STRAIGHT TALK ON STUTTERING

Second Edition

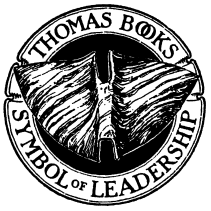
STRAIGHT TALK ON STUTTERING

Information, Encouragement, and Counsel for Stutterers, Caregivers, and Speech-Language Clinicians

By

LLOYD M. HULIT, PH.D.

Professor Emeritus of Speech Pathology and Audiology
Illinois State University
Normal, Illinois



CHARLES C THOMAS • PUBLISHER, LTD.
Springfield • Illinois • U.S.A.

Published and Distributed Throughout the World by

CHARLES C THOMAS • PUBLISHER, LTD.
2600 South First Street
Springfield, Illinois 62704

This book is protected by copyright. No part of it may be reproduced in any manner without written permission from the publisher.

©2004 by CHARLES C THOMAS • PUBLISHER, LTD.

ISBN 0-398-07519-0 (hard)
ISBN 0-398-07520-4 (paper)

Library of Congress Catalog Card Number: 2004046002

With THOMAS BOOKS *careful attention is given to all details of manufacturing and design. It is the Publisher's desire to present books that are satisfactory as to their physical qualities and artistic possibilities and appropriate for their particular use.* THOMAS BOOKS *will be true to those laws of quality that assure a good name and good will.*

Printed in the United States of America
SM-R-3

Library of Congress Cataloging-in-Publication Data

Hulit, Lloyd M.
Straight talk on stuttering : information, encouragement, and counsel for stutterers, caregivers, and speech-language clinicians / by Lloyd M. Hulit.--2nd ed.
p. cm.
Includes bibliographical references and index.
ISBN 0-398-07519-0 -- ISBN 0-398-07520-4 (pbk.)
1. Stuttering. 2. Stuttering in children. 3. Stuttering--Treatment. I. Title.

RC424.H869 2004
616.85'54--dc22

2004046002

To the loving memory of my parents, Sarah Ellen and
Lloyd Darl Hulit, and my brother, Mark James Hulit,

And to the sources of my greatest joys and pride,
Pamela, Yvonne, Carmen, Scot, John, Christopher, Lance,
Benjamin, Peyton, and Brianna

PREFACE

This book is not for everyone. It was written for people who stutter and for those who interact with people who stutter, including caregivers, teachers, and speech-language pathologists.

I have tried to write this book in a *reader friendly* manner, and I have tried to make it as practical as possible. Even though it is a reasonably thorough review of what we know about stuttering, there is a heavy emphasis on what I would consider to be *bottom-line conclusions,* not on the details of the theoretical speculations and the research findings that have driven us to these conclusions. I do not pretend that this presentation is free of my own life experiences with stuttering because that would not be true. I am a stutterer. I am a clinician who specializes in the treatment of stuttering. I am a teacher who is passionate about helping others learn about stuttering. These perspectives have heavily influenced how I have written this book. In the pages that follow, I offer my insights, opinions, and advice, but I am careful to indicate that I am addressing the reader, not as a guru of truth, but as a person who has gained some understanding about stuttering through my professional and personal experiences with this disorder.

The second edition of *Straight Talk on Stuttering* is divided into two parts. The first part includes basic information about the disorder. In these chapters, I address common questions people have about stuttering, such as *What is stuttering?, What causes it?, How does it develop?, Can it be prevented?, Are there things parents can do to help a child who is stuttering?, How has stuttering been treated in adults?,* and *Are there things the adult stutterer can do to help himself?* In the first part of this edition, I have included a new chapter entitled *Living with Stuttering*. This chapter includes ten suggestions about living victoriously with stuttering. It is a very personal, stutterer-to-stutterer account of lessons I have learned and want to share with those who have carried stuttering into adolescence and adulthood. The second part of the book is a description of the therapy approach I use with adults and children who stutter. This part includes another new chapter, *Evaluating People Who Stutter.*

In writing this book, I have not avoided the technical language speech-

language pathologists use in reference to stuttering, but I have taken great care to make sure that each technical term is adequately explained the first time I use it. In addition, there is a glossary at the end of the book that includes definitions of many of the terms that might be unfamiliar to some readers.

Before beginning the journey through the pages of this book, the reader should know that stuttering is an utterly fascinating communication disorder. Because it is surrounded by so much mystery, so many unanswered questions, and so many myths and misperceptions, it can be a frustrating disorder to study, treat, and endure. I have tried to dispel the myths, correct the misperceptions, answer as many questions as I believe are answerable, and above all else, I have tried to weave a message of *hope* for all people who stutter, a message I believe is absolutely justified.

Lloyd M. Hulit, Ph.D.

CONTENTS

Page

Preface vii

Part One

UNDERSTANDING STUTTERING

Chapter

1. Introduction 5
2. Stuttering: Up Close and Personal 14
3. In Search of a Definition 29
4. The Behaviors of Stuttering 48
5. What Causes Stuttering? 70
6. Stutterers Are Ordinary People Too 91
7. The Development of Stuttering 107
8. Can Stuttering Be Prevented? 117
9. Helping the Stuttering Child 131
10. Treating the Adult Stuttering: A Brief History 145
11. Self-Help for the Adult Stutterer 157
12. Stuttering in the Future 166
13. Living with Stuttering 169

Part Two

TREATING PEOPLE WHO STUTTER: ADULTS AND CHILDREN

14. Charles Van Riper Therapy: An Introduction 195
15. Motivating the Adult Stutterer 203
16. Identification 212
17. Desensitization 221
18. Modification 227

19. Stabilization 240
20. Therapy for Children Who Stutter: An Introduction 247
21. Therapy for the Young Beginning Stutterer 255
22. Therapy for the Young Advanced Stutterer 270
23. Interviewing and Counseling 281
24. Evaluating People Who Stutter 295

References 317
Glossary 319
Index 325

STRAIGHT TALK ON STUTTERING

Part One

UNDERSTANDING STUTTERING

Chapter 1

INTRODUCTION

What the World Needs Now

Burt Bacharach is one of the most prolific songwriters of his generation. One of his best known songs is *What the World Needs Now Is Love,* recorded by Jackie DeShannon in 1968. When I wrote the first edition of this book, I thought about the lyrics of this song. When the time came to write the second edition, I decided to include a few of Bacharach's words to make a point about the book you are beginning to read. Actually, after browsing through this first paragraph, you may decide NOT to read the book, but I ask that you at least finish this first chapter before abandoning my message. Consider a few of Bacharach's lyrics: *What the world needs now is love, sweet love . . . Lord, we don't need another mountain . . . There are oceans and rivers enough to cross.* The general idea is that there are many things in life that are overstocked, but there can never be enough love. One could make the argument that what the world does not need is another book about stuttering, and on some level, I would have a difficult time refuting that assertion. There are plenty of books about stuttering–enough to fill a library devoted to this one subject. In the early years of speech-language pathology as a profession, there was more written about stuttering than all other communication disorders combined. That is no longer true, but it is interesting that a disorder affecting only about 1 percent of the world's population at a given time still commands considerable interest.

So why did I write *Straight Talk on Stuttering* in the first place, and why am I writing a second edition? Because while it is true that there are plenty of books about stuttering, this one offers a different view than most. I have written about stuttering from a personal perspective, which is NOT unique, but it is a personal perspective shaped by four decades as a teacher and clinician as well as a lifetime of experience with the disorder itself, and that does sep-