

"We saw immediate improvement in Sam's stammer and even though it hasn't gone away completely, it no longer seems such a problem"

"We don't worry about his future as an adult who stammers as he has been given the confidence and tools to deal with it"

"The experience of attending MPC with our son for 2 weeks has brought us closer together as a family especially as his sister was able to join us for one day"

### The two week intensive therapy programme:

- *Two weeks, Monday to Friday, during Easter or October.*
- *10.00 am to 3.30 pm.*
- *Age range 10-14 years*
- *Four group follow up days over the following year as well as individual "top-ups" as required*
- *Specialist speech and language therapists*
- *Based on research and 25 years of experience*



## 2-week group therapy course for 10-14 year olds who stammer and their parents



Action for  
Stammering  
Children



Action for Stammering Children  
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Whittington Health 

Action for  
Stammering  
Children



### **When is it?**

Each Easter and October, usually for one week of the holidays and one week of term.

### **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 up to 10 children aged between 10 and 14 years old. Several MPC therapists run the group so each child also gets individual attention and time as needed.

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

Yes. It is a requirement of the course that both parents attend, with the exception of single parent families or where parents have separated. Parents work in a separate group although the two groups do some activities together most days.

### **What happens in the children's group?**

The children learn and practise skills together to help them:

- manage moments of stammering better;
- manage any anxiety about stammering more easily;
- build confidence, resilience and skills in communicating.

Many children comment on how helpful it was to meet other children who stammer, and also how much fun they had in the group. It is not unusual for people to stay in touch with friends they made in the group, after the follow up year has finished.

### **What happens in the parents' group?**

The parents:

- learn more about stammering, from a general perspective as well as learning more about their own child's stammer;
- learn about the techniques that the children are introduced to and how to support them in using these;
- have the opportunity to discuss different ways of helping each child develop their confidence, resilience and positive self-esteem.

### **Our Commitment**

- The speech and language therapists are all specialists with particular knowledge and experience of stammering.
- The therapy programme is continually evolving based on current research and feedback from members of previous groups.
- Four follow up sessions for the group are arranged throughout the year after the course.
- Additional individual appointments are also available.

### **Your Commitment**

In accepting a place on the course you agree to:

- attend every day from 10.00 am to 3.30 pm
- attend all the follow up sessions
- help with homework as needed
- Complete and return all assessments (see below outcome measures).

### **Outcome Measures**

We monitor each child's progress carefully. We send questionnaires to families to complete at several points throughout the year.

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