

**THE MICHAEL PALIN CENTRE FOR STAMMERING CHILDREN,  
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## **A two-day course on direct speech management**

### **Course Aims**

This two-day course is designed for speech and language therapists (SLTs) who wish to develop their direct speech management techniques in working with children and young people who stammer (CWS).

It is recommended that participants who attend this course have attended one of our core courses run by the Michael Palin Centre in the general management of stammering (i.e. a Palin PCI, or Primary, or Secondary course) in order to ensure that the direct approaches are set in the wider therapy context. If you only work with children under 7 it is possible to attend day one only if preferred (please state this on your application form).

Hand-outs will be sent to participants in advance. The course will be supported by video material and case discussion.

### **Learning Outcomes**

At the end of this course participants will:

- be able to discuss a rationale for clinical decision making about indirect and direct therapy;
- be familiar with direct speech strategies for CWS under 7 years old which are part of the direct component of Palin Parent Child Interaction therapy;
- be familiar with toolbox talking, fluency shaping, block modification and integrated approaches to speech management for older CWS; and
- be familiar with strategies to promote transfer of skills and to manage relapse.

### **Course Content**

#### **DAY ONE**

##### **Setting the scene**

- Introduction, scene setting, context;
- Influencing factors in clinical decision making; and
- Advantages and disadvantages of direct and indirect approaches

##### **Principles for working directly with clients who stammer**

- Drawing on the client's skills and expertise;
- Involvement of parents;
- Keeping a balance (speech focus / confidence);
- Helping the client to become their own clinician; and
- How to structure and plan a session.

##### **Techniques across the ages (with video, practical demonstration and practice)**

- Under 7s: Tortoise talking and Bus talking

##### **Case discussion One (under 7)**

**Whittington Health runs the services at The Michael Palin Centre for Stammering  
with the support of Action for Stammering Children  
[www.stammeringcentre.org](http://www.stammeringcentre.org)**

## **DAY TWO**

### **Techniques across the ages (cont.)**

- 7 to 14s: Toolbox talking; and
- Speak more fluently, stutter more fluently and integrated approaches:
  - Identification: e.g. how speech is made, iceberg, tallying;
  - Desensitisation e.g. voluntary stammering, freezing;
  - Modification e.g. tick box sheets, soft contacts, continuous voice.

### **Managing thoughts and feelings**

- Managing feelings, fears and avoidance; and
- Building confidence, coping and resilience.

### **Transfer, generalisation and maintenance**

- Assignments, home practice;
- Behavioural experiments; and
- Speaking circles.

### **Managing relapse**

### **Client experience**

- What constitutes success?
- How do they experience direct therapy?
- Strengths and limitations of different approaches.

### **Case discussion Two (7 – 14)**

### **Action planning**