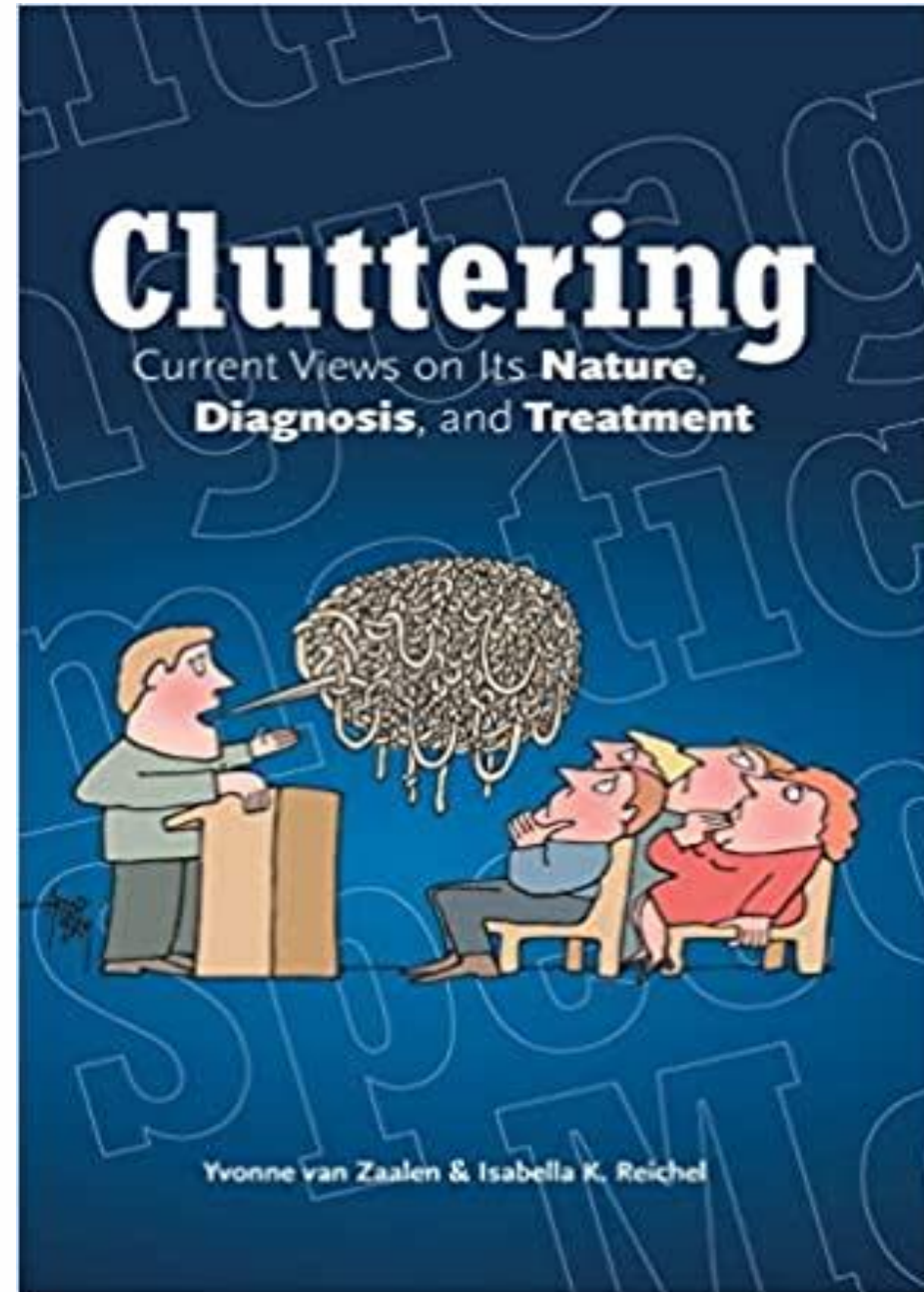


UNDERSTANDING AND COMBATTING CLUTTERING

Vilma Makauskienė, PhD
Vytautas Magnus University, Lithuania

Isabella K. Reichel, Ed.D., CCC-SLP/A., Professor
Board Certified Specialist in Fluency Disorders
Touro College, School of Health Sciences, USA





AIM(S) AND METHODS

The aim of this paper is to discuss definition, differential diagnosis and intervention of cluttering based on International Cluttering Association (ICA) experience and theoretical review.

Mission of the ICA is to increase awareness and understanding of cluttering, and to improve treatment and quality of life for people who clutter. This mission is addressed through the following objectives:


- Facilitating connections among investigators, clinicians, and consumers in the area of cluttering.
- Maintaining an effective website with international visibility, to provide a wide variety of resources for clinicians, researchers in the area of cluttering, those who clutter, their families and the general public.
- Advocacy/representation of the interests of people with the communication disorder of cluttering.
- Share knowledge, resources and translate into as many languages as possible.

More information about ICA <https://sites.google.com/view/icacluttering/home>





SHORT INTRODUCTION

- **Cluttering** is a fluency disorder where in segments of conversation in the speaker's native language typically are perceived as too fast overall, too irregular, or both. The segments of rapid and/or irregular speech rate must further be accompanied by one or more of the following (St. Louis & Schulte, 2011) :
 - *excessive "normal" disfluencies;*
 - *excessive collapsing or deletion of syllables; and/or*
 - *abnormal pauses, syllable stress, or speech rhythm.*
 - In recent decades, results of surveys worldwide indicated that speech therapists reported a lack of awareness of the existence of cluttering, difficulty understanding differences and similarities between cluttering and stuttering, not feeling adequately prepared and reluctant to work with people with cluttering, due to weak academic preparation, lack of experience applying therapeutic tools in clinical experience, insufficient published information, and not knowing where to get resources on cluttering (Cook & Adams, 2016; Reichel, Ademola-Sokoya, Bakhtiar et. al, 2014; Ivoškuvienė, Makauskienė, 2019; Reichel & Bakker, 2009; Georgieva, 2004).
- 

A Clinical Conceptualization of Cluttering (July 2018) International Cluttering Association (ICA)

*Florence Myers and [Klaas Bakker](#), Co-Chairs [Susanne Cook](#), [Isabella Reichel](#), [Ken St. Louis](#), [Yvonne van Zaalen](#)
<https://associations.missouristate.edu/ICA/>*

- **Cluttering is a rate-driven fluency disorder**

Reduction of the intelligibility and comprehensibility (degree to which one can follow what the person is saying when engaged in a monologue or narrative)

- **A three-pronged approach toward a conceptualization of cluttering (TPA-CC):**

- 1. verbal description of symptoms;*
- 2. video and audio clips of cluttering;*
- 3. testimony from PWC and their family that lend perspective to the outward behaviors erception of symptoms based on speech samples*

- **Cluttering is a rate-driven fluency disorder**

Reduction of the intelligibility and comprehensibility (degree to which one can follow what the person is saying when engaged in a monologue or narrative)

- **A three-pronged approach toward a conceptualization of cluttering (TPA-CC):**

- 1. verbal description of symptoms;*
- 2. video and audio clips of cluttering;*
- 3. testimony from PWC and their family that lend perspective to the outward behaviors erception of symptoms based on speech samples*

Principles of Intervention for Cluttering (Ward, 2011): teach clients the language of fluency; help clients understand his/her cluttering profile; encourage clients to self-monitor; a clear rationale for each task; follow a strict routine and sequence of practice; incorporate repetitive practice of stimuli via an assortment of therapy tasks and activities that are concrete.

Cluttering management of the affective and cognitive aspects of fluency disorders will be discussed by analyzing case studies, focusing on the personal experiences of people with cluttering.



CONCLUSION

- The International Cluttering Association's research/academic committee comprises of clinicians from different countries seek to disseminate scientific information about all aspects of research related to cluttering; to foster research partnerships between investigators, clinicians and consumers in the area of cluttering; to develop guidelines for teaching students about cluttering at a tertiary level. There are few directions in cluttering intervention:
 - the necessity of arriving at an agreed definition of cluttering in order to pursue scientific, practical and political goals;
 - the investigation of the nature of cluttering: its epidemiology for the determination of the age of appearance; acoustical, psychological, central nervous system and behavioral characteristics; risk factors of cluttering appearance;
 - studies on differential diagnosis of cluttering and coexisting disorders;
 - the improvement of cluttering evaluation;
 - the systematization of cluttering treatment with the determination of primary and secondary goals of intervention;
- With growing number of research initiatives, seminars, and publications on cluttering that are conducted under the aegis of the ICA, today's global effort in cluttering awareness, diagnosis and intervention leads to a rise in understanding cluttering among speech therapists and other professionals involved in management



REFERENCES

- Ivoškuvienė, R., Makauskienė V. (2019). *Sklandaus kalbėjimo sutrikimai: teorija ir praktika*. Vadovėlis aukštųjų mokyklų studentams. Kaunas: Vitae Litera.
 - Ivoškuvienė, R., Gerulaitis, D., Makauskienė V., Kairienė, D. (2010). Speech therapy for children with cluttering: the results of the survey of speech and language therapists in Lithuania. *Special Education*. 2010. Nr. 1 (22), 122-132.
 - Reichel, I. K., Ademola-Sokoya, G., Bakhtiar, M., Barrett, H., Bona, J., Busto-Marolt, L., Caesar, N. N., Diaz, C., Haj-Tas, M., Lilian, D., Makauskienė, V., Miyamoto, S., Shah, E., de Touzet, B. B., & Yasin, S. A. (2014). Frontiers of cluttering across continents: Research, clinical practices, self-help, and professional preparation. *Perspectives on Global Issues in Communication Sciences and Related Disorders*, 4(2), 42–50. <https://doi.org/10.1044/gics4.2.42>
 - St. Louis, K. O. & Schulte, K. (2011). Defining cluttering: The lowest common denominator. In *Cluttering: A handbook of research, intervention and education*, (p. 233-253). Psychology Press.
 - Zaalen, Y. van, & Reichel, I. K. (2015). *Cluttering: Current views on its nature, diagnosis, and treatment*. Universe.
 - Ward, D., & Scott, K. S. (2011). *Cluttering a handbook of research, intervention, and education*. Psychology Press.
- 