

## The two week intensive therapy programme

- *Two weeks, Monday to Friday, during the summer.*
- *10.00 am to 3.30 pm.*
- *Age range 15—19 years*
- *Regular follow up sessions for one year*
- *Specialist speech and language therapists*
- *Based on research and 25 years of experience*
- *Therapy is typically funded by local NHS commissioners*



The Michael Palin Centre  
for stammering



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## Intensive Group Therapy Course for Young People Who Stammer



Action for Stammering Children



Changing lives forever

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Whittington Health 

Action for Stammering Children



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### **When is it?**

Each July, usually in the last 2 weeks of the month.

### **Is it every day?**

Yes, every day, Monday to Friday, for the whole two weeks. Unless there's an emergency we expect everyone to be there every day.

### **When does it start and finish each day?**

The group starts at 10.00 am. It finishes between 3.30pm and 4.00pm each day.

### **How many people are in the group?**

Each group has 10 young people aged between 15 and 19 years. Sometimes we have two groups running in parallel and the groups do some activities together.

### **Do my parents come too?**

No. This group is just for teenagers. Parents are invited to attend for one day but have a separate parents' group.

### **What do we do in the group?**

You will learn and practise skills to help you:

- manage moments of stuttering better;
- manage any anxiety about stuttering more easily; and
- build your confidence and skill in communicating.

### **Our Commitment**

- The speech and language therapists are all specialists with particular knowledge and experience of stuttering.
- The therapy programme is continually evolving based on current research and feedback from members of previous groups.
- Individual help will be offered as necessary during the two weeks
- Follow up sessions for the group will be arranged throughout the year after the course
- Additional individual appointments are also available

### **Your Commitment**

- To attend every day from 10.00 am to 3.30 pm
- To come to all the follow up sessions.
- To let us know as soon as possible if you have any worries or concerns.
- To complete all assessments.

### **Outcome Measures**

We monitor each individual's progress carefully. We ask you to complete several questionnaires throughout the year to monitor your progress.

Outcome measures are included in two clinical reports written at the end of the two week intensive course and at the end

*"I would never have had the courage to go to university if I hadn't been on the intensive."*

*"It was great!"*

*"The course was hard work at times, but fun too. I made new friends and my confidence is still growing. Thanks!"*

*"What really made a difference was meeting other people who really know what it is like to stammer." Paul (16)*

*"The ideas made sense and it was much easier to try things out together!" Emma (17)*