



# Cluttering: Current views on its nature, diagnosis, and treatment

*Yvonne van Zaalen, Isabella Reichel*

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## **Cluttering: Current views on its nature, diagnosis, and treatment** Yvonne van Zaalen, Isabella Reichel

“Drs. Van Zaalen and Reichel, internationally renowned experts about cluttering, have drawn on their extensive experience in working with people who clutter to prepare a comprehensive guide that covers everything a clinician needs to know about cluttering, from theory to diagnosis to treatment and beyond. The book includes personalized explanations that help readers truly understand the complicated disorder known as cluttering, along with numerous therapy activities and exercises that can be directly incorporated into treatment for people who clutter. Potentially confusing topics are presented with clarity, controversies are explained in accessible terms, and the varied presentations of the condition are sorted so clinicians can approach their clients in an orderly and organized fashion.

Examples of the types of information presented include: defining cluttering (including historical perspectives), differential diagnosis between cluttering and stuttering (as well as numerous other conditions), public awareness and perceptions of cluttering, a wide range of key symptoms for clinicians to evaluate, detailed diagnostic procedures that examine more than just overt speech behaviors, and a careful consideration of therapy development and planning. It should be comforting for clinicians to recognize that they can receive such comprehensive guidance from these expert clinician/researchers, and I am confident that all who work with people who clutter will appreciate having access to this important new resource.”

-J. Scott Yaruss, PhD, Ccc-Slp, Asha Fellow Board-Recognized Specialist in Fluency Disorders, Associate Professor, University of Pittsburgh, Co-Author, *School-Age Stuttering: A Practical Guide and Minimizing Bullying for Children Who Stutter*

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