

ReST Clinician Self-Assessment

Please ask yourself these questions to determine if there are any areas you may need to consider or learn in preparation for conducting ReST treatment. This will help you organise and get into the mindset required for successful ReST application.

Can you stick to a set program?

Providing ReST treatment with good results means sticking to the program.

Can you book in a therapy block of 12 sessions over 2-4 times a week?

ReST works when delivered 2 or 4 times per week. The treatment will be more effective if you can organize your service delivery to implement ReST with evidence-based intensity.

Do you have time to plan for a 12 session treatment block prior to the block commencing?

ReST treatment does take prior planning to specify the individualized stimuli that you will need, organize data sheets and word cards/ powerpoints prior to treatment. You need to allow time to do this initially for consistency across sessions. The good news is planning between sessions is limited!

Are you resilient to children having limited success in the early stages of therapy?

Children are often frustrated in the early stages of therapy and sometimes appear to go backwards after a session or two when they are grappling with combining accurate production of sounds, beats and smoothness. Over time they should improve further than just in the nonwords you are working on – so it will pay off but initially you do need to have appropriate expectations and to communicate these with clients.

Could you give feedback on only some of the child's productions?

The learning research literature recommends feedback on only 50% of attempts so that is what was provided in the research that showed that ReST is effective.

Can you take clinical data before treatment, every 4 sessions and after treatment on real words to check the work you are doing in ReST therapy is making a difference to the child's everyday speech?

Without detailed and accurate data you will not know when to step-up or stepdown in therapy in the way that it worked in the research. Also you will not be able to determine the effectiveness of treatment for clients and caregivers – as they want to see improvement in real words based on this program.

Do you need to revise the accuracy of your phonemic (sound) transcription?

Accurate phonemic transcription is a necessity for planning the next day's Training phase. Without good data you will not know what to focus on in this phase.

Do you understand how lexical stress is achieved in a word?

Some revision may be necessary so that you can teach strong and weak beats to children. It is also helpful to know and use a few diacritics which will help with marking stress and syllable segregation. Information on the ReST training website will help you with these topics.

Do you understand the idea of syllable segregation (the opposite of smooth)?

Teaching smoothness is included in ReST treatment to help eliminate syllable segregation. In our research, student speech pathologists, research assistants and parents had difficulty with reliably identifying syllable segregation.