

Abstract

The aim of this dissertation thesis is to develop a complex diagnostic-therapeutic programme for adults who stutter. The thesis is divided into two parts: theoretical and empirical. The theoretical part consists of 4 chapters and is based on an analysis of foreign and Czech specialized literature, studies and electronic media. This part presents the theoretical basis of the dissertation and shows the topic of stuttering from a broader perspective. It describes how people who stutter (PWS) are affected by this disorder, its effect on speech, how PWS try to cope with it and how their perception, opinions and feelings change. The dissertation describes stuttering in children, adolescents and adults. It deals with the critical period of the onset of stuttering by specifying various risk factors. It also includes a description of other fluency disorders. A special attention is paid to the personality of the therapist and his/her impact on the therapy process. The dissertation also explains the application of ICF (*International Classification of Functioning, Disability and Health*) model as a starting point for diagnosis and therapy of PWS as proposed by Yaruss and Quesal (2004).

The empirical part is divided into two chapters. The first part consists of a case study which presents the experimental use of the ICF model for stuttering and setting SMART goals in diagnosis and therapy. The second part provides the results of a questionnaire which analyses the experience of PWS with reactions to their dysfluencies by mapping the external environment. Both chapters include the formulation of goals, research questions and their evaluation with a focus on practical measures.

The benefit of this dissertation is the explanation of stuttering in its complexity, thus allowing the specialist a choice when determining diagnosis and therapy approaches. The dissertation highlights the necessity of using all available knowledge, means and approaches to enhance the treatment of PWS and, above all, to improve the quality of their lives.