

How to have an effective Therapy Session

To have an effective therapy session it is important to have goals that are SMART (specific, measurable, attainable, realistic, and timely). Each individual client should have goals that are created specifically for them and their needs. Goals should also be measurable, and the target should be clear so that it's easy to identify when the goal is reached. It is also important that each goal is attainable because it would not be beneficial to the client to have goals that they have no potential to achieve or that would be too difficult for them. Goals should be realistic, meaning they should be designed to improve any disfluencies or problems the client may have. Lastly, goals should be expected to be achieved within a certain time frame whether it be over a long or short period of time.

It is important to include antecedents and consequences in therapy sessions. Antecedents are based on the behavior that you want the client to demonstrate, and consequences are based on the behavior that the client produced whether the behavior is to be increased or eliminated. Antecedents include, but are not limited to visual and verbal cues, modeling, and preparatory sets. The behaviors in a therapy session are the actions that the client produces immediately following the antecedent. In most therapy sessions, clinicians use positive and negative reinforcement as consequences based on whether they would like for a certain behavior to be repeated or eliminated.

It is important that you and your client have a healthy client/clinician relationship. If a client feels belittled by their clinician, then they will not have successful therapy sessions. If a client does not feel welcomed by the clinician, then they will be inclined to not actively participate in therapy sessions or decide not to attend the sessions at all. It's highly important to make clients feel comfortable and secure about attending therapy sessions, so clinicians should use activities that they believe the client will enjoy and look forward to participating in. Not only will this have a positive impact on their language skills and development, but it will also improve their social skills.

A form of behavior modification that may work for a lot of clients may be modeling. Modeling in the terms of speech therapy can simply be described as providing a correct example of speech and language that is to be followed. A lot of times clients will show improvements in their behavior when the target behavior is modeled for them. Modeling can help with their pronunciation of words, it can help clients learn to control how they speak, and it can demonstrate how communication can and should flow daily.

In conclusion, to have an effective therapy session, sessions should include ABC's, techniques to improve client's language and social skills, and ways to modify problem behaviors. Clients should also be given goals that are SMART regarding their needs for speech therapy. Lastly, it is important that all sessions are centered around the client and only help improve their speech and language development and skills.

References

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