

About Speech Pathology Services

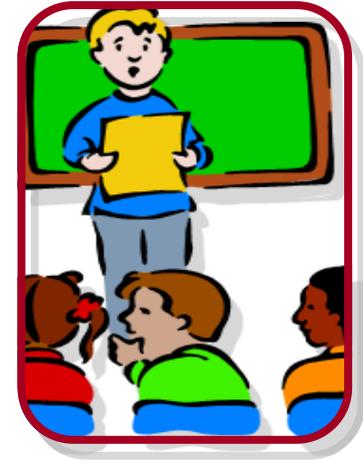
At Speech Pathology Services you will find a skilled, experienced Speech Pathologist who has helped clients just like you improve their speech, language, voice and fluency skills.

After practicing as a Speech-Language Pathologist in Houston for more than 40 years, Sally McKee moved to College Station in March 2013 and began a private practice. Her areas of clinical expertise include diagnosis, treatment and prevention of speech and language disorders, stuttering, and voice disorders. She also helps children and adults with tongue thrusting disorders, and people who want to reduce their foreign accents.

If you or a member of your family are experiencing difficulty in any of these communication areas, we would appreciate having the opportunity to answer any questions that you may have about my professional services.

Our services are efficient and effective, and we accept several insurance plans. To learn more about how we can help you or your family member on the pathway to better communication, call 979-484-7450.

Each client receives a thorough evaluation to determine if therapy is needed. A free consultation is scheduled to review the results, and discuss recommendations.



STUTTERING

Speech Pathology Services
Your Pathway to Better Communication

Speech Pathology Services

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SpeechEasy™ Premier Provider

Is My Child Stuttering?

Three year-old Joey runs into the kitchen holding a squirming mouse as he yells, "Hey Mommy, I find-find a kitty!"

Six year-old Becky's face is contorted as she attempts to push her words out. "M-m-mommy! C-c-c-can I-I-I-I g-g-g-g-g-g...never mind.!"

Are Joey's and Becky's speech patterns normal for their ages, or are they *stuttering*?

Developmental dysfluency, as in Joey's speech, involves simple word repetitions and pauses, as the child learns to use language. These dysfluencies may persist for a short time and then disappear as the child's nervous system matures.

Stuttering, as in Becky's speech, often involves repeated sounds, facial tension, embarrassment, and avoidance of speaking.

Because both patterns occur in children from 18 months to 6 years of age, parents may have difficulty determining the severity of their child's dysfluency.

If you suspect a problem, call for a fluency evaluation. We will evaluate your child's communication skills and identify whether the dysfluency is developmental or a true stuttering disorder.

Fluency therapy with young children is fast and effective.

Stuttering in Children and Adults

Stuttering can disrupt more than communication; stuttering can also affect self-confidence, relationships and jobs. Individualized therapy strategies and home practice are provided to teach the person specific skills to improve fluent speech. Strategies include learning to breathe normally, monitor their speaking rate, and reduce the tension in their speech muscles. As the person learns to control breathing and speech rate, he or she begins practicing smooth, fluent speech. Over time, the person is able to produce smooth speech at faster rates, in longer sentences, and in more challenging situations until speech sounds both fluent and natural.

SpeechEasy Anti-Stuttering Device

If you know someone who stutters, there is a fluency device that can help their message be heard. *SpeechEasy* is more than a tool to help them speak more fluently; it is a fluency management program that provides a daily practice workbook to guide them through the fluency process.

The *SpeechEasy* is similar in appearance to a hearing aid, but alters sounds so that you hear your voice at a slight time delay and at a different pitch. This "choral effect" brought about by the combination of the delay and pitch change, can dramatically reduce or even eliminate stuttering.

Now, there is a new advanced *SpeechEasy V Series* developed in collaboration with our clients and Providers. Incorporated into the new *SpeechEasy V Series* is a more natural sound and additional client options.

Learn more about this effective stuttering treatment at www.speecheasy.com. As your *SpeechEasy* Premier Provider, I can help you decide if this program is appropriate for you.



SpeechEasy

Anti-Stuttering Device

Strange Facts About Stuttering

- Approximately 1% of the world's population stutters
- Most stuttering begins between ages 2 to 5 years
- Three times as many males stutter than females
- More stutterers are ambidextrous than non-stutterers
- Stutterers don't stutter when singing.
- Stutterers don't stutter when speaking on inhalation.
- Stutterers don't stutter when speaking in unison
- Stutterers don't stutter at ends of words.
- Stutterers are generally in the upper range of intelligence
- Stuttering is genetic (paternal)
- 90% of stuttering twins are identical

Adult Fluency Therapy

Adults beginning in fluency therapy have several advantages:

- Self-motivation
- Maturity factors: internal drive, self-discipline, life perspective
- They don't expect quick solutions or shortcuts.

Change is hard, especially when behaviors are rooted in fear. Stuttering adults can learn to change their attitude and mindset.

When the person gains and achieves fluency during therapy, lifelong beliefs ("I can't say that" or "People won't like me because I stutter") are overcome and positive attitudes begin.

When You Meet Someone Who Stutters

There are more than three million people in the U.S. who stutter. Most are intelligent, industrious, friendly, talented people with a sense of humor, and worth talking to. Try this advice to make conversation with them less difficult:

- Maintain eye contact.
- Don't finish my word or sentence.
- Please don't tell me to "slow down."
- Listen to what I say, not how I say it.
- Gentle humor (not cruel or insensitive) can break the tension.