From the Editor

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Honoring Richard H. Barrett, Pioneer Oral Myologist and Immediate Past President of IAOM

One day toward the end of a speech-therapy session back in Borger, Texas, in the early sixties, a sixth-grade cleft-palate student dug deeply into his pocket and pulled out a tightly rolled, rather dirty wad of paper. As he eagerly unfolded the well-worn paper, he announced, "This is my new speech lesson from my orthodontist." He very nearly shoved these words into my face: "CHA-CHA-CHA CHA-SLURP AND SWALLOW." Now, I was astonished and literally bathed him with questions: "What is the exercise for?" "Is it for a speech sound?" "Are you *sure* it's for a speech lesson?" Thereupon, I wrote a hasty note asking the orthodontist if he might recommend some new reading on cleft-palate therapy to bring me up to date. At our next lesson, the young student proudly produced another note in which I was invited to attend his next orthodontic session. That was one appointment I wasn't about to miss.

That young student started a chain of events that certainly changed my career as a speech therapist and even resulted in some changes in at least one of my basic biological functions. First, the orthodontist talked about "reverse swallow" and "tongue thrust." After a half hour or so of watching him at work, I said, "I think I swallow that way." He said, "You do." He spoke of a speech pathologist named R.H. Barrett, of Tucson, Arizona, who had recently taught a four-day workshop on abnormal deglutition to the orthodontists of the Texas Panhandle. He said that it was a remarkable workshop, and he loaned me page after page of copious notes he had taken.

Agog with new ideas and highly motivated to learn a "new swallow," I rushed home to pour over the notes and to practice the strange new exercises. My mother immediately caught my enthusiasm, and, after only a few minutes, exclaimed, "Let's go to Tucson this summer!" And that we did, together with my then 2½-year-old son and my niece.

I was to join a class of five other speech pathologists and three dental hygienists. Each of us was there in high spirits and great expectations over the new vistas of information that were

about to be opened to us. We called our presence there our "pilgrimage" to Tucson. And there he was, the master clinician himself, R.H. "Dick" Barrett, so warm, so friendly, and so knowledgeable. Each time he spoke, he developed one novel theme after another, stimulating our thinking along many unforeseen avenues. Sometimes we wondered at our own excitement, and we realized that Mr. Barrett was filling in a great gap in our education.

One of the first things that we, the speech pathologists, had been taught was that "Speech is an overlaid process. It is a secondary process overlaid on primary biological processes which are basic to life, itself." We had been taught that all consonant sounds except /h/ may be traced to some place in the mouth where we suck, swallow, or chew, and that any hazard to those processes also presents a hazard to the individual's speech. But then, for the most part, that body of information was left hanging. There was a wide chasm between knowledge of the physiological processes underlying speech and the actual practice of therapy. When faced with clients who misarticulated various consonant sounds, the typical speech pathologist gave no thought to sucking, swallowing, or chewing in the plan of therapy. Rather, a neat and over-used therapeutic sequence was indiscriminantly doled out to most articulation clients: ear training followed by production of the sound in isolation, in nonsense syllables, in words, and, finally, in sentences.

But Dick Barrett demonstrated that many of these misarticulations were related to a thrusting of the tongue and required a different treatment. A large number of the children who thrust their tongues forward to swallow also rested their tongues in a low and forward position and fronted many of their consonant sounds. After altering the manner of swallowing and both elevating the tongue and positioning it posteriorly during rest, the speech sounds were frequently corrected rapidly and with a minimum of therapy.

We learned more of the close alliance between the professions of speech

pathology and of dentistry. Mr. Barrett taught us about tooth movement and unwanted oral pressures. He taught us that the speech pathologist and the orthodontist could be of immense help to each other. The speech pathologist could receive referrals and work to eradicate noxious oral habits. Each could contribute to the motivation of the patient and help prevent orthodontic relapse.

The lessons went on and on. We started at eight in the morning and sometimes finished at eight in the evening, or nine, or ten . . . He held us spellbound, and we barraged him with questions, this man, who was so giving of his time and so sharing of his knowledge. Mr. Barrett not only taught us, he dazzled us as he put the theory into practice. Never had we witnessed such a disciplined speech pathologist. Patient after patient came in, and we were privileged to watch therapy, the likes of which we had never dreamed. Each aspect of swallowing had been broken down into stages and was programed as a separate and sequential "step" in therapy. For example, "Cha-cha-cha Cha-slurp and swallow" was one of the early exercises designed for the placement of the anterior segment of the tongue during swallowing. (Barrett continually revises and updates his program, and this exercise has long since been replaced.)

But our lessons were not limited to speech and oral myofunctional therapy. Mr. Barrett is one of the great motivators of all time. He has a vast understanding of psychology, and he puts into his therapy and into his teaching valuable psychological principles and many aspects of learning theory to ensure the utmost cooperation from his students. And in addition to all that, he radiates his personal charisma. We, his adult class, came under his spell just as surely as each of his clients in myofunctional therapy.

We nine students in that class of summer, 1961, represented the 48th through the 56th persons whom Dick Barrett had trained in Tucson in the new therapy methods. He has now instructed over four hundred speech pathologists, dental hygienists, and

dentists in oral myofunctional therapy. Before viewing Dick's relationship with I.A.O.M., let us look at his background and at some of his more scholarly contributions.

R.H. Barrett has worked as a speech pathologist and oral myologist in private practice in Tucson, Arizona for 26 years. He is known internationally as a developer of a rationale and therapy procedures for the correction of abnormal deglutition and related problems.

He was educated at the Curry School of Expression in Boston and was graduated in 1935. He earned the B.A. and M. Ed. degrees from the University of Arizona in 1953 and 1955, respectively. He has had extensive post-graduate courses in both speech pathology and psychology at the University of Arizona and also at the University of California at Los Angeles. He came exceedingly close to earning the doctoral degree on more than one occasion, but each time he was forced away from academia under relentless pressures from the professions to deliver his message here, to conduct a workshop there. Because of his monumental professional contributions, he has been named an honorary member of the College European d'Orthodontie.

Other memberships include the International Association of Oral Myology in which he is a Certified Oral Myologist, the American Speech-Language-Hearing Association, in which he holds the Certificate of Clinical Competence in Speech Pathology, the National Association of Hearing and Speech Agencies, the National Rehabilitation Association, the Tucson Society of Clinical Hypnosis, and the Arizona Speech and Hearing Association, of which he was a charter member and in which he has held every office.

Barrett's manuscripts have been published in the *Arizona Public Health Journal*, 1960; *American Journal of Orthodontics*, 47:10, 1961; and the *American Journal of Clinical Hypnosis*, 9:3, 1967. Among his many articles in

the *International Journal of Oral Myology* are "Habituation and Hypnosis," 1 (1), 1975; "Myofunctional Open Bite: A Chronology," 3 (3), (4), 1977; and "Orthodontic Procedures," co-authored with Marvin L. Hanson, 5 (3), 1979. *Oral Myofunctional Disorders* by Barrett and Hanson is a C.V. Mosby publication. The book was first published in 1974 with a second edition in 1978 and is, in this writer's opinion, the most comprehensive book available on the subject.

Dick has presented courses in oral myology at the following universities in this country:

Boston University Dental School, 1960
University of Washington, School of Dentistry, 1961
Idaho State University, Speech Department, 1962
Northwestern University, School of Speech, 1962
University of Alabama, School of Dentistry, 1968
University of Wyoming, Speech Department, 1970
Howard University, Dental School, 1976
Loma Linda University, Dental School, 1977

Good ambassador that he is, he has taught three courses abroad to:
Universidad Nacional de Mexico, Mexico City, Mexico, 1969
College European d'Orthodontie, Paris, France, 1971
Japanese Orthodontic Society, Tokyo, Japan, 1978

Dick is currently working out details to accept an invitation to teach a course to the Italian Orthodontic Society in Rome. He has served as guest lecturer in the Speech Department of the University of Arizona from 1964 to the present. Following is just a partial listing of the universities and meetings at which he has presented lectures and papers:

Pacific Coast Society of Orthodontists, Seattle, 1961
Northwest Texas Orthodontic Society, Amarillo, 1962
University of Utah, Speech Department, 1963

Arizona State Dental Assistants Association, 1964
American Society of Clinical Hypnosis, Las Vegas, 1966
Annual Convention, Nevada Speech and Hearing Association, 1971 (main speaker)
Annual Convention, Arizona Speech and Hearing Association, 1966, 1972 (featured speaker)
American Society for Preventive Dentistry, 1975
Annual Session, International Association of Oral Myology, 1975
West Texas Rehabilitation Center, 1976
Arizona State Dental Association, 1960, 1964, 1976
Speech Department of Howard University, 1976
University of Southern California, School of Dentistry, 1977
Medical College of Virginia, 1978

The organizational meeting of what was to become the International Association of Oral Myology was held in San Francisco in 1972, and Dick Barrett was elected to the first Board of Directors. He has served tirelessly in many capacities over the years and has just completed a two-year term as President of the organization. He has given strong leadership and has lent his talents in many ways, always wanting the best for our association and for our new profession of oral myology. He is a dedicated professional who has given freely of his time and of his tremendous resources to help weld us into the strong organization that we are today. Dick, we thank you most humbly and gratefully.

And now, modest man that he is, I can hear his words as he finishes reading this: "What's all this 'greatest' and 'best'?" He will declare that I really went overboard, that I gushed, etc., etc. And I have only this to answer: "You, sir, are one of the great teachers and one of the great human beings of a generation and of many generations. What I have said here hardly begins to do justice to your contribution. I am deeply grateful that my life has come under your influence."

E.O.S.