

Strategies of Cluttering Reduction in Speech

Goal: Identify disfluencies via video, audio, or in real-time (*excessive interjections & revisions; imprecise & irregular speech, excessive rate, etc.*) then establish which strategies will be used for improvement

Pause much more frequently and take a breath each time you pause

Use “**pause to formulate**” (pause to organize verbal message) strategy

Lengthen multisyllabic words to improve intelligibility

Use correct word & sentence stress to improve intonation and speech clarity

Use confidential voice (softer, breathier voice) to reduce strain on vocal cords and increase air-flow

Slow down speech rate via choral reading strategies (reading in unison with therapist) or use of pacing boards

Reduce ‘mazes’ or use of non-specific vocabulary, circumlocutions and revisions, which do not add meaningful information to conversation

***Self-Monitor Speech by Repairing Breakdowns and Anticipating Listeners Needs**