



Practical Help for Stammering Children

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

Email: mpc.admin@islingtonpct.nhs.uk website: www.stammeringcentre.org

PRIMARY SCHOOL CHILDREN WHO STAMMER: REALISING THEIR POTENTIAL

Course Aims

This three day workshop will aim to increase speech and language therapists' knowledge and skills in assessing and treating primary school children. The course will also aim to develop participants' confidence in the management of this age group. It will be supported by video, discussion and skills practice, and a clinical resource pack that will be emailed to participants in advance of the course.

Learning Outcomes

At the end of this course participants will:

- Be familiar with assessment protocols for primary school children and their families.
- Be familiar with the principles and practice of Parent Child Interaction Therapy (PCI).
- Be familiar with the principles and practice of Family Communication Skills Therapy (FCS).
- Be familiar with fluency shaping and block modification approaches to speech management.
- Be more confident about assessing and treating primary school children.
- Be familiar with the development of care pathways for primary school children who stammer

Course Content

Day 1: Theoretical issues and assessment:

- A multifactorial model of stammering and relevant research.
- Assessing primary school children: case history, child interview, fluency assessment and how to develop a formulation of the individual child's needs.
- Developing an effective therapeutic relationship with children and their families.
- Principles and components of a treatment package using video interaction as a basis for change.

Day 2: Working collaboratively with families:

- A brief review of Palin PCI.
- Family Communication Skills therapy: use of observation, listening, turn-taking, praise and reinforcement, problem-solving and negotiation skills in the family.
- A series of session-by-session activities will be presented which form the structure for this communication skills approach.

Day 3: Working with speech: fluency shaping, block modification, fear and avoidance. Putting it into practice in the clinic and beyond.

- Discussion and practice of both fluency shaping and block modification approaches.
- Building confidence and managing feelings, fears and avoidance.
- Transfer and maintenance.
- Group skills- mini groups and intensives
- Liaison with schools – Working effectively with teachers.
- Discussion of Care Pathways; application of the course to team settings; action planning.

This workshop will combine theory with video-observation, skills practice, discussion and problem-solving.
The timing given is approximate

Whittington Health runs the services at the Michael Palin Centre for Stammering Children with the support of the Association for Research into Stammering in Childhood