

**THE MICHAEL PALIN CENTRE FOR STAMMERING CHILDREN,
13-15 PINE STREET, LONDON, EC1R 0JG.**

Tel: 0203 316 8100

Email: mpc.admin@nhs.net website: www.stammeringcentre.org

An Introduction to Neuro-linguistic Programming (1 Day) and Developing Excellence in Speaking (1 Day)

The Michael Palin Centre presents two 'stand-alone' workshops based on NLP. Day one is open to qualified speech and language therapists (SLTs). Day two is open to qualified SLTs and other professionals. Day one will introduce participants to the principles of Neuro-linguistic Programming (NLP) and a selection of NLP techniques that may be used with clients who stammer. Day two will focus on enhancing your speaking skills in a range of situations, particularly when giving presentations.

NLP focuses on how language is used and how patterns of thinking and behaviour influence how successful we are at reaching our goals. It has been used with children, young people and adults who stammer. It sits well alongside other psychological approaches such as Cognitive Behaviour Therapy (CBT) and Solution Focused Brief Therapy (SFBT).

Day 1 (open to SLTs)

There will be a range of practical exercises and case presentations about the use of NLP with clients who stammer. Video material and case studies presented during the workshop will feature clients who stammer, however the approach is applicable to many clients with speech, language and communication difficulties and their families.

Learning Outcomes

At the end of day 1 participants will:

- be familiar with the principles of NLP;
- be familiar with the structure and content of an NLP session; and
- be familiar with a range of NLP techniques.

Course Content

- outcome setting;
- representational systems;
- our natural filters; and
- perceptual positions.

Day 2 (open to SLT and other professionals)

This will be an experiential workshop where participants will learn and practise a range of skills that will enhance their communication.

- Do you wish you were more assertive in meetings?
- Do you wish you could make your audience sit up and listen during presentations?
- Do you wish you could express your ideas more clearly and ask better questions in order to understand others better?

Learning Outcomes

At the end of day 2 participants will:

- be familiar with ways to use language to enhance their communication;
- be familiar with techniques to increase their confidence as a speaker; and
- be familiar with techniques to enhance their clarity of communication.

Course Content

- how to build rapport;
- sensory acuity and state management; and
- language of influence and change.

About your trainer

Gemma Clarke joined the Michael Palin Centre for Stammering Children in 2008. She is a Master Practitioner and Trainer in Neuro-Linguistic Programming (NLP) and is a qualified coach. She is experienced in using a range of psychological approaches, including Solution Focused Brief Therapy and CBT.