



## Specialist

Stuttering, Cluttering & Fluency Disorders

### Benefits of working with a Board Certified Specialist in Stuttering, Cluttering, and Fluency Disorders (BCS-SCF)

Board Certified Specialists (BCS-SCF) have extensive experience and training working with individuals who stutter, clutter, or have other fluency disorders across the lifespan. Their training extends well beyond state and national professional organization requirements. Board certified specialists must also comply with rigorous continuing education and caseload hours in the areas of stuttering, cluttering, and fluency disorders in order to maintain the BCS-SCF designation.

Look for the seal  
Search by state under  
"Find a Specialist" on our website



### Potential Reasonable and Achievable Goals in therapy for Stuttering, Cluttering, and Fluency Disorders

- Engaging more in daily life
- Decreasing tension, struggle, and avoidance
- Learning about stuttering and cluttering
- Learning effective communication skills
- Having more confidence with speaking
- Enjoying communication more and speaking more freely
- Reducing the frequency of stuttering or cluttering



## Tips for Choosing a Speech Therapist

### 1. Learn About Stuttering! Check out the following websites for helpful information

- The Stuttering Foundation: <https://www.stutteringhelp.org/faq>
- The National Stuttering Organization: <https://westutter.org/what-is-stuttering/>
- The American Speech Language Hearing Association: <https://www.asha.org/about/statements/the-facts-about-stuttering/>

### 2. Interview the Speech Therapist:

- How comfortable are you with evaluating and treating stuttering? Tell me about your experience in working with stuttering.
- What is your philosophy on stuttering therapy for children, teens, adults?
- What will success in stuttering therapy look like for me or my child?
- What are possible goals in speech therapy for stuttering?
- How will you involve me in the therapy process and/or in therapy decisions?
- What approaches do you use in therapy? Is counseling a part of them?
- Are you connected with, or can you connect me to the self-help community for people who stutter?
- *I'm not sure if my child/I'm stuttering. Could it be cluttering or a fluency disorder?*
  - How comfortable are you in working with individuals who clutter or have other fluency concerns?
  - What approaches do you use in therapy for cluttering or fluency disorders?
- *If previous therapies have been tried, consider asking the following questions:*
  - My child/teen has already had therapy, how would you approach therapy with them?
  - I, as an adult, have had prior speech therapy. How would you approach treatment with me?

### 3. Expectations

- How long can I expect my child/myself to be in therapy?

### 4. Cost

- What is the cost for an evaluation and therapy sessions?