

# behavioral cough suppression therapy

**behavioral cough suppression therapy** is an effective treatment approach designed to address chronic coughs that do not respond well to traditional medical interventions. This therapy focuses on modifying the behavioral patterns associated with coughing, helping patients gain control over their cough reflex through specialized techniques. Chronic cough can significantly impair quality of life, leading to social embarrassment, physical discomfort, and psychological distress. Behavioral cough suppression therapy offers a non-pharmacological solution that targets the underlying habit and neurological triggers of persistent coughing. This article explores the principles, methods, and clinical applications of behavioral cough suppression therapy, providing a detailed understanding of its benefits and implementation. The discussion further includes patient eligibility, therapy outcomes, and integration with other treatment modalities to manage chronic cough effectively. Below is an outline of the main topics covered in this comprehensive review.

- Understanding Behavioral Cough Suppression Therapy
- Mechanisms and Techniques Used in Therapy
- Clinical Applications and Patient Selection
- Effectiveness and Outcomes of Therapy
- Integration with Other Treatment Approaches

## Understanding Behavioral Cough Suppression Therapy

Behavioral cough suppression therapy is a specialized intervention aimed at reducing or eliminating chronic cough by targeting behavioral and neurological components of the cough reflex. Unlike medical treatments that address physiological causes such as infections or inflammation, this therapy focuses on retraining the brain and body to suppress the urge to cough. It is particularly beneficial for patients with refractory or idiopathic chronic cough, where no clear medical etiology is identified. The therapy involves patient education, awareness training, and the implementation of specific suppression strategies to control coughing episodes.

## Definition and Scope

Behavioral cough suppression therapy encompasses a set of cognitive and physical techniques designed to help individuals recognize and inhibit their cough reflex. The scope of this therapy usually includes patients suffering from chronic cough lasting more than eight weeks, which does not improve with standard medical treatment. It also addresses cough hypersensitivity syndrome, a condition characterized by an exaggerated cough response to otherwise innocuous stimuli.

# Historical Context and Development

The development of behavioral cough suppression therapy dates back to research on habit cough and psychogenic cough in the late 20th century. Early studies demonstrated that patients could learn to control coughing through techniques involving distraction and controlled breathing. Over time, the therapy has evolved to include evidence-based protocols that combine behavioral modification with respiratory therapy principles, making it a recognized treatment option within pulmonology and speech pathology fields.

## Mechanisms and Techniques Used in Therapy

The core mechanism behind behavioral cough suppression therapy involves interrupting the cough reflex pathway by employing conscious control and sensory modulation. The therapy helps patients identify the premonitory sensations or triggers that precede coughing and apply suppression techniques to reduce cough frequency and severity.

## Awareness and Identification of Triggers

A critical initial step in therapy is helping patients become aware of their cough triggers, such as throat irritation, environmental irritants, or stress. This awareness enables targeted intervention and prevents automatic coughing responses. Patients are taught to recognize early sensations and differentiate between the urge to cough and actual coughing behavior.

## Suppression Techniques

Several behavioral techniques are utilized in therapy to suppress cough, including:

- **Controlled Breathing:** Slow, diaphragmatic breathing to reduce airway irritation and nervous system arousal.
- **Swallowing:** Using deliberate swallowing to override the cough reflex.
- **Distraction:** Engaging attention away from the urge to cough through mental or physical activities.
- **Relaxation Exercises:** Techniques such as progressive muscle relaxation to decrease general tension that may exacerbate coughing.
- **Vocal Hygiene:** Strategies to minimize throat irritation and maintain mucosal health.

# **Role of Speech-Language Pathologists**

Speech-language pathologists often play a central role in delivering behavioral cough suppression therapy. Their expertise in respiratory control, voice therapy, and behavioral modification equips them to tailor interventions to individual patient needs. Therapy sessions typically involve guided practice, feedback, and reinforcement of suppression techniques.

## **Clinical Applications and Patient Selection**

Behavioral cough suppression therapy is primarily applied in patients with chronic refractory cough, where traditional medical treatments have failed. Proper patient selection is essential to optimize therapy outcomes and involves thorough assessment by healthcare professionals.

### **Indications for Therapy**

Patients considered for behavioral cough suppression therapy generally include those with:

- Chronic cough lasting longer than eight weeks without identifiable organic cause.
- Cough hypersensitivity syndrome.
- Habit cough or psychogenic cough.
- Persistent cough following respiratory infections.
- Patients contraindicated for or unwilling to use pharmacological treatments.

### **Assessment and Diagnostic Evaluation**

Prior to initiating therapy, a comprehensive evaluation is conducted to rule out underlying medical conditions such as asthma, gastroesophageal reflux disease, or chronic bronchitis. This assessment often includes clinical history, physical examination, pulmonary function tests, and sometimes imaging studies. Collaboration between pulmonologists, otolaryngologists, and speech-language pathologists ensures accurate diagnosis and appropriate therapy planning.

### **Contraindications and Considerations**

Behavioral cough suppression therapy may not be suitable for patients with coughs caused by serious

medical conditions requiring urgent treatment. Additionally, cognitive impairments or psychiatric disorders may limit the ability to engage effectively in behavioral therapy. In such cases, multidisciplinary management is recommended.

## **Effectiveness and Outcomes of Therapy**

Multiple clinical studies have demonstrated the efficacy of behavioral cough suppression therapy in reducing cough frequency, severity, and associated quality of life impairments. The therapy offers a sustainable, drug-free option that addresses both the physical and psychological components of chronic cough.

## **Clinical Evidence and Research Findings**

Research shows that patients undergoing behavioral cough suppression therapy experience significant improvement in cough scores and reduction in cough-related anxiety and social avoidance. Controlled trials indicate that therapy can decrease cough frequency by up to 70% in some cases. The benefits are often maintained long-term with continued practice of suppression techniques.

## **Patient-Reported Outcomes**

Patients commonly report enhanced ability to control coughing episodes, reduced throat discomfort, and improved participation in social and professional activities. Emotional well-being also tends to improve as patients regain confidence and reduce cough-related distress.

## **Challenges and Limitations**

Despite its benefits, behavioral cough suppression therapy requires patient motivation and adherence, which can be challenging for some individuals. The therapy may also require multiple sessions and ongoing reinforcement for optimal results. Additionally, variability in therapist expertise and protocol standardization can influence outcomes.

## **Integration with Other Treatment Approaches**

Behavioral cough suppression therapy is often integrated with other management strategies to provide comprehensive care for chronic cough patients. Combining behavioral interventions with medical and environmental treatments enhances overall efficacy.

## **Pharmacological Treatments**

In some cases, behavioral therapy is used alongside medications such as neuromodulators, antihistamines, or proton pump inhibitors to address coexisting conditions contributing to cough. This multimodal approach allows for symptom control from multiple angles.

## **Environmental and Lifestyle Modifications**

Eliminating or reducing exposure to cough triggers like allergens, irritants, and tobacco smoke complements behavioral therapy efforts. Patients are encouraged to maintain vocal hygiene, hydrate adequately, and avoid throat clearing or excessive speaking to minimize irritation.

## **Multidisciplinary Care**

Effective management of chronic cough often involves a team of specialists, including pulmonologists, otolaryngologists, allergists, and speech-language pathologists. Behavioral cough suppression therapy represents a key component within this multidisciplinary framework, ensuring personalized and holistic patient care.

## **Frequently Asked Questions**

### **What is behavioral cough suppression therapy?**

Behavioral cough suppression therapy (BCST) is a non-pharmacological treatment approach designed to help individuals control and reduce chronic cough by teaching them techniques to suppress the urge to cough.

### **Who can benefit from behavioral cough suppression therapy?**

Individuals suffering from chronic cough that is refractory to medical treatment, including those with conditions like unexplained chronic cough, upper airway cough syndrome, or cough hypersensitivity, may benefit from behavioral cough suppression therapy.

### **How does behavioral cough suppression therapy work?**

BCST works by educating patients about cough triggers, teaching strategies to manage the cough reflex, and using techniques such as controlled breathing, swallowing, and distraction to suppress the cough and reduce its frequency.

### **Is behavioral cough suppression therapy effective for children**

## **with chronic cough?**

Yes, behavioral cough suppression therapy has been shown to be effective in children with chronic cough, helping them reduce cough frequency and improve quality of life without relying on medication.

## **What are the common techniques used in behavioral cough suppression therapy?**

Common techniques include controlled breathing exercises, mindfulness and relaxation methods, swallowing techniques, and identifying and avoiding cough triggers to help manage and suppress the cough reflex.

## **Are there any risks or side effects associated with behavioral cough suppression therapy?**

Behavioral cough suppression therapy is generally safe with minimal risks. However, improper technique or inadequate guidance may lead to frustration or ineffective symptom control, so it is important to undergo therapy with a trained healthcare professional.

## **Additional Resources**

### *1. Behavioral Cough Suppression Therapy: Principles and Practice*

This book provides a comprehensive overview of the theoretical foundations and clinical applications of behavioral cough suppression therapy (BCST). It covers assessment techniques, therapy protocols, and case studies illustrating successful treatment outcomes. Designed for speech-language pathologists and clinicians, it emphasizes evidence-based strategies to help patients manage chronic cough effectively.

### *2. Managing Chronic Cough Through Behavioral Interventions*

Focusing on non-pharmacological approaches, this book explores various behavioral interventions for chronic cough, with a special emphasis on cough suppression therapy. It discusses patient education, habit reversal, and counseling techniques to reduce cough frequency and severity. The text integrates multidisciplinary perspectives, including pulmonology and speech therapy, to offer a holistic treatment approach.

### *3. The Cough Reflex and Its Behavioral Modulation*

This title delves into the neurophysiological mechanisms underlying the cough reflex and how behavioral techniques can modulate this response. It presents current research findings and explains how BCST can alter cough sensitivity and control. Ideal for researchers and clinicians, the book bridges the gap between basic science and clinical practice.

### *4. Clinical Guide to Habit Cough and Behavioral Therapy*

Targeting habit cough, this guide provides step-by-step instructions for implementing behavioral cough suppression therapy. It includes assessment tools, therapy session plans, and tips for engaging patients, particularly children and adolescents. The book also addresses common challenges and troubleshooting strategies to enhance therapy effectiveness.

#### 5. *Chronic Cough in Children: Behavioral Therapy Approaches*

This specialized volume focuses on pediatric chronic cough and the role of behavioral therapy in its management. It highlights developmental considerations, communication strategies, and family involvement in therapy. Case examples illustrate how BCST can improve quality of life for young patients suffering from persistent cough.

#### 6. *Integrative Approaches to Cough Management*

Combining behavioral, medical, and environmental strategies, this book offers a multidisciplinary approach to managing chronic cough. It presents behavioral cough suppression therapy as a key component alongside pharmacological treatments. The text is geared towards healthcare providers seeking to optimize patient outcomes through integrative care.

#### 7. *Behavioral Techniques for Respiratory Symptom Control*

This resource covers a range of behavioral techniques aimed at controlling respiratory symptoms, including cough, breathlessness, and throat clearing. It emphasizes the role of cough suppression therapy within a broader symptom management framework. Practical exercises, patient handouts, and therapist guidelines make it a useful tool for clinicians.

#### 8. *The Art and Science of Cough Suppression Therapy*

Exploring both the scientific evidence and the therapeutic relationship, this book addresses the nuances of delivering effective cough suppression therapy. It discusses motivational interviewing, patient adherence, and customizing interventions to individual needs. The book is valuable for therapists seeking to refine their clinical skills and improve patient engagement.

#### 9. *Evidence-Based Behavioral Treatments for Chronic Cough*

This book synthesizes current research on behavioral treatments for chronic cough, with a focus on efficacy and clinical outcomes. It reviews randomized controlled trials, meta-analyses, and practice guidelines related to BCST. The text serves as a reference for clinicians committed to applying evidence-based practices in cough management.

## **Behavioral Cough Suppression Therapy**

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**behavioral cough suppression therapy: Handbook of Child Behavior Therapy** T. Steuart Watson, Frank M. Gresham, 1998 This guidebook helps child therapists understand the relationship between the identification of problem behaviors and the formulation of effective interventions. Handbook of Child Behavior Therapy instructs professionals on not only 'what we do', but also 'how to do it'. The contributors give ecological considerations prime importance, grouping behaviors into the settings where they are most likely to be assessed and treated. The volume offers a superb view of the clinical decision-making process.

**behavioral cough suppression therapy: Voice Therapy** Joseph C. Stemple, Edie R. Hapner, Lauren Timmons Sund, 2025-08-06 The sixth edition of Voice Therapy: Clinical Case Studies continues to offer a comprehensive approach to voice therapy, focusing on management strategies

derived from real-world clinical cases. Authored by leading voice clinicians, the cases now feature an updated format that integrates comprehensive voice evaluations, detailed treatment plans with long- and short-term goals, and new decision-making sections to guide therapeutic choices. New to this edition, videos by master clinicians enhance practical learning through visual demonstrations. The new chapters, videos, and evidence-based cases are well-suited for classroom instruction. Both novice and seasoned clinicians alike will discover invaluable insights for managing even the most challenging voice and upper airway cases. Key Updates in the Sixth Edition Expanded Content: Three new chapters addressing: The comprehensive voice evaluation Clinical decision-making Gender affirming voice care Over 25 new clinical case studies offering in-depth exploration of voice and upper airway interventions. 37 video demonstrations that provide practical examples of a range of voice therapy techniques. Find the full list here Enhanced Structure: Chapters reorganized by disorder category to facilitate seamless navigation, allowing clinicians to easily locate relevant information. Revised chapter introductions clarify key concepts and set the stage for deeper learning. Detailed Interventions: Each case now offers greater detail on therapeutic interventions, helping readers follow treatment progress step-by-step. New Co-Editor: Lauren Timmons Sund, BM, MS, CCC-SLP Additional Features In addition to the clinical cases and videos, this text offers: The voice evaluation in documentation format. Each case includes a dedicated decision-making section, aiding clinicians in creating personalized treatment plans. Cases highlight both in-person and telehealth service delivery models, reflecting current clinical practices. "Call-Out" Boxes spotlight critical topics and provide supplementary information to deepen understanding.

**behavioral cough suppression therapy: *Diagnosis and Treatment of Chronic Cough*** Sang Heon Cho, Woo-Jung Song, 2021-02-06 This book is a practical resource for clinicians who manage patients with chronic cough, which represents a major challenge in the clinic due to multiple diagnostic and therapeutic considerations. Essential assessments for cough and treatable traits are described, covering the upper and lower airways and the gastrointestinal tract, and appropriate treatments are identified according to the different findings and diagnoses. Based on recent mechanistic and clinical advances, the authors also discuss novel diagnostic and therapeutic options, including pharmacological and non-pharmacological approaches to control cough. Particular considerations of importance when dealing with chronic cough in children and the elderly are addressed separately. The book will be an invaluable guide and reference for all practitioners who require up-to-date information on how best to assess, diagnose, and treat patients with chronic cough.

**behavioral cough suppression therapy: *Evidence-Based Laryngology*** David E. Rosow, Chandra M. Ivey, 2021-02-19 This text provides a critical look at the state of the evidence in the most compelling areas of laryngology. Rather than being a comprehensive text covering every single possible area, it focuses on published works in the 9 areas that are of the most interest to laryngologists as well as speech pathologists, general otolaryngologists, and head and neck oncologists managing laryngologic issues. The state of the literature is succinctly summarized and tabulated in each area, allowing the reader to see which areas have high-grade evidence (Levels 1 or 2) to support decision making, and which areas are in need of better quality studies. Each chapter is divided into three main sections: Diagnosis and Pathophysiology, Surgical management, and Non-surgical management. This makes it easier for the reader to browse to the area of interest in each section and to find the evidence basis for a given concept. Evidence-Based Laryngology will be an invaluable resource to otolaryngologists, residents, speech-language pathologists, and other clinicians who manage laryngological problems and would like to know the evidence basis behind different treatment options.

**behavioral cough suppression therapy: *Clinical Voice Pathology*** Joseph C. Stemple, Nelson Roy, Bernice K. Klaben, 2025-01-13 Clinical Voice Pathology: Theory and Management, a classic text now in its seventh edition, is a comprehensive resource that addresses the history, anatomy, physiology, etiologies, pathologies, and contemporary issues related to the assessment and management of the voice and related disorders. While continuing to provide the graduate



speech-language pathology student with the knowledge necessary to evaluate and treat an impressive array of voice disorders, the text now includes two new chapters that focus on the expanding role of the speech-language pathologist in (1) upper airway disorders (including chronic refractory cough as well as inducible- and exercise-induced laryngeal obstruction), and (2) gender-affirming voice and communication training. With a foundation rooted in science, combined with the vast clinical and research expertise of the authors, students and practicing clinicians will be equipped with the knowledge necessary to effectively assess and manage not only a wide range of voice and upper airway disorders, but also individuals who seek gender-affirming voice care. Individuals with diverse voice and airway related issues, such as professional voice users, performers, patients with laryngeal cancer, or who are tracheostomy and ventilator-dependent are often complex and demand a clinician who possesses an extraordinary depth and breadth of knowledge. To facilitate the acquisition of this knowledge, this text offers a wealth of visual aids, including artwork, case studies, and a companion website with extensive audiovisual instructional materials. These features not only maintain the high standards set by previous editions but further enhance the learning experience. New to the Seventh Edition: \* A new chapter describing the SLP's roles and responsibilities in the assessment and management of upper airway disorders including chronic refractory cough (CRC), inducible laryngeal obstruction (ILO) and exercise-induced laryngeal obstruction (EILO). \* A new chapter on gender-affirming voice and communication training for transgender and gender-diverse individuals including approaches to gender-affirming health care. \* Additional extensive audio and video examples of clinical cases and related treatment outcomes. \* Instructional "how-to" videos demonstrating important procedural aspects of assessment (eg, focal laryngeal palpation, voice stimulability testing) and specific evidence-based voice therapies including manual laryngeal reposturing, circumlaryngeal massage, vocal function exercises, and resonant voice therapy. \* Continued focus on enhancements to instruction and learning, including use of "Call-Out" boxes to highlight cases and encourage additional discussion. \* Updated references throughout the text to reflect the current state of clinical research and practice. Key Features: \* New Chapters on (i) Upper airway disorders and (ii) Gender-affirming voice care \* Full-color text and images \* Numerous Call Out boxes \* Multiple helpful appendices

**behavioral cough suppression therapy: Bailey's Head and Neck Surgery** Clark A. Rosen, 2022-08-19 Designed to enhance the learning experience for both practicing otolaryngologists and otolaryngology residents, Bailey's Head & Neck Surgery—Otolaryngology, 6th Edition, delivers concise, practical information in all areas of this complex field. Dr. Clark A. Rosen (Laryngology) and his hand-picked editorial team representing all of the sub-disciplines of Head & Neck Surgery—Otolaryngology of Drs. Stacey Gray (rhinology), Patrick Ha (Head and Neck Surgery), Charles Limb (Otology), Stephen Park (Facial Plastics and Reconstructive Surgery), and Gresham Richter (Pediatric Otolaryngology) ensure that all content in this two-volume text is current, useful, and evidence based. Each chapter has been written to increase the reader's understanding, retention, and ability to successfully apply information in everyday practice.

**behavioral cough suppression therapy: Neurologic and Neurodegenerative Diseases of the Larynx** Philip A. Weissbrod, David O. Francis, 2020-03-03 This comprehensive text summarizes what is known about the myriad of different neurological conditions that cause dysfunction of communication, swallowing, and breathing as it relates to the upper aerodigestive tract. It serves to provide clinicians and scientists, at all levels of experience, a practical and thorough review of these diseases, their management, and frontiers in science. Chapters are written by experts in these conditions from a broad spectrum of medical specialties in order to create a book that is inclusive of diagnostic and therapeutic considerations that clinicians should think about when caring for patients with these conditions. Neurologic and Neurodegenerative Diseases of the Larynx will be an instrumental resource in guiding clinicians to better recognize the subtle and not so subtle voice, swallowing, and airway manifestations of these diseases, and improve management of patient symptoms and concerns in order to maximize both quality of life and longevity. It will aide otolaryngologists, laryngologists, neurologists, speech language pathologists, and other allied health

care professionals in developing a more efficient, evidence-based, patient-focused, and multi-specialty approach to managing these complex and challenging patients.

**behavioral cough suppression therapy:** *International Handbook of Behavior Modification and Therapy* Alan S. Bellack, Michel Hersen, Alan E. Kazdin, 2012-12-06

**behavioral cough suppression therapy:** Ferri's Clinical Advisor 2022, E-Book Fred F. Ferri, 2021-06-09 Access immediate answers on the medical conditions you're likely to see with this unique, bestselling resource! Ferri's Clinical Advisor 2022 uses the popular 5 books in 1 format to deliver vast amounts of information in a clinically relevant, user-friendly manner. This practical reference is updated annually to provide easy access to answers on over 1,000 common medical conditions, including diseases and disorders, differential diagnoses, clinical algorithms, laboratory tests, and clinical practice guidelines—all carefully reviewed by experts in key clinical fields. Extensive algorithms, along with hundreds of clear photographs, illustrations, diagrams, and tables, ensure that you stay current with today's medical practice. Contains significant updates throughout, covering all aspects of current diagnosis and treatment. Features 30 all-new topics including Covid-19 disease, anal cancer, electronic cigarette or vaping-associated lung injury (EVALI), gaming disorder, early pregnancy loss, smoke inhalation injury, and subjective cognitive decline, among others. Includes useful appendices covering common herbs in integrated medicine and herbal activities against pain and chronic diseases; care of the transgender patient, palliative care; preoperative evaluation, and more. Offers online access to Patient Teaching Guides in both English and Spanish.

**behavioral cough suppression therapy:** Ferri's Clinical Advisor 2025 - E-BOOK Fred F. Ferri, 2024-06-05 For more than 25 years, Ferri's Clinical Advisor has provided immediate answers on the myriad medical diseases and disorders you're likely to encounter in a unique, easy-to-use format. A bestselling title year after year, this popular 5 books in 1 reference delivers vast amounts of information in a user-friendly manner. It is updated annually to provide current and clinically relevant answers on over 1,000 common medical conditions, including diseases and disorders, differential diagnoses, clinical algorithms, laboratory tests, and clinical practice guidelines—all carefully reviewed by experts in key clinical fields. Extensive algorithms, along with hundreds of high-quality photographs, illustrations, diagrams, and tables, ensure that you stay current with today's medical practice. - Contains significant updates throughout all 5 sections, covering all aspects of diagnosis and treatment - Features 26 all-new topics including eosinophilic gastroenteritis (EGE), retroperitoneal abscess, adenomyosis, periprosthetic joint infection, tonic pupil, rectal adenocarcinoma, nightmares and dream disturbances, avoidance/restrictive food intake disorder (ARFID), hypokalemia, cardiac implantable electronic device infection, heparin resistance, and hypertrophic pyloric stenosis, among others - Includes useful appendices covering palliative care, preoperative evaluation, nutrition, poison management, commonly used herbal products in integrated medicine, and much more - Offers online access to newly revised and updated Patient Teaching Guides in both English and Spanish

**behavioral cough suppression therapy: Behavior Therapy with Children II** Anthony M. Graziano, 2008-10-01 The term behavior modification refers to the systematic analysis and change of human behavior and the principal focus is on overt behavior and its relationships to environmental variables. Behavior modification can be applied in many settings, the nature of which helps to define its subsets. Thus, applied in clinical settings, toward clinical goals, it encompasses the subset behavior therapy. In *Behavior Therapy with Children, Volume 2*, Anthony M. Graziano focuses on behavior therapy--specifically, the behavioral treatment of children's clinical problems. The field of behavior modification encompasses an astonishingly wide and varied spectrum of concepts about and approaches to education, clinical problems, social programming, and rehabilitation efforts. A conceptually and technologically rich medium, it has been nourished by the psychology laboratory, the school, and the psychiatric clinic. It is an area with diffuse boundaries surrounding a highly active center, within which apparently solid landmarks have already been worn away by the dissolving action of corrective self-criticism--immeasurably aided by the catalysts stirred in by the

field's many critics. The activity continues, the dynamic field boils, and the medium enriches itself. There appears to be a tendency, particularly among new behavior therapists, to limit their focus too narrowly to the client's systems of overt behavior. In this project, psychological therapy begins with a personal, interactive social situation in which the generally expected human response of interest, sympathy, and support, is the minimum condition. Graziano maintains that these clinical sensitivity skills must be preserved in behavior therapy and enhance its important contribution to advancing the therapeutic endeavor. Anthony M. Graziano is professor emeritus in the Department of Psychology, State University of New York at Buffalo. He has published a number of articles in journals on subjects such as teaching machine programs, behavior therapy with children, diagnostic testing, the history of psychology, and evaluations of the contemporary mental health professions. He has been on the editorial board of Behavior Modification and on the board of directors for the Eastern Psychological Association.

**behavioral cough suppression therapy: *Handbook Of Family Therapy*** Alan S. Gurman, David P. Kniskern, 2014-07-22 First published in 1981. This volume is unique as to date no previous book, and no collection of papers one could assemble from the literature, addresses or achieves for the field of family therapy what is accomplished in this handbook. It responds to a pressing need for a comprehensive source that will enable students, practitioners and researchers to compare and assess critically for themselves an array of major current clinical concepts in family therapy.

**behavioral cough suppression therapy: *The Comprehensive Handbook of Behavioral Medicine*** J.M. Ferguson, C. Barr Taylor, 2012-12-06 Many of the greatest strides in medical care have neither been glamorous nor made the front page of The New York Times. They have been simple measures such as sanitation, immunization, and provision of clean, wholesome food. And even more glamorous medical breakthroughs and techniques like heart transplants are often last-ditch responses to largely preventable medical problems that required a lifetime to develop. Changing those life styles which may cause, worsen, or exacerbate disease and utilizing current medical knowledge may be the most important strides medicine will make in the next few decades. To meet this challenge, techniques have already been developed to change eating and nutritional patterns that may lead to obesity and heart disease. In addition, interventions are being developed for a wide variety of medical problems. Many of these techniques are based on behavioral principles. Several years ago, one of the editors of this book gave a behavioral medicine seminar for psychiatry residents concerning behavioral principles and their application to medicine. As the seminar developed, it became evident that many of the important articles on the subject were scattered throughout a wide body of literature, which encompassed a variety of disciplines and journals. No single source was available to provide the state of the art of this emerging field. This book was spawned, in part, as an attempt to overcome this deficit.

**behavioral cough suppression therapy: *Handbook of Clinical Behavioral Pediatrics*** Alan M. Gross, Ronald S. Drabman, 2013-03-07 Since 1978, the editors have collaborated on several research projects and spent many hours at conventions discussing research, graduate education, and patient care. The idea for this volume arose when we both concluded that the area of behavioral pediatrics needed a how to book. Several important scholarly reviews had recently appeared. They presented excellent summary information concerning the general assumptions and theories underlying the area of behavioral medicine with children. But these volumes devote very little attention to the application of clinical methods. What was needed, we thought, was a book that would allow graduate students and practicing clinicians the opportunity to peer into the minds of eminent practitioners and understand their thinking. Thus the book was conceived. Editing books represents a special kind of challenge. One has to sell an idea to a group of distinguished colleagues. They have to believe enough in that idea to devote the considerable time and effort necessary to bring thought into reality. In this case, there were two ideas we tried to sell to our colleagues.

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**behavioral cough suppression therapy: The Voice and Voice Therapy, Eleventh Edition**  
Richard I. Zraick, Shelley L. Von Berg, 2024-11-26 Now published by Plural, The Voice and Voice Therapy, Eleventh Edition continues to be an indispensable resource on voice assessment and intervention, trusted for over five decades. This updated edition blends cutting-edge research, practical methodologies, and enhanced pedagogical tools, maintaining its accessibility to both undergraduate and graduate students. Covering a wide range of topics, the text delves into the biological, emotional, and linguistic functions of the larynx, along with detailed evaluations and management of specific voice disorders. Comprehensive descriptions of voice production anatomy and physiology are presented with detailed anatomical illustrations. The book provides in-depth discussions on voice and upper airway disorders, including those of a functional, organic and neurogenic nature. Special sections on voice therapy for diverse populations, such as school-age children, the elderly, professional voice users, and gender-diverse individuals, offer practical insights for students. The text includes videos demonstrating voice assessments, supportive studies, and various clinical approaches to voice therapy. New to the Eleventh Edition: \* 500+ new references from a variety of disciplines. \* New data on the incidence and prevalence of voice disorders, expanded discussions on classification, assessment approaches, and managing dysphonia. \* Expanded sections on excessive laryngeal muscle tension, psycho-emotional voice disorders, and evidence-based practices for treating functional dysphonia. \* Significant updates on gastroesophageal reflux diseases, endocrine changes, induced laryngeal obstruction, and juvenile recurrent respiratory papilloma, including the latest medical management strategies. \* The latest research on the behavioral, pharmacological, and surgical management of neurogenic voice disorders, with a focus on adductor laryngeal dystonia and Parkinson's disease. \* Extensive updates on auditory-perceptual evaluation, voice-related quality of life assessments, and new case studies illustrating both instrumental and non-instrumental assessment techniques. \* Greater discussions on managing dysphonia in older adults, children, professional voice users, and gender-diverse individuals, with a focus on gender-affirming voice and communication therapy. \* More detailed coverage of medical management, evaluation, and therapy post-laryngectomy, with comprehensive discussions on communication options. \* In-depth discussion of disorders of nasal and oral resonance, with expanded content on the team management of cleft palate speech. Key Features: \* Evidence-Based Practice: Grounded in the latest research with over 1,200 references. \* Comprehensive descriptions of voice production anatomy and physiology are included with detailed anatomical illustrations. \* Voice Facilitating Approaches in table form detail when a particular approach is useful, list the sequence of therapy steps for that approach, and illustrate the outcome by presenting the approach with a particular client. \* Packed with Interactive Learning Tools: \* 25 Voice Facilitating Approaches detail when a particular approach is useful, list the sequence of therapy steps for that approach, and illustrate the outcome by presenting the approach with a particular client. \* Videos of master clinicians with real clients demonstrate voice assessments and the Voice Facilitating Approaches. These demonstrations enhance understanding and provide practical examples of techniques used in voice therapy. \* Self-Check quizzes, Clinical Sidebars, and end-of-chapter Preparing for the PRAXIS™ questions reinforce learning and provide immediate

feedback. \* Guided Reading Exercises point readers to key clinical articles for deeper understanding. \* Clinical Concepts in select chapters provide practical guidance.

**behavioral cough suppression therapy: Decision Making in Otolaryngology** Cuneyt Alper, Eugene Myers, David Eibling, 2019-09-19 The new edition of this algorithm-based resource provides clinicians and trainees with the latest advances in the evaluation and management of otolaryngologic disorders. Divided into seven sections, the book discusses numerous problems in each part of the ENT system, presenting up to date basic science and surgical techniques. Each chapter follows a logical, step by step approach covering both common and less common conditions. The second edition has been fully revised and includes 36 new chapters with a number of them focusing on paediatric disorders. Authored by an internationally recognised team of Pittsburgh-based experts, this book is enhanced by images and diagrams to assist learning. Key Points Fully revised, second edition providing latest advances in diagnosis and management of otolaryngologic disorders Covers both common and less common problems in all areas of the ENT system Includes 36 new chapters, many with focus on paediatric conditions Previous edition (9780721689654) published in 2001

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