



**THE MICHAEL PALIN CENTRE FOR STAMMERING CHILDREN,
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BUILDING SKILLS IN SPEECH MANAGEMENT

The framework for working with school-aged children who stammer at the Michael Palin Centre is an integrated approach including social communication skills, cognitive and affective aspects and speech management. This two day experiential workshop for speech and language therapists will include a structured programme for developing speech management strategies and managing the emotional component of stammering.

All aspects of the workshop will be supported by video demonstrations of therapy at the Michael Palin Centre and by practical exercises. A resource pack will be provided.

Learning Outcomes

1. To develop an understanding of the components of direct speech management within the framework of fluency shaping and stammering modification.
2. To identify the components of a direct therapy programme based on each child's individual needs.
3. To practise skills in working directly on speech with children who stammer.
4. To learn ways to manage the emotional component of stammering in the context of direct speech management.

Course Content

Day 1

- Introductions, expectations, confidence ratings.
- An overview of the philosophies that underpin direct speech management: fluency shaping and stammering modification.
- The integrated framework of therapy with school aged children who stammer at the Michael Palin Centre.
- The pros and cons of direct therapy.
- Clinical decision making and planning a direct speech management programme including Brief Therapy scaling and cognitive cycles.
- Components of therapy - identification and desensitisation: video observation (others/self), tallying, icebergs, voluntary stammering, reducing avoidance, being open about stammering.

Day 2

- Introduction of a structured speech management programme: fluency shaping and stammering modification: slowing down, soft contacts, easy onsets, freezing, variation, modification.
- Generalisation and maintenance: assignments, homework, hierarchies.
- Problem solving during the process.
- Evaluating the outcome of a direct speech therapy programme.
- Action planning.

It is recommended that participants have attended previous MPC training in working with school age children.

Whittington Health runs the services at the Michael Palin Centre for Stammering Children with the support of Action for Stammering Children