

12 Commonly asked Speech Therapy Questions:

1. How do you build trust with your patients?

I actively engage my patients in their treatments **respect their individual needs, values and communicate empathically**. This helps build strong relationship and trust.

2. Can you describe a time when you had to explain a complex concept to a non-specialist?

Once, I had to explain to a parent with no medical background why their child was having difficulty with certain words. I **used simple language and examples from everyday life to portray the complexity of the child's condition and how our therapy sessions would help**.

3. What is speech therapy?

Speech-language therapy **is the assessment and treatment of communication disorders**. A speech-language pathologist (SLP) or therapist is a certified professional involved in Speech-Language Therapy. Some communication disorders are listed below:

Speech Language Delays / Speech Sound Disorders/ errors with speech sounds/ Stuttering/ Fluency disorders/ Voice disorders/ Resonance disorders/ cleft-lip and palate/ Aphasia/ loss of language post-stroke/ Dysarthria/ motor speech disorders/ Swallowing/ Feeding issues/ Developmental disorders (Autism/ ADHD/ Cerebral Palsy/ Syndromes).

4. Why does my child have trouble learning to talk?

Many children have speech-language delays. **A child can have trouble learning to talk due to one or many reasons**. Here are a few reasons for speech delay:

Inadequate speech-language stimulation at home. Pre-natal/ Peri-natal / post-natal birth complications. Oral-motor issues. Developmental conditions (Autism/ ADHD/ Cerebral palsy/ syndromes). Hearing loss. Sensory processing disorders. Cleft lip and palate. Other neurological conditions. Genetic causes

These are examples of a few reasons. However, in most cases, unknown factors cause delayed development. If your child has trouble learning to talk, consult a speech-language therapist today.

5. Who to approach if my child is not speaking properly?

If you notice your child is not developing on par with their peers, it is time to consult a professional. A speech-language therapist is a professional dealing with speech-language disorders. Speech Language Therapists are certified in the assessment and treatment of communication disorders.

You can also consult with other professionals for their opinion such as the following,

Audiologist: An audiologist is certified in assessing and treating hearing-related issues across all ages. If you feel your child has hearing loss, then you can consult an audiologist. They will make a referral to a speech therapist if your child has a speech delay.

Child psychologist: A child psychologist is a professional trained to identify children with developmental conditions. You can check with them if your child shows signs of delayed speech, social skills, and other developmental red flags. They will likely refer your child to a speech therapist if your child has a speech delay.

Developmental pediatrician: A developmental pediatrician will guide and keep track of your child's speech and motor milestones. If they see any red flags, they will refer your child to a speech-language therapist.

6. What happens in the evaluation/assessment session with a speech therapist?

The first one or two sessions will be the assessment/testing sessions. During the session, your speech-language therapist will perform a series of tests to determine the level of the child's communication. Further, several activities will be done to check for receptive and expressive language age, speech skills, oral motor skills, and pre-linguistic skills, and a behavioral profile will be taken.

The assessment session usually consists of:

Detailed history taking (birth, medical, and developmental)/ Interaction and observation/
Standardized/non-standardized testing/ Report sharing with recommendations

7. What is my role as a parent in speech therapy?

Parents are active team members in the speech-language therapy process. Since learning happens all day and every day, parents play a crucial role. Parents work with the speech-language therapist to set goals for their children. Further, work along with therapists to give

details about the child. Overall, parents carry over the activities at home and implement suggestions given by the therapist.

8. Can I do speech therapy at home?

Speech Language Therapists are certified and trained professionals to set goals and treat communication disorders. Hence, guidance by a speech therapist is a must if you want the desired progress for your child. For example, One can't be a doctor and self-medicate, similarly doing speech-language therapy at home without guidance is a big "No". However, as a parent consult a speech-language therapist and get a home-based plan with regular follow-ups to ensure you are on the right track.

9. Are speech delay and autism the same?

No, a speech-language delay is simply a delay in the development of speech-language comprehension and expression. Having a speech delay does not mean the child is Autistic. However, Autism is a neurodiversity condition. Autistic children usually have a speech-language delay.

10. Are speech therapy and language therapy different?

No, speech-language therapy is one term. It simply means therapy focussing on improving overall speech and language skills. They go hand-in-hand with children diagnosed with speech-language disorders. However, for children with speech sound disorders, resonance disorders, and stuttering it's called speech therapy because the focus is primarily on speech skills.

11. What do you mean by Occupational therapy?

Occupational therapy is a treatment that helps people overcome physical, emotional and social challenges. Your therapist will design customized interventions to help you meet your goals and safely participate in your daily routine.

Occupational therapy usually has three stages:

Assessment / Intervention/ evaluations

12. What do you mean by ABA therapy?

Applied Behavior Analysis (ABA) is a science-based therapy that uses principles of learning to increase helpful behaviors and decrease harmful ones, often used for children with autism and other developmental disabilities. It involves breaking down skills into small, manageable steps and using positive reinforcement to help individuals learn skills like communication, social interaction, and daily living in various settings, such as home, school, or the community.

Also, a kind of research-based behavior therapy for people with autism and other developmental disorders. Its goal is to see an increase in positive behaviors and a decrease in negative behaviors. Children can also learn new skills and improve their social interactions.