

SPEECH THERAPY

“ I am very glad that I took part in the course, and I think that I now regard my stammer in a much healthier and more positive way... I cannot recommend the course strongly enough.

Adam, Stage 1 stammering therapy

Contact

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speechtherapy@citylit.ac.uk

www.citylit.ac.uk/stammeringtherapy

Speech therapy, City Lit, Keeley Street, Covent Garden, London WC2B 4BA

Telephone hours

Mon – Fri 09:00–17:00

Course information and advice

Please contact us by phone, email or letter if you would like to discuss any of the courses, or to arrange your free pre-enrolment advice session (required for courses marked with a star).

City Lit: winner of the Queen's Anniversary Prize 2007 for outstanding work with adults who stammer.



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Speech therapy evening classes

Contact: Carolyn Cheasman (carolyn.cheasman@citylit.ac.uk). If you wish to start an evening class and haven't already been interviewed please contact the department to arrange an interview.

Stage one – stammering therapy

Stage one courses are for people who are not familiar with the approach used at City Lit. You may or may not have had previous speech therapy.

Stage 1 stammering therapy These courses will help you to identify overt and covert aspects of your stammer, reduce negative feelings, learn strategies to modify your stammering and develop self-confidence. Tutors: Jan Logan (XS301*), Jenny Yeatman (XS304*)

XS301*	13 Sep - 28 Mar	Mon	18:00 - 20:00	25	EC	£196	£196	£118
XS304*	5 Jan - 20 Jul	Wed	18:00 - 20:00	26	EC	£196	£196	£118

Interiorised stammering If you often manage to conceal your stammer, this course will help you to identify overt and covert aspects of your stammer, reduce negative feelings, learn strategies to modify your stammer and develop self-confidence. Tutors: Carolyn Cheasman (XS302*), Rachel Everard (XS303*)

XS302*	14 Sep - 22 Mar	Tue	18:00 - 20:00	25	EC	£196	£196	£118
XS303*	23 Sep - 24 Mar	Thu	18:00 - 20:00	25	EC	£196	£196	£118

Stage two – stammering therapy

Stage two courses are best suited to people who have had some speech therapy in the past, either at City Lit or elsewhere. You will review the speech work you have already covered and explore ways of further extending its use in everyday life.

Refresh, revise and develop your stammering therapy skills In a supportive group you will work on desensitisation and practise your stammering management strategies. Become more confident by learning how to problem-solve and extend your comfort zone. Tutors: Jenny Yeatman (XS305*), Doreen Jawarsha (XS306*), Jan Logan (XS307*)

XS305*	6 Oct - 8 Dec	Wed	18:00 - 20:00	10	EC	£104	£104	£62
XS306*	27 Jan - 31 Mar	Thu	18:00 - 20:00	10	EC	£104	£104	£62
XS307*	9 May - 18 Jul	Mon	18:00 - 20:00	10	EC	£104	£104	£62

Mindfulness meditation for people who stammer Using a range of meditation practices, learn how to focus your awareness, cultivate calmness and develop non-judgemental acceptance. Apply speech techniques more effectively and facilitate your work on avoidance reduction. Fee includes the cost of three CDs essential for the course. Tutors: Carolyn Cheasman, Doreen Jawarsha

XS311*	3 May - 28 Jun	Tue	18:00 - 20:30	8	EC	£134	£134	£92
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Effective communication in the workplace One area of life where people find managing their stammer most challenging is at work. Develop your personal effectiveness in the workplace, working on issues including using the telephone, interview techniques, presentation skills and communicating in meetings. Tutor: Rachel Everard

XS312*	5 May - 7 Jul	Thu	18:00 - 20:00	10	EC	£104	£104	£62
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Intensive speech therapy course

Contact: Rachel Everard (rachel.everard@citylit.ac.uk). Intensive courses are an excellent way for people who stammer to work on their speech, providing the opportunity for concentrated speech work, plus time to explore the psychological aspects of stammering. Follow-up therapy is essential: you can attend evening classes here or speech and language therapy locally.

Stammering therapy: an integrated approach

Developed from Catherine Montgomery's programme, these courses integrate a range of tools which encompass the major stammering therapy approaches.

Stammering therapy: an integrated approach In addition to working on desensitisation, block modification and cognitive therapy, you will be introduced to a fluency technique, vocal fold management. Each course runs for a total of three weeks with a short break after the first two weeks. At the end you can choose the combination of tools that suits you best. Tutors: Rachel Everard, Carolyn Cheasman, Jan Logan

XS103*	24 Jan - 4 Feb	Mon-Fri	10:00 - 17:00	3	KS	£340	£260	£80
	7 Mar - 11 Mar	Mon-Fri	10:00 - 17:00					
XS105*	11 Jul - 22 Jul	Mon-Fri	10:00 - 17:00	3	KS	£340	£260	£80
	5 Sep - 9 Sep	Mon-Fri	10:00 - 17:00					

Stammering therapy: block modification

On these courses you will work on identifying your stammering, becoming less sensitive about it and challenging negative thoughts. You will also work on reducing avoidance behaviours and learn strategies to help you speak more easily.

Stammering management: 2 weeks and 3 days After the initial two weeks, there is a break of five weeks before you return for the final three days. Tutors: Carolyn Cheasman, Rachel Everard, Jan Logan

XS101*	4 Oct - 11 Nov	Mon-Fri	10:00 - 17:00	3	KS	£292	£221	£80
	15 Nov - 17 Nov	Mon-Wed	10:00 - 16:00					

COURSE	CODE	DATE(S)	DAY(S)	TIME	WEEK(S)	SITE	FEE	SNR.	CONC.
Stammering management: an intensive course for those with less time	An intensive course for those who prefer to take less time out during the week. This course runs over 11 days, three of which are Saturdays. Tutor: Rachel Everard								
	XS102*	26 Nov - 27 Nov	Mon-Sat	10:00 - 17:00	3	KS	£292	£221	£80
		29 Nov - 4 Dec	Mon-Sat	10:00 - 17:00					
		6 Jan - 8 Jan	Thu-Sat	10:00 - 17:00					
Stammering management and cognitive behavioural therapy	This course combines work on helping you to identify your particular pattern of stammering and learning to manage it more easily with teaching you ways to reduce your negative thoughts and feelings about stammering. Tutor: Carolyn Cheasman, Rachel Everard, Jan Logan								
	New XS104*	9 May - 20 May	Mon-Fri	10:00 - 17:00	3	KS	£340	£260	£80
		20 Jun - 24 Jun	Mon-Fri	10:00 - 17:00					

Workshops for people who stammer

Contacts: Carolyn Cheasman, Jan Logan or Rachel Everard. These daytime workshops are suitable if you have already had some speech therapy and want to refresh your skills or want to develop your communication skills in more specific ways.

Workshops for people who stammer

Acceptance and commitment therapy: a new approach to stammering	Learn to work more effectively with negative thoughts and feelings through acceptance and mindfulness work. You'll identify, and move towards, valued goals and directions in your life. Tutors: Rachel Everard, Carolyn Cheasman, Jan Logan								
New	XS201*	6 Jun - 27 Jun	Mon & Tue	10:00 - 16:00	2	KS	£100	£70	£60
Speaking circle for people who stammer	Speaking circles are for people wishing to develop their confidence speaking to groups. Participate in a circle and find out how to enhance the way you come across to others, develop your own speaking style and discover the real you. Tutors: Carolyn Cheasman, Rachel Everard, Jan Logan								
	XS202*	12 Jan	Wed	10:00 - 16:00	1	KS	£52 ^{NC}	£52	£52
	XS203*	28 Jun	Tue	10:00 - 16:00	1	KS	£52 ^{NC}	£52	£52
Fluency skills update	Designed for people who have attended the new integrated intensive course, this is an opportunity for you to develop the fluency technique and stammering management strategies you have learnt. Tutors: Rachel Everard, Carolyn Cheasman, Jan Logan								
	XS208*	9 Feb	Wed	10:00 - 17:00	1	KS	£54 ^{NC}	£54	£54
Telephone skills for people who stammer	Identify factors leading to difficulties using the phone and work towards reducing fears linked to phone use. You will develop strategies for tackling challenging phone calls and learn to use the phone more confidently. Tutors: Carolyn Cheasman, Rachel Everard, Jan Logan								
	New	XS209*	28 Feb	Mon	10:00 - 16:00	1	KS	£54 ^{NC}	£54
Speak more fluently: follow-up to block modification	Enhance your fluency skills by attending this unique course. You'll learn a fluency technique – vocal fold management – over a concentrated period. Suitable for people who have taken a block modification course or the equivalent. Tutors: Carolyn Cheasman, Rachel Everard, Jan Logan								
	XS205*	4 Apr - 6 Apr	Mon-Wed	10:00 - 17:00	2	KS	£133	£84	£33
		4 May	Wed	10:00 - 17:00					
Refresher workshop for people who stammer	If you have already completed a block modification intensive or stage 1 evening course, this workshop offers you the ideal opportunity for further speech work and to become more open about, and desensitised to, stammering. Tutors: Rachel Everard, Carolyn Cheasman, Jan Logan								
	XS207*	18 Mar - 19 Mar	Fri & Sat	10:00 - 17:00	1	KS	£79	£52	£46
Communication skills for people with learning difficulties who stammer	Do you stammer and have a learning difficulty? Come and meet other people who stammer, talk about how stammering affects you and learn how to speak more confidently. Please contact us for an interview on 020 7492 2578. Tutors: Rachel Everard, Jan Logan								
	XS206*	19 Jan - 23 Mar	Wed	14:00 - 16:00	10	KS	£100	£100	£33

Training courses in speech and language therapy

Speech and language therapy as a career	Interested in becoming a speech and language therapist? This workshop covers training courses in the UK, what the job involves, career structure, pay and hints for a successful interview, plus the opportunity to meet clients. Tutors: Carolyn Cheasman, Rachel Everard, Jan Logan								
	XS504	19 Oct - 20 Oct	Tue & Wed	10:00 - 16:00	1	KS	£90	£90	£52
	XS505	9 Nov - 10 Nov	Tue & Wed	10:00 - 16:00	1	KS	£90	£90	£52
	XS506	7 Dec - 8 Dec	Tue & Wed	10:00 - 16:00	1	KS	£90	£90	£52
	XS507	18 Jan - 19 Jan	Tue & Wed	10:00 - 16:00	1	KS	£90	£90	£52

Professional training courses

Working with adults who stammer	Speech and language therapists working with adults who stammer can explore block modification, group work and art therapy, through lectures and workshops, with a large experiential component. Includes a follow-up day. Tutors: Carolyn Cheasman, Rachel Everard, Jan Logan								
	XS502*	21 Feb - 14 Oct	Mon-Fri	10:00 - 17:00	2	KS	£448 ^{NC}	£448	£448

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COURSE	CODE	DATE(S)	DAY(S)	TIME	WEEK(S)	SITE	FEE	SNR.	CONC.
Mindfulness meditation for speech and language therapists		Learn the elements of mindfulness-based stress management and cognitive therapy. Experience a range of meditation practices. The relevance for clients will be explored. Tutors: Carolyn Cheasman, Jan Logan, Rachel Everard							
	XS501*	31 Mar - 1 Apr	Thu & Fri	10:00 - 16:00	1	KS	£114 ^{NC}	£114	£114
Vocal fold management: principles and practice		Learn the key principles behind vocal fold management, a fluency technique recently introduced into our intensive courses. Find out how to teach and support your clients who stammer. Tutor: Carolyn Cheasman, Jan Logan, Rachel Everard							
	XS508*	23 May - 24 May	Mon & Tue	10:00 - 16:00	1	KS	£114 ^{NC}	£114	£114
Effective counselling skills for speech and language therapists		This practical and experiential course helps you develop counselling skills with any client group. Topics include the core conditions, paraphrasing, reflecting, questioning, immediacy, self-disclosure and loss. There will be a follow-up day in January 2012. Tutor: Carolyn Cheasman, Rachel Everard, Jan Logan							
	XS503*	13 Jun - 13 Jan	Mon-Fri	10:00 - 16:30	2	KS	£448 ^{NC}	£448	£448

Speech therapy for adults with aphasia

Communication group for people with aphasia.

In this group you will have support and be listened to. You will have the chance to share your experiences and learn new ways to communicate. Activities include social conversation and discussion, as well as some structured activities.

Tutor: Anne Watson

CODE	DATE(S)	DAY(S)	TIME	WEEK(S)	SITE	FEE	SNR.	CONC.
XS402*	6 Oct - 6 Jul	Wed	13:30 - 15:00	30	KS	£180	£117	£50