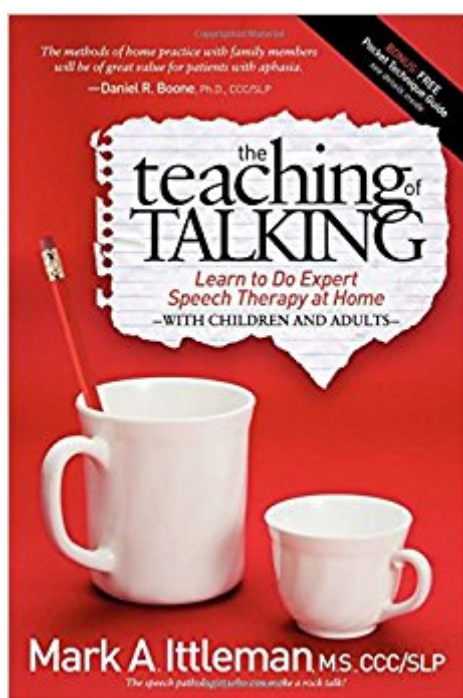


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# The Teaching Of Talking: Learn To Do Expert Speech Therapy At Home With Children And Adults



## Synopsis

People with speaking difficulties are at the mercy of insurance companies who are determining how often and for how long speech therapy services should be delivered. It is also a disturbing reality that the likelihood for therapy frequency and length of care is contingent upon either the level of competence or comfort level of the speech-language pathologist or the financial policies of each institution. Often it has nothing to do with the severity or need for speech therapy. Our health care system is in no position to bankroll the long-term therapy that many people need who have moderate to profound speaking difficulties. The goal of Teaching of Talking is to make sure that any loved one, caregiver or speech-language pathologist is thoroughly knowledgeable in methods to help people improve talking since it is never known when the plug will be pulled on speech and language therapy services. Littleman says: "I see hundreds of people with speech and language difficulties each year. By reading and applying The Teaching of Talking, you will have the confidence to help your client or loved one, no matter what the insurance company or institution does. By learning to do what is in Teaching of Talking you will be more self-sufficient and will not have to rely on anyone to provide your loved one with expert speech therapy.

## Book Information

Paperback: 200 pages

Publisher: Morgan James Publishing; 1 edition (August 1, 2012)

Language: English

ISBN-10: 1614482535

ISBN-13: 978-1614482536

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 35 customer reviews

Best Sellers Rank: #263,651 in Books (See Top 100 in Books) #97 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #341 in Books > Medical Books > Allied Health Professions > Audiology & Speech Pathology #4421 in Books > Health, Fitness & Dieting > Alternative Medicine

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Mark A. Ittleman, M.S. has been a speech-language pathologist for the last 40 years serving in rehabilitation hospitals and facilities working with adults and children who have mild to profound voice, swallowing and speech and language handicaps caused by stroke, aphasia and neurological diseases. Prior to that, he ran a private practice for children and adults with speaking difficulties. He holds a Masters of Science Degree in Speech Language Pathology and the Certificate of Clinical Competence, Speech-Language Pathology from the American Speech-Language Hearing Association. He also holds numerous postgraduate certifications in advanced therapies. He has lectured at numerous state speech and hearing associations as well as the American Speech-Language Hearing Association. He has also been a frequent speaker at area hospitals and others throughout the State of Texas. Ittleman was the founding speech language pathologist of an intensive program for patients with aphasia and has now written a book to teach family members, caregivers, students and speech language pathologists how to do expert speech language therapy with adults and children. Ittleman believes the home is the perfect place for speech therapy. As our health care delivery system changes, more of the responsibility for long-term speech therapy will be the responsibility of the family. He believes students, family members and speech-language pathologists can learn this revolutionary method through books, online webinars, and seminars devoted to the Teaching of Talking. Since speech and language skills are first developed in the home, why would it not make sense to stimulate the majority of speaking there, with a family member or loved one? Speech language pathologists can also use Ittleman's method for a home program when the person is discharged from speech therapy.

If you are a caregiver of a PWA (Person With Aphasia) who has moderate to severe aphasia, this book should be extremely helpful if you want to maximize their progress. Littleman indicates if a PWA can imitate even single words and understands what you are saying, his method should be effective. This is true even if a person also has apraxia, though profound apraxia will probably first require other methods. Although a chapter is devoted to working on mild aphasia, and it's a good chapter, the rest of the book is more appropriate for more significant aphasia issues.

What I've Gotten Out of this Book:

1. Stimulate speech whenever you are together during the day. (My own Caveat: amount and timing need to be finessed so it's enough but not too much for you both.)
2. Relax. Have fun. Use humor.
3. If your PWA is willing to work, they'll improve.
4. Be conscious of what you're stimulating for in terms of lengths of sentences.
5. Be aware of the need to slow down and enunciate slowly, especially words with more syllables.
6. Start easy. Work step by step for success at each step before making things more difficult.
7. Learn what mistakes to ignore.
8. Give your PWA positive feedback. If there are errors, rather than draw attention to them, suggest they try again.

This book is all practical. It's written so anyone should be able to understand. There is really no theory to get bogged down with. There are a lot of examples that anyone should be able to relate to. In addition, you're encouraged to work with relevant content, and especially in the beginning, words, phrases, or sentences that refer to your immediate environment. If you are working with a therapist, hopefully, they've read this book and can help you put it into practice. If you aren't working with a therapist, you should probably be able to do much of what is suggested simply by reading the book. If this seems too much of a challenge, Littleman's website, should be helpful including his videos. And he's also willing to either consult on-line with you or even answer your emailed queries. He's dedicated to spreading the work of how to do successful work on aphasia in your own home. I wish this book had been available three years ago when my husband had his stroke and could hardly say anything. He has had lots of speech therapy, including an intensive program, and all have been helpful. But Littleman's methods have truly seemed to make the most difference. We have chosen to also do some consulting time with him. For us, this works well, and his charges are reasonable, especially given the time and effort he puts into lesson planning, notes to you, and answers to emails. But for those of you who do well with applying material straight from a book, the book, with perhaps some emailed inquiries and looking at his site, should be enormously helpful. Finally, this book doesn't address reading and writing issues. It focuses entirely on speech. If your PWA is like my husband and having difficulties with all three, it's probably better for quality of life for both of you to focus on speech. I guess exceptions would be if they seem to have more

potential or interest in writing or reading than in speaking.

I wish I had read this book over 2 yrs ago when our daughter came home after a stroke and a 2 month coma.....she's had almost three years of traditional speech therapy, but as this book explains the magic happens at home with loved ones seven days a week. The book has so many tips from the very beginning of the process to progressively improving one's speech and understanding by drawing the subject out and helping them want and feel able to communicate with the outside world.....it ALL happens in everyday life with parents and loved ones....not an hour a week in "speech therapy" doing excercises from third grade workbooks (sorry therapists, you do help too but you can't achieve much in an hour or two a week.....we still love you!).

I choose the rating because it answered my question. My son's girlfriend had a major stroke. She's having difficulty with speech can't finish a sentence. She gets frustrated but she keeps trying. I wanted to find a way to help her more. I would recommend this book to anyone very good information.

I think it is a great book, but I think the description should be more clear, that is for helping someone who really can't talk at all, or maybe can say one word at a time, and sometimes have trouble saying that one word. It would be great for someone who has trouble asking for things that they need. My husband had a brain injury and doesn't talk as much as he used to but there was not really anything in this book that was helpful for us.

My husband had a recent stroke and has lost a good portion of his language skills. A friend with a handicapped child who is now 38 years old and living at home encouraged me to realize that I am with him 24/7 and the speech therapist is with him 3 hours a week. Thus, the majority of his recovery will take place at home, with me. This book helps one understand what you need to do to help your loved one regain the maximum language skills. I found the unnecessary use of cumbersome acronyms identifying the teacher/speaker and the affected person annoying. Lot's of repetition also annoying. YET, nowhere else is this important information shared with those of us who want to be of service in helping our afflicted loved one regain language skills.

This book has helped change our lives for the better. Diagnosed with Aphasia makes it very difficult to communicate. While on paper I looked bad, in person you could see myself trying to

communicate. My wife decided to take matters into her own hands when the speech pathologist said she could no longer work with me. She found this book, took me to another speech pathologist who also bought the book, then along with Mark Littleman the three of them devised a plan to teach me how to talk. 6 months later I am now 88% communicable!!! We focused on functional speaking rather than the whole totality that normally comes with speech therapy. Get the book, follow the teachings, make it fun, you will find the frustration level come down along with increased communication skills.

I don't believe this book will make anyone an expert speech therapist, but it does offer useful insights and ideas. Although it is written primarily to assist someone in "relearning" to speak or talk again, it would also be a useful adjunct for ESL teachers and/or literacy tutors.

Mark is a professional who knows his stuff. I was lucky enough to see him in person before I bought his book.

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