
Therapy Material Reviews

Évaluations du matériel thérapeutique

Phonogroup: A practical guide for enhancing phonological remediation

*Margot E. Kelman and
Mary Louise Edwards*

Publisher: Thinking Publications, 424 Galloway St., Eau Claire, WI 54703 USA

Reviewer: Sharon Taylor, Glenrose Rehabilitation Hospital, Edmonton

This book is designed to provide speech-language pathologists with small-group activities for children 3 to 7 years of age exhibiting moderate to severe phonological disorders. Many activities can be modified for individual therapy, home programs, or larger classroom use. Over 240 activities have been included.

An indirect and naturalistic approach to intervention is the underlying principle behind the choice of activities. As this is felt to be more motivating for young children, generalization is expected to be enhanced. Key to this approach is extensive modelling of correct productions and a slow speaking rate. Drill work and phonetic placement are not used, nor are correct productions differentially reinforced. As this indirect style of presentation is intended to reduce communicative stress, the authors propose it may be beneficial for other speech problems, such as stuttering.

The presentation of material in this book generally follows a "cycles" approach to remediation, whereby a number of processes are targeted within one cycle, and a different phoneme is targeted within each session relevant to that process. Some ideas are also given for using activities with other approaches, such as a minimal-pairs approach. Activities are organized by target process and, within each process, by target sound or consonant cluster. In addition, activities for each target sound are organized so that stories are presented first, followed by art activities, snacks, songs, movement activities, and games. The use of space and movement in some activities is to maintain the children's interest and capitalize on their natural mode of

exploration. It also allows for practice of gross and fine motor skills. It is generally recommended that real objects be used when possible, however there are over 200 reproducible illustrations and patterns for the clinician's use, as well as relevant forms for recording data across activities, sessions, and clients. The authors provide clinicians with clear instructions on how to utilize their book and include tips for selecting remediation targets and linguistic levels, involving parents, and monitoring progress.

Clinicians involved with phonological groups will appreciate the creativity and variety of activities offered, as well as the organizational framework of this book. Using this guide will definitely save planning and preparation time for all personnel involved with such groups.

The Voice Sourcebook

Stephanie Marting and Lyn Darnley

Published by: Winslow Press, Telford Rd., Bicester, Oxon, England

Reviewer: Lynette Jans, Glenrose Rehabilitation Hospital, Edmonton

Cost: £29.50

The Voice Sourcebook was developed by a speech-language pathologist and voice teacher. It is a culmination of theoretical knowledge and practical ideas to both develop and rehabilitate the voice. The creative ideas and exercises for remedial voice work is easily accessed. *The Voice Sourcebook* has no copyright restrictions, so professionals can photocopy the exercises to share with their clients.

This workbook is divided into 10 sections, each clearly marked. The sections were arranged in a logical fashion for intervention purposes; however, the exercises may be used in any order. The authors intended to provide an eclectic approach rather than a prescriptive approach. Each section begins with an introduction and provides information about aspects to avoid and aspects to encourage. At the end of each section are exercises that are graded in difficulty and

attempt to accommodate the needs of each individual client. Section I (Posture) focuses on body alignment and how posture affects the quality, volume, pitch, and resonance of the voice. Section II (Relaxation) explains that while relaxation exercises per se will not necessarily affect voice quality, undue tension does affect muscle performance and can adversely affect breath support and control, volume, projection, and vocal quality. Section III (Breathing) highlights the importance of good breath support for voice work. There are introductory and more advanced breathing exercises to establish breath support in the lower lumbar region. Breath control exercises are also included in this section. Section IV (Onset of Voicing) provides exercises that promote easy and gradual approximation of the vocal folds. Section V (Pitch) focuses on helping voice users to achieve a pitch at which the voice can be produced with least amount of effort and least amount of laryngeal tension. Section VI (Muscular flexibility) addresses the need for the articulators of speech to be flexible to support good vocal quality. Section VII (Working for variety) moves beyond working on strictly vocal quality to promote the paralinguistic features of communication. Section VIII (Resonance) identifies the need for balanced resonators and provides ideas for establishing oral, pharyngeal, and chest resonance. Section IX (Control of volume) and Section X (Role playing) provide approaches to enhance the establishment of optimal voice quality.

The Voice Sourcebook would definitely complement any professional's library of resources. This workbook addresses a wide range of topics from body alignment to resonance balance that affect the voice user. The practical "how to" guidelines offer a combination of remedial and creative approaches to voice intervention. The exercises are presented in a logical intervention sequence but they may be used independently. The information is easily accessible and discernable. It moves beyond the typical theoretical textbook knowledge to provide useful intervention exercises for voice work in various areas.