







ASHA Pra	ctice Porta	al	
The Practice Por	tal		
The goal of ASHA's Practice Portal is pathologists by providing resources of process.	to facilitate clinical decision making an on clinical and professional topics and Information for Audiologists	d Increase practice efficiency for audiol inking to available evidence. Learn mo Speech-Language Pathologists	ogists and speech-language re about our content development
Clinical Topics	Professional Issues	Client/Patient Handouts	Tools and Templates
Curated and peer reviewed content on clinical topics.	Curated and peer reviewed content on professional issues.	Consumer resources for clients and patients.	Resources to help guide your clinical practice.
TOPICS AND ISSUES    Accent Modification  Acquired Apraxia of Speech  Aphravia  Apraxia of Speech (Childhood)	Cultural Competer     Dementia     Documentation in	ice • Orol • Perm Health Care • Resc Schools • Righ	acial Myolunctional Disorders nanent Childhood Hearing Loss nance Disorders E Hemisphere Damoge



#### **EBP Resources**

- Compilation of ASHA resources:
   <u>http://www.asha.org/slp/schools/prof-</u>
   <u>aspault/Eudp.opd/Sphis.htm</u>
- Consult/EvdncBsdSchls.htm
   User friendly guide to using research evidence:
- http://www.2ed.gov/rschstat/research/pubs/rigorousevid/g uide\_pg3.html
- Combination electronic and print, peer-reviewed journal covering a different EBP topic in every issue:
   <u>http://www.speechandlanguage.com/ebp-briefs</u>
- Database of Best Interventions and Treatment Efficacy across the scope of SLP practice:
- <u>http://www.speechBITE.com</u>
- Smartphone apps:
- PubSearch (search PubMed—free app)
- ArticleSearch (search scientific papers, journals, magazines)



# Treating SSDs 21st Century Style!

# Efficiency: Is Faster Always Better?



#### Desired outcome is a crucial factor in determining which approach is most efficient.



Kamhi, 2006

# Treatment Intensity

- SLPs prescribe treatment in the same way a doctor prescribes medicine
- Treatment dose, frequency, and duration are prescribed based on individual client needs



# Number of "active ingredients" provided each session (Justice et al., 2017) Number of opportunities or trials the client has within a

single session – 2 pills, a spoonful, 50 trials



Prescription: Take 2 pills daily for 30 days

# Sherry.Sancibrian@ttuhsc.edu

# Frequency

taken?

 Number of times therapy is provided per day or week
 How often is the dose



Prescription: Take 2 pills daily for 30 days

#### Duration

- How long does the client need therapy?
- Total length of time treatment is provided
- 10 days, 6 weeks, 3 months, forever

Justice et al., 2017



Prescription: Take 2 pills daily for **30** days

#### More is not always better!

Best treatment outcomes high frequency/low dose low frequency/high dose

Worst treatment outcomes

 Consistent with other findings that distributed practice and spacing leads to better retention.

high frequency/high dose (over-treating) low frequency/low dose (under-treating)

AD3: Algorithm Driven Dosing Decisi Laura Justice Mary Beth Schmitt Jessica Logan Hui Jiang









#### Which strategy is best?



- Training Deep
  - Remediate just 1 or 2 sounds
    Phonetic approach,
  - Indifete approach, using traditional artic treatment strategies
     Lots of drill
- Training Broad

   Target a few exemplars for each pattern being addressed
  - Use cognitivelinguistic approach (e.g, contrast therapy or cycles)
  - Limited drill

#### Likely candidates for vertical strategy

- School age or older
- Does not have problems with syllable structures
- Intelligibility is mildly to moderately affected
- Primarily distortions and substitutions



Smit et al ASHA 2004

# Likely candidates for horizontal/cycles

- Preschool or early school age
- Difficulty with syllable structures
- Intelligibility is significantly affected
- Many omissions, along with substitutions and a few possible distortions



Smit et al ASHA 2004

Traditional Target Selection Criteria

Stimulable

Early developing

Easier to produce

**Frequently occurring** 

Most likely to affect intelligibility













#### Phonetic Placement

- Verbal descriptions
- Pictures/photos
- Mirror work
- Tongue depressors
- Bite blocks
- Straws



# **Phonetic Placement**

raise tongue so sides contact inner surface of teeth ("butterfly" or /l/ position)

place tongue tip behind upper or lower teeth (apico-alveolar or predorsal-alveolar?)

direct airstream toward cutting edge of teeth

- http://www.speech-language-therapy.com/fsd-butterfly-procedure.htm (Bowen, 2009)

## Shaping



#### Example: Shaping for /r/

- Produce /l/ while lowering the jaw slowly
- Produce /l/, /n/, or /d/ and pull the tongue back until /r/ results. (Assist with a tongue depressor, if needed.)
- Place the tongue lightly between the teeth and produce a voiced "th" sound. Then retract the tip straight back into the /r/ position.

Pena-Brooks & Hegde, 2007; Secord et al, 2007; Ruscello, 2008

#### **Contextual Facilitation**

- Can you find "key words" to use as models?
- Contexts to facilitate production of /r/
  - After /j/: "Eureka!," "your rabbit," "you're reading"
  - After /t/ in clusters: "tree," "trip," "tray"
  - After /k/ in clusters: "creek," "creep"
  - Between vowels: "teary," "berry"

Hegde & Pena-Brooks, 2007; Secord et al, 2007; Ruscello, 2008

#### **Contextual Facilitation**

- If /st/ cluster is too difficult in "stay" or "fast", try this trick!
   roos-ter, fas-ter, Eas-ter
- /f/ + front vowels
- light /l/ + front vowels; dark /l/ + back vowels
- /k/ + back vowels















#### **Practice Strategies**

- Slow motion speech with prolonged vowels
- Shadowing (echo speech)
- Unison speech
- Backward build-ups for multisyllabic and/or fossilized forms
  - ball
  - ketball
  - basketball
- Backward chaining

Smit, 2004; Ruscello, 2008; Bowen, 2009

# Backward Chaining for Intervocalic /k/



- Practice saying, "bay," "may," "way" briefly
- Practice saying, "KING-bay," "KING-may," "KING-way"
- Switch the syllable order, "bay-KING," "may-KING," "way-KING," keeping the stress on KING
- Shift the stress to the first syllable to get *baking, making, waking*

Bowen, 2009 http://speech-language-therapy.com/tx-facts-andtricks.htm

# The Intrusive /h/

#### For Prevocalic Voicing

- Prime with initial /h/ words: heel, heap, hoe
- Model target words with an intrusive /h/: pheel-peel, p-heap-peep, t-high-tie, t-hoe-toe

#### For Stopping of Fricatives

- Prime with initial /h/ words: heel, hum, hoe
- Practice target words with an intrusive /h/: fheel-feel, th-hum-thumb, s-hoe-sew

Bowen, 2009 http://speech-language-therapy.com/tx-facts-and-tricks.htm

Carrier Phrases: A New Twist
Carrier phrase + target word
• It's a • I have a
Embed a target in the carrier phrase
• Tou <u>ch</u> the
• l <u>s</u> ee a
• <u>Th</u> aťs a



#### **Phonetic Approaches**

- Multiphonemic Approach
   Addresses several sounds each session
- Paired Stimuli Approach
  - Pair 4 key words (where sound is produced 90% correctly) with 10 training words on a picture board
  - Elicit "training strings" with key word and target alternating: see-seal, see-sand, seesun, see-sofa; work to 80% accuracy across 3 consecutive sessions

#### **Core Vocabulary**

- Targets children with severe, inconsistent speech sound productions
- Develop personalized list of 50-100
   "functionally powerful" words
- Target 10 words per week
- Words are removed from the list as they are produced consistently

Dodd, Crosbie, & McIntosh (2006)

Inco	onsister	nt Ian		
Target	Initial	Medial	Final	Total
m	w,j		n	3
р			ø	1
f	s,d,w	n	ø,p	6
v	m,b	b	b,p,ø	4
s	n,t	w	ø	4
				Total = 18
				CI = 18/5 (3.6)



#### PROMPT

- Prompts for Restructuring Oral Muscular Phonetic Targets
- tactile-based, externally applied cues to articulators; SLP cues each target
- Requires completion of 2 courses for certification





# **Increasing Automaticity**

- Speed drills
  - Repeat set of phrases or sentences, constantly reducing time but maintaining accuracy rate
- Auditory masking
  - Repeat practice material while masking noise is played through headphones
- Rehearsal matrices
  - Repeat nonsense syllables with varied syllable shapes: VC, CVC, CV, VCCV

Ruscello, 2008

#### **Facilitating Generalization**

- Response levels (e.g., words, sentences, narrative)
- Rate: "regular talking" vs. "fast talking"
- Stress, intonation, and emotion – Target sentence: Bob ate pie.
  - Who ate pie? Did Bob make pie? Did Bob eat cake?
- Number of repetitions
- Body position or activity – Chanting, singing



44

#### **Predicted Generalization**

- Final /s/ to other final fricatives
- From /tS/ to /dZ/ and /j/ because of identical place
- From initial /fl/ to other clusters because fricative + liquid cluster is marked (Gierut, JSLHR, 1999)

# **Involve Other Partners**

- Use fun, play-based, sound-loaded activities that involve models and recasts
  - Provide set-ups—choices, communicative temptations
  - Elicit protests (e.g., playfully calling something the wrong name)
  - Provide focused auditory stimulation

- Make a brag book (Bowen, 2009)

Use distributed, random 5- to 7-minute bursts of homework
Compile "power word" and phrase lists



Manipulate Therapy Schedules

Massed practice Fewer, longer sessions

Distributed practice Shorter, more frequent sessions



#### **Frequency of Productions**

How many productions are needed per session?

 Edeal & Gildersleeve-Neumann, (2011)

 Compared 30-40 productions of each speech target to 100–150 productions per 15-minute session

# **Tips for Eliciting 150+ Productions**

- Challenge students with a tally counter.
- Make a "friendly" contest for students/groups
- Create stations around the room (board, table, floor, computer). The child will do something different at each station.

#### **Provide Extrinsic Feedback**

# KR vs. KP

- Knowledge of results = Right/wrong (old way/new way)
- Knowledge of performance = Specific comments about how to modify production

Tip: Provide nonverbal feedback to a nonverback to a nonverbac



#### Monitor Generalization

#### Probe:

- target sound/pattern in untrained words
- target sound/pattern in untrained context



related but untrained sound/patterncontrol behavior



#### Plan for Dismissal

- Consider:
  - Initial starting severity level
  - Years in treatment
  - Overall motivation, tolerance, and satisfaction with treatment program
  - Comparison to age-matched peers
  - Number and type of errors in conversational speech, and stimulability for those errors

Tyler, 2005

#### Dismissal - Hotel California?

- Diedrich & Bangert (1976) students dismissed at 75% correct for /s/ and /r/ had as much retention after 4 months as students who stayed in therapy until at the 95%+ correct level
- Mowrer (1982) better retention after frequent short sessions (distributed practice) than fewer, longer sessions (mass practice)
- Elbert et al (1990) preschoolers continued to improve 3 months post-treatment

#### EBP - dismissal

- Olswang & Bain (1994) when child reached 40% correct on untrained probe items, did not need additional treatment on target
- McKercher et al (1995) children who achieved 75% accuracy maintained or improved performance after therapy ended
- Williams (2003) indicates that treatment for a specific phoneme collapse can be terminated when child achieves 50% accuracy on conversational probe

#### **Principles of Phonemic Approaches**

- Phonemes establish meaning differences between words, so therapy begins at the *word* level.
- Focus is on the system--expanding the inventory of speech sounds and syllable shapes.



Speech sa	ample - Geo	rge		
Adult Word	George's Form	Initial	<u>Final</u>	
coat	[do]	k→d	t→Ø	
show	[so]	l→a		
dish	[dis]		l→a	
pack	[bæ]	p→b	k→Ø	
leave	[wif]	l→w	v→f	
rain	[wen]	r→w		
ship	[sɪ]	∫→s	p→Ø	
gun	[dʌn]	g→d		
buzz	[bAS]		Z→S	
can	[dæn]	k→d		



# Target Selection Factors: Frame versus Content

Common phonotactic constraints:

- Lacking final consonants
- Lacking clusters
- Limited varied syllable shapes
- Frequent reduplication or assimilation

Build the **frame** first!











#### Target Word Selection Factors: Frequency & Density

- Frequency = how common the word is
- Neighborhood density = number of phonetically similar words based on one sound substitution, deletion, or addition
  - High-density = has 10 or more "neighbors"

What are neighbors for "ball"?







# Target Selection Factors: My Advice!

Consider:

What will affect intelligibility the most? What will expand the system? What personal factors should be considered? What goal attack strategy is best?





Major phonotactic patterns

- Deletion of initial or final consonant
- Harmony and reduplication
- Reduction of multisyllabic words
- Errors affecting word stress patterns
- Reduction of consonant clusters

#### Initial Consonant Deletion

 Possible result of hearing impairment or childhood apraxia of speech.



- Treatment considerations: -Begin CV syllables using a
- consonant the child can already produce successfully.



#### **Initial Consonant Deletion**

- Treatment Considerations:
  - Repeat VC syllable to induce syllable onsets (e.g., "ick-ick-ick" to "kick-kick-kick")
- Goal:
  - Child will produce target CV words with an initial consonant, in x% of trials, regardless of consonant accuracy (imitated, elicited, spontaneous).

#### **Final Consonant Deletion**

- Common in English language in children under 3.
- Consonants acquired first in final:
  - -velars
  - -fricatives
  - -voiceless stops

#### **Final Consonant Deletion**

- Treatment Considerations:
  - -Use lax vowels.
  - Use words with consonant harmony (e.g., kick, pop, mom).
  - -Use CVCV sequences while gradually removing the second vowel.
  - Use two words in which the final C of one word is the same as the initial C of the second word (e.g., "hit ten")

#### **Reduction of Multisyllabic Words**

- Use reduplication
- Treatment Considerations:
- Target syllable repetition in various activities: movement activities (e.g., up, up, up), daily routines (e.g., bowl, bowl, bowl), and reading of counting books (e.g., repeating name of object repeatedly instead of counting occurrences, "ball, ball, ball").
  - Target words with reduplicated structure (e.g., boo-boo, mama, peepee).

#### **Reduction of Multisyllabic Words**

- Gradually introduce words that are not reduplicated, but contain either consonant or vowel harmony.
- Goal:
  - Child will produce target two-syllable words (e.g., CVCV) with two syllables in X% of trials, regardless of consonant accuracy

#### Word Stress Patterns

- Weak syllables most likely to be omitted when in words with iambic stress : giraffe
- Target iambic (w-S) words in phrases with a stressed word directly preceding the target word (e.g., BIG girAFFE, RED balLOON).



#### **Consonant Cluster Development**

- Some clusters in initial and final produced at age 2
- Full clusters produced 75% of the time by age 3.5
- Typical progression of cluster errors: – complete deletion
  - deletion of one element (marked)
  - substitution of one element

#### **Consonant Cluster Reduction**

- Treatment Considerations:
   Targeting marked clusters (e.g. /fl/)will
  - generalize to less marked clusters.
- Goal:
  - Child will produce target twoconsonant sequences with two consonants in x% of trials, regardless of consonant accuracy (imitated, elicited, spontaneous).

#### **Contrast Therapy**

- Create new phonemic distinctions in language by teaching feature contrasts (e.g., place, manner, voice)
- "Make these two words sound different."
- Child should be stimulable for target.

What errors cannot be adequately addressed using contrast therapy?

Ruscello, 2008

#### Minimal Pairs x 3

• Target-substitute – Target vs. error sound



- Target-known sound
   Target vs. another sound already in child's inventory
- Target-target ("empty set")
   Two new sounds introduced simultaneously



Feature	Differences	5	
Sound	One Feature	Two Features	Three Features
m	n, ŋ, b, w	p, d, g, v, θ, z, dȝ, l, r, j	t, k, f, θ, s, ∫, t∫, h
1	d, z, n, r	b, t, g, v, θ, s, dʒ, m, ŋ, j, w	p, k, f, θ, ∫, t∫, h
р	b, t, k	d, g, f, θ, s, S, t∫, m, w, h	v, θ, z, dʒ, n, ŋ, l, r, j
j	w	b, d, g, v, θ, z, d3, m, n, ŋ, l, r, h	p, t, k, f, θ, s, ∫, t∫



Targets for	Minimal Opp	oositior	ns?
Adult Word	George's Form	Initial	<u>Final</u>
coat	[do]	k→d	t→Ø
show	[so]	l→a	
dish	[dīs]		l→a
pack	[bæ]	p→b	k→Ø
leave	[wif]	l→w	v→f
rain	[wen]	r→₩	
ship	[sı]	l→a	p→Ø
gun	[dʌn]	g→d	
buzz	[bva]		Z→S
can	[dæn]	k→d	







Multipl	e Op	opositior	าร		
Uses larg • For a c	er trea child	atment set who colla	s apses to /	't/:	
– tea	VS.	tree	Lee	she	see
-toe	VS.	show	go	low	dough
– tie	VS.	try	lie	sigh	dye
• For a d	child	who redu	uces clust	ers:	
– pill		sill	spill		
– core		sore	score		
– clap		class	clasp		
			Williams, 20	00	



#### **Cycles Approach**

- Cycle = time needed to target every pattern/phoneme for 60 minutes (1 cycle typically takes 5-15 weeks)
- Typical program 3 to 5 cycles (~30-40 hours of therapy)
- Goal is increasing intelligibility by stimulating *emergence* of sounds/patterns, not mastery

#### **Cycles Approach**

- **Typical Cycle 1:** syllableness, wordinitial and word-final singleton consonants, anterior/posterior consonants, /s/ clusters, liquids
- Recycle primary patterns until:
  - Velars/alveolars are used contrastively
  - /s/ clusters are emerging
  - Liquids are emerging
  - Initial and final consonants are used

















#### **Cycles Approach**

- Example sequence for child with severe disorder Cycle 1
  - 1. syllableness 2-syllable compound words
  - 2. syllableness -2/3 syllable compound words
  - -3. prevocalic singletons /m/
  - 4. prevocalic singletons /b/
  - -5. prevocalic singletons /w/
  - -6. postvocalic singletons /p/
  - 7. postvocalic singletons /k/

#### **Cycles Approach**

- -8. back consonants /h/
- -9. back consonants /k/
- 10. consonant clusters initial /sm/
- -11. consonant clusters initial /sn/
- -12. consonant clusters final /ts/
- -13. consonant clusters final /ps/
- 14. liquids initial /l/
- 15. liquids /r/

#### Cycles Approach

- · Secondary target patterns:
  - Voicing contrasts in prevocalic
  - Palatal glide /j/
  - Palatal sibilant
  - Glide clusters
  - /r/
  - Singleton stridents /f/ and /s/
- Recycle until target emerges (<40% error)

Hodson, AJSLP, August 2002

#### **Cycles Approach**

- Potential advanced target patterns

   For upper-elementary grade level children with intelligibility problems
  - Complex consonant sequences
  - Multisyllabicity

#### **Cycles Approach**

- Typical session sequence:
  - review of words from previous session
  - amplified auditory input with 15-20 words
  - drawing/coloring 3-5 new picture cards
  - production activity with cards
  - stimulability probe for new words
    amplified auditory input with 15-20 words
  - amplified additory input with 15-20 word
     phonological awareness activity
  - discussion of homework









alloon Spe (age 3:4)	ech Sample	
	Prevocalic	Postvocalic
Stops	b, k, d	b, t
Nasals	m, n	
Glides		
Fricatives	f, h	
Liquids		
Liquids		



E	3all N	oon Ionli	Spe inea	ech r Ana	Samp Ilysis	le		
Phoneme	b	k	d	f	m	n	h	t
consonantal	+	+	+	+	+	+		+
sonorant	-	-	-	-	+	+		-
continuant	-	-	-	+	-	-		-
nasal	-	-	-	-	+	+		-
voice	+	-	+	-	+	+		-
Labial	~			~	~			
Coronal			~			~		~
Dorsal		~						







# Case Analysis - Joshua

- Comb = hom
- Cold = tot
- Big = blt
- Sheep = ti
- School = tu
- Wet = bEp
- Ball = ba
- Soup = tu

	Prevocalic	Postvocalic
Stops		
Nasals		
Fricatives		
Affricates		
Glides		
Liquids		



Case Analysis Nonlinear Ax - Features					
Phoneme	h	t	m	b	р
consonantal					
sonorant					
continuant					
nasal					
voice					
Labial					
Coronal					
Dorsal					







Language-Based Approach: Example Strategies



- 1. Scaffolding narratives
- 2. Focused stimulation
- 3. Elicited production procedures
- 4. Naturalistic intervention

Tyler, Lewis, Haskill, & Tolbert (2002)

#### Story Resources – Speech Sprouts

- Books for /f/
  - Three Billy Goats Gruff by Paul Galdone
  - Three Little Pigs by Paul Galdone
  - Give Me Half by Stuart Murphy
- Books for /k/
  - Duck on a Bike by David Shannon
  - One Duck Stuck by Phyllis Root
  - Shake my Sillies out by David Allender
- http://www.speechsproutstherapy.com/2015/ 01/sound-loaded-storybooks-for.html



#### Phonology + Morphology

- Therapy goal = CR

   Plurality boat-boats, cup-cups
   Reg. Past walk-walked, kiss-kissed
- Therapy goal = FCD
  - Plurality toe-toes, key-keys
  - Possessive Ray-Ray's mama-mama's
  - Reg. Past show-showed
  - 3rd pers. Singular I go-he goes

#### Language-based intervention

- Typical session:
  - Auditory awareness: Brown Bear, Brown Bear "Brown Bear SEES a blue horse..."
  - Focused stimulation: craft activity "John TAPES ears on the blue horse."
  - Elicited production
    - Forced choice: "The man jumps or runs?"
    - Cloze task: "This man jumps and this man \_\_\_\_"
    - Preparatory set: indirect models » Tyler et al LSHSS January 2002

#### Language-based Approach

 Tyler et al found that addressing morpho-syntax first resulted in change in phonology, but not vice versa

– Tyler et al LSHSS January 2002

Joshua	a	
	Prevocalic	Postvocalic
Stops	b, t	t, p
Nasals		m
Glides		
Fricatives	h	
Affricates		
Liquids		

#### Joshua Learns Fricatives

• Book

- *Spot Goes to the Beach*Sand/water table
  - Sand, seashells, shells, saltwater, sun, surf, same/different, fish, swim, swish, sun screen
- Craft
  - Painting seashells, decorating sunglasses
- Snack
  - Fish, sand dollar cookies, seaweed slaw

Adapted from Creaghead & Hodson (2006)

#### Deshaan

• Deshaan is a 2<sup>nd</sup> grader who has received speech therapy since age 3, when his intelligibility was <50%. His speech has improved significantly, but stopping, gliding, and cluster reduction still occur at levels between 30% and 60%.











SJ, age 8:1 2 <sup>nd</sup> grade					
Dig	dɛg	Cat	tæt		
House	haʊθ	Bath	bæt		
Knife	naf	Red	wed		
Duck	d∧t	Ship	sıp		
Fan	fɛn	Ring	wɪŋ		
Yes	ϳεθ	Thumb	t∧m		
Boat	bot	That	dæt		
Cup	tʌp	Zip	ðīp		
Lamp	wæmp	Key	ti		
Goat	dot	Win	wɪn		



#### Internet Resources

- <u>http://www.mnsu.edu/comdis/kuster2/s</u> ptherapy.html
- http://speech-languagetherapy.com/sitemap.htm
- http://slpath.com
- http://www.apraxia-kids.org



#### Resources

- EdHelper <u>/r/</u> (www.edhelper.com/phonics/Consonants12.htm) and <u>"er"</u> (www.edhelper.com/phonics/Vowels11.htm) sound pictures, sentences, and worksheets.

- John's <u>/r/ word search</u> -(www.thepotters.com/puzzles/rwords.html) <u>Vowel + r flash cards and handout set</u> (www.mes-english.com/phonics/rcontrolled.php)
- A story for /r/ (www.speechtx.com/emergent/consonant\_r.htm)
- (http://edweb.sdsu.edu/courses/edtec670/Cardboard /Card/R/RacerRabbit.html)
- Say It Right (www.sayitright.org/free-stuff.html) AIR Initial Game Board, /r/ Progress Chart
- Activities/Games/Ideas for Articulation Therapy (www.angelfire.com/nm2/speechtherapyideas/articga mes.html) therapy ideas for any sound error.