinforcement and correction (operant conditioning).

Stuttering modification

- Accounts for impact of stuttering on family.
- Considers quality of life implications & immediate social-emotional difficulties

Common programs

- Lidcombe Program (LP) uses direct techniques (easy onset, pauses, slowed rate, etc.)
- Demands and capacities model (DCM) targets environment and lessening demands on child

(Byrd & Donaher, 2018; Nippold, 2018)

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Social skills

Social Stories Read to students with and without pictures

- EBP but questionable effectiveness

Peer Mediated Buddy System, social interactive training, peer-assisted learning, peer training for classroom

- Low to questionable effectiveness

Video Modeling Video of self, peers, adults, combination; familiar and unfamiliar models

- EBP and effective

Other Training Cognitive Behavioral Training CBT, PECS training, scripts, cue cards

- Very promising but needs more research

(Wang & Spillane, 2009)

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Research take aways

ARTICULATION	Repetitions, meaningful, focused practice
LANGUAGE	Multiple exposures, explicit teaching, relationships of words, expand/recast, variety
FLUENCY	Address direct techniques, consider life implications
SOCIAL SKILLS	Modeling through video, scripts, practice

** ASHA's Practice Portal is a great place to ensure that your therapy is research based. **

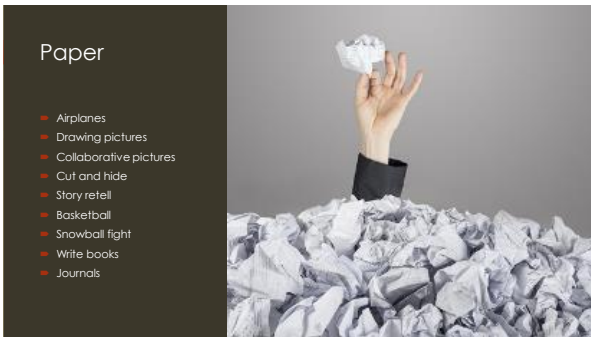
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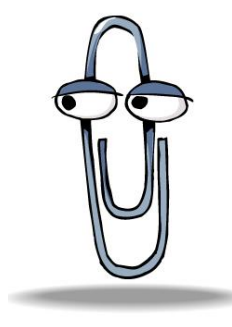
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Paper clips

- Chains
- Magnets
- Smooth/bumpy speech
- Prepositions
- Conversation builders/wrecking balls
- Shapes

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Post its

- Prefix/suffix
- Hide a picture
- Statements vs. questions
- Venn diagrams
- Sorting (sound placement, categories)
- Basic concepts
- Following directions
- Parts of sentence
- Pronouns



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Dice

- Artic practice
- Sentence length
- Parts of speech
- Following directions
- 100 points game
- High fives
- Silly faces/words
- Roll and do game

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Taking it outside the speech room


- Sidewalk chalk
- Playground balls
- Basketball
- Scavenger hunt
- Halway artwork
- Greetings
- Routines, following directions
- Movement activities



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Cheap stuff

- Wind up toys
- Paper bags
- Write on dice
- Cars
- Legos
- Animals
- Bean bags
- Phone pictures



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Other resources

- <https://www.asha.org/practice-portal/>
- https://strathprints.strath.ac.uk/32807/1/language_therapy_manual.pdf (complete therapy plans including lots of game ideas)
- <http://speechinfun.com> (search office supplies for several blog posts)
- <https://teachingtalking.com/10-ways-no-prep-speech-therapy-month/> (not all are truly "no prep" but still some great ideas)
- <http://speechmusings.com/2016/03/28/walk-the-line-a-no-prep-speech-therapy-activity/>

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