



**THE MICHAEL PALIN CENTRE FOR STAMMERING CHILDREN,  
13-15 PINE STREET, LONDON, EC1R 0JH.  
Tel: 0203 316 8100**

Email: [mpc.admin@islingtonpct.nhs.uk](mailto:mpc.admin@islingtonpct.nhs.uk) website: [www.stammeringcentre.org](http://www.stammeringcentre.org)

**TRAINEE ON AN INTENSIVE GROUP THERAPY FOR CHILDREN  
AGED 10-14 YEARS AND THEIR PARENTS**

This non-residential course is usually run twice during each year, once at Easter and once in the summer. A children's group and parents' group are run in parallel with two therapists leading the parents' group and two or three therapists from the centre running the children's group. Where a two-parent family both parents are required to attend for the duration of the course. The group focuses on desensitisation towards stammering, experimentation with fluency control strategies, communication skills confidence, and family awareness of communication skills. Elements of Cognitive Therapy are integrated into the programme.

The intensive course programme runs daily Monday – Friday for 2 weeks. Clients attend the group from 10 – 3.30pm and therapists work together from 9am – 5pm. This allows time for planning and on-going discussion and formulation of need. The children work in a separate group from their parents however every day there are some activities which are conducted jointly. Therapists attending this course as trainees can expect to:

- Divide their time between observing the parents' group and observing the children's group. As most therapists have less experience of working with parents in a group setting we place a priority on this.
- Have individual discussion time each day with the lead therapists in order to clarify personal learning aims and elaborate questions and discussion points.
- Learn how communication skills, development of fluency strategies and dealing with speech fears are introduced in a group setting with children.
- Learn how communication skills are introduced within a parents' group and how key issues for parents are managed.
- Develop awareness of group facilitation skills and increase confidence in working with groups.

**TRAINEE ON A YOUNG ADULTS INTENSIVE COURSE**

This two-week, intensive, group therapy course for teenagers aged between 15 and 19 years of age is held in July or August each year. The therapy integrates speech management, cognitive therapy and communication skills work in a group setting.

Therapists attending this course as trainees can expect to:

- Increase their understanding of key issues in working with groups of teenagers.
- Increase their confidence in working with groups of teenagers.
- Increase their understanding of the role of fluency shaping, block modification, cognitive therapy and communication skills work in therapy for this age group.
- Be integrated into the group and enjoy practical "hands-on" experience as well as observing the MPC therapists working with the group.
- Have discussion time each day with one of the lead therapists.