

**Contact**

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**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.

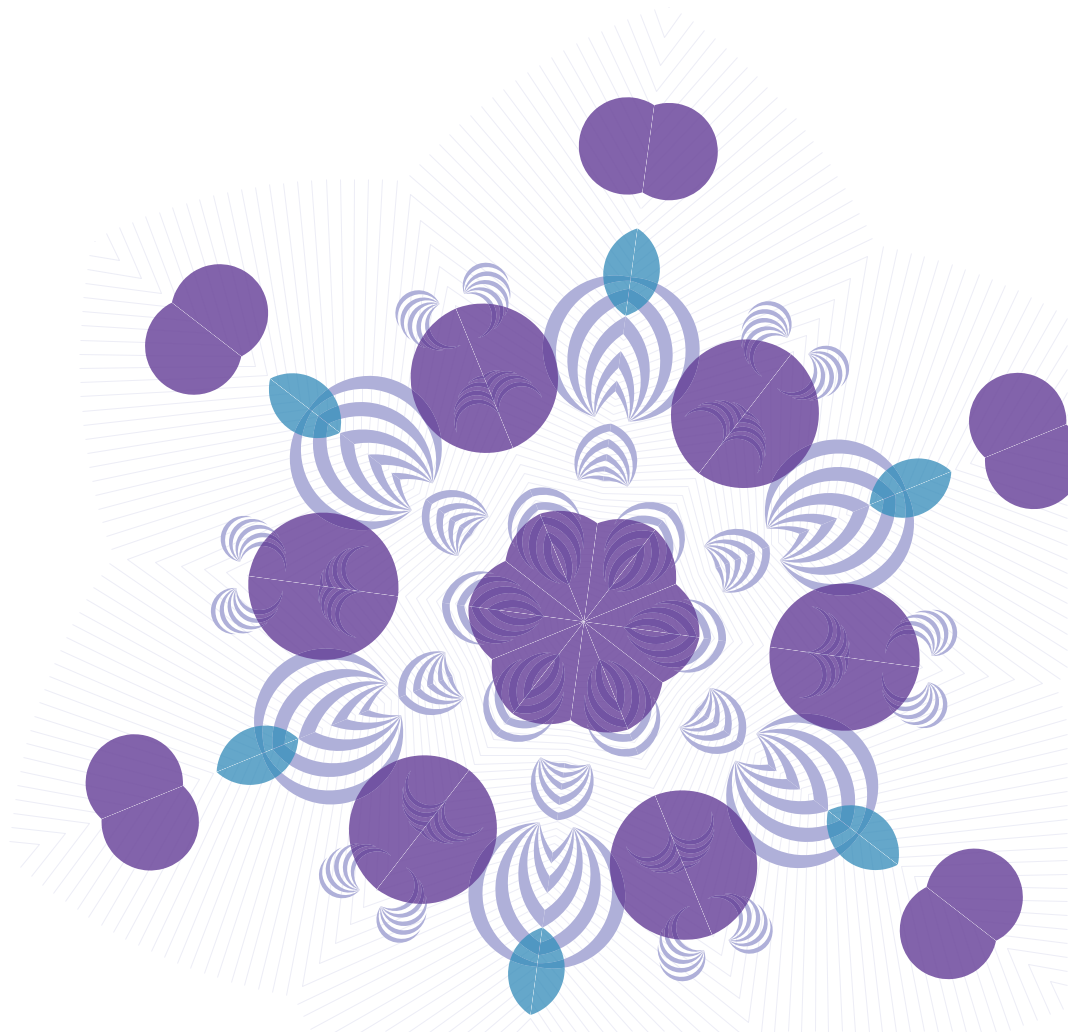


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# speech therapy

“Since joining the course at City Lit, the way I perceive  
life has changed dramatically. It’s not just my speech  
that’s changed, it’s opened lots of doors for me.  
It’s a great feeling.”

**Jamal, Stammering therapy**



COURSE	CODE	DATE(S)	DAY(S)	TIME	WEEK(S)	SITE	FEE	SNR.	CONC.
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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 appointment.

### 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\*), Rachel Everard (XS304\*)

XS301*	14 Sep - 22 Mar	Mon	18:00 - 20:00	25	EC	£182	£182	£109
XS304*	7 Jan - 8 Jul	Thu	18:00 - 20:00	25	EC	£182	£182	£109

**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\*), Doreen Jowharsha (XS303\*)

XS302*	15 Sep - 23 Mar	Tue	18:00 - 20:00	25	EC	£182	£182	£109
XS303*	16 Sep - 24 Mar	Wed	18:00 - 20:00	25	EC	£182	£182	£109

### 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.

**Stage 2 stammering therapy** You will review the speech work you have already covered and explore ways of further extending its use in everyday life. You will continue working towards becoming more open about, and desensitised to, stammering. Tutors: Rachel Everard (XS305\*), Jenny Yeatman (XS306\*), Doreen Jowharsha (XS307\*)

XS305*	8 Oct - 10 Dec	Thu	18:00 - 20:00	10	EC	£97	£97	£58
XS306*	6 Jan - 10 Mar	Wed	18:00 - 20:00	10	EC	£97	£97	£58
XS307*	21 Apr - 30 Jun	Wed	18:00 - 20:00	11	EC	£97	£97	£58

**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, Jan Logan

XS311*	20 Apr - 15 Jun	Tue	18:00 - 20:30	8	EC	£126	£126	£87
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**Effective communication in the workplace** Managing your stammer is often most challenging at work. Come and practise using the telephone, interview techniques, presentation skills and communicating in meetings, and develop your personal effectiveness at work. Tutor: Jenny Yeatman

XS312*	19 Apr - 5 Jul	Mon	18:00 - 20:00	10	EC	£97	£97	£58
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## Intensive speech therapy courses

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: Carolyn Cheasman, Jan Logan, Rachel Everard

XS101*	21 Sep - 2 Oct	Mon-Fri	10:00 - 17:00	3	KS	£328	£249	£77
	9 Nov - 13 Nov	Mon-Fri	10:00 - 17:00					
XS103*	25 Jan - 5 Feb	Mon-Fri	10:00 - 17:00	3	KS	£328	£249	£77
	8 Mar - 12 Mar	Mon-Fri	10:00 - 17:00					
XS105*	5 Jul - 16 Jul	Mon-Fri	10:00 - 17:00	3	KS	£328	£249	£77
	6 Sep - 10 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: 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. Tutors: Carolyn Cheasman, Jan Logan, Rachel Everard

XS102*	27 Nov - 5 Dec	Fri & Sat	10:00 - 17:00	3	KS	£283	£214	£63
	7 Jan - 9 Jan	Thu-Sat	10:00 - 17:00					

COURSE	CODE	DATE(S)	DAY(S)	TIME	WEEK(S)	SITE	FEE	SNR.	CONC.
Stammering management: 2 weeks plus 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, Jan Logan, Rachel Everard								
	XS104*	10 May - 21 May	Mon-Fri	10:00 - 16:00	3	KS	£283	£214	£63
		21 Jun - 23 Jun	Mon-Wed	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.

**Acceptance and commitment therapy:** 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: Carolyn Cheasman, Jan Logan, Rachel Everard

	<b>New</b>	XS201*	24 May - 25 May 28 Jun	Mon & Tue Mon	10:00 - 16:00	2	KS	£97	£67	£57
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, Jan Logan, Rachel Everard									
		XS202*	13 Jan	Wed	10:00 - 16:00	1	KS	£49 <sup>NC</sup>	£49	£49
		XS203*	25 Jun	Fri	10:00 - 16:00	1	KS	£49 <sup>NC</sup>	£49	£49
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: Carolyn Cheasman, Jan Logan, Rachel Everard									
		XS208*	10 Feb	Wed	10:00 - 17:00	1	KS	£51 <sup>NC</sup>	£51	£51
Stammering hexagon: a holistic approach	Based on John Harrison's stammering hexagon, this course will give you a greater understanding of your stammering and help you identify barriers to change. Tutors: Carolyn Cheasman, Jan Logan, Rachel Everard									
	<b>New</b>	XS209*	3 Mar	Wed	10:00 - 16:00	1	KS	£51 <sup>NC</sup>	£51	£51
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, Jan Logan, Rachel Everard									
		XS205*	26 Apr - 30 Apr 7 Jun	Mon-Fri Mon	10:00 - 16:00 10:00 - 16:00	2	KS	£129	£81	£32
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: Carolyn Cheasman, Jan Logan, Rachel Everard									
		XS207*	19 Mar - 20 Mar	Fri & Sat	10:00 - 17:00	1	KS	£73	£50	£43
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*	20 Jan - 24 Mar	Wed	14:00 - 16:00	10	KS	£97	£97	£32

## 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, Jan Logan, Rachel Everard									
		XS504	15 Sep - 16 Sep	Tue & Wed	10:00 - 16:00	1	KS	£86	£86	£50
		XS505	20 Oct - 21 Oct	Tue & Wed	10:00 - 16:00	1	KS	£86	£86	£50
		XS506	8 Dec - 9 Dec	Tue & Wed	10:00 - 16:00	1	KS	£86	£86	£50
		XS507	4 May - 5 May	Tue & Wed	10:00 - 16:00	1	KS	£86	£86	£50

## 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, Jan Logan, Rachel Everard									
		XS502*	22 Feb - 26 Feb 15 Oct	Mon-Fri Fri	10:00 - 17:00 10:00 - 16:00	2	KS	£435 <sup>NC</sup>	£435	£435
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*	20 Apr - 21 Apr	Tue & Wed	10:00 - 16:00	1	KS	£109 <sup>NC</sup>	£109	£109
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. Tutors: Carolyn Cheasman, Jan Logan, Rachel Everard									
		XS508*	10 Jun - 11 Jun	Thu & Fri	10:00 - 16:00	1	KS	£109 <sup>NC</sup>	£109	£109

COURSE	CODE	DATE(S)	DAY(S)	TIME	WEEK(S)	SITE	FEE	SNR.	CONC.
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 2010. Tutors: Carolyn Cheasman, Jan Logan, Rachel Everard								
	XS503*	14 Jun - 18 Jun	Mon-Fri	10:00 - 16:30	2	KS	£435 <sup>NC</sup>	£435	£435
		14 Jan	Fri	10:00 - 16:00					

## 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*	7 Oct - 23 Jun	Wed	13:30 - 15:00	30	KS	£164	£113	£47