

Are you an adult who stammers? Here are 5 important reasons to choose City Lit

Centre of excellence

We are recognised as a national and international centre of excellence in our work with people who stammer and have been awarded the Queen's Anniversary Prize.

Highly specialist registered speech and language therapists

Our speech therapists have many years' specialist experience of working with people who stammer and of training other speech therapists to work with people who stammer. Some also have personal experience of stammering.



A selection of courses to suit you

We offer a wide range of groups, which take place either in the evening or during the daytime, of varying lengths and on a range of topics – **please turn the page for our 2018/19 courses.**

Small class sizes

Working in classes with other people who stammer is a powerful way to make positive changes. We keep our groups small (maximum 10) so that you can get all the individual help you need.

Proven results

Measurements taken before and after therapy show that those students who have been on our courses make significant improvements to how they speak and to how they deal with and feel about stammering.

And this is what our students say:

'Coming to City Lit was a life-changing experience – most significant was the effect on my self-confidence, preventing my stammer from dictating the decisions I make in life and adopting a more positive outlook',
Nick

'Before the course I felt very frustrated about my speech, but now I am more confident and the stammering has reduced massively', Elijah

We offer concessionary fees for people on income-based benefits. If you are on a low income but do not receive qualifying benefits, you can apply for a bursary to help pay your fees.

Book your free advisory session e:speechtherapy@citylit.ac.uk or t:020 7492 2579/2569

P.T.O for 2018/19 courses

2018/19 Course Programme

Stage 1 Daytime Courses

Intensive courses will give you the opportunity to concentrate on ways of managing stammering.

The City Lit 7-day intensive course for adults who stammer

Learn strategies to help you speak more easily, work on becoming less sensitive about stammering (also known as stuttering), reduce avoidance strategies and be introduced to mindfulness. These short intensive courses will enable you to make maximum progress in minimum time.

XS101 5-9 Nov (Mon-Fri) and 10-11 Dec (Mon-Tue)

XS102 8-12 Feb (Fri-Tues) and 11-12 Mar (Mon-Tue)

XS103 13-17 May (Mon-Fri) and 17-18 June (Mon-Tue)

XS104 8-12 July (Mon-Fri) and 9-10 Sep All days 9.30-5.30

Fee £289 snr £202 conc £87

Stage 2 Daytime Courses

These courses are most suitable for people who have already had some speech therapy and want to develop more specific skills.

Refresher workshop for people who stammer

Revision and practice for those who have attended speech therapy previously.

XS213 Fri-Sat 23-24 Nov (10am-5pm)

Fee £99 snr £60 conc £60

XS216 Fri-Sat 29-30 Mar (10am-5pm)

Fee £99 snr £60 conc £60

Public speaking in the workplace for people who stammer

Develop key presentation skills and confidence when speaking to groups, contributing to a meeting or taking part in a discussion. Incorporates a Speaking Circle session.

XS202 Fri-Sat 18-19 Jan (10am-5pm)

Fee £99 snr £60 conc £60

Mindfulness for people who stammer

Learn how to focus your awareness, cultivate calmness and develop non-judgemental acceptance, using a range of mindfulness practices. Apply speech techniques more effectively and facilitate your work on avoidance reduction.

XS214 Thur-Fri 1-2 Nov and Fri 30 Nov 10am – 4pm

Fee £139 snr £139 conc £85

Assertiveness for people who stammer WEEKEND COURSE

Increase your effectiveness by saying what you want to say assertively. Develop assertiveness and effective communication through discussion and role play.

XS217 Sat 8 June (10am-5pm)

Fee £59 (no concessions)

Effective communication in the workplace

Develop your personal effectiveness in the workplace, working on issues including using the telephone, interview techniques, presentation skills and communicating in meetings.

XS215 Fri-Sat 8-9 Mar (10am-4pm)

Fee £89 snr £89 conc £54

Stage 1 Evening Courses

Stage 1 stammering therapy

These courses are for those new to City Lit. Learn strategies to speak more easily, manage difficult feelings and reduce avoidance.

XS301 1 Oct – 1 April (24 weeks, Mon 6-8pm) Fee: £279 snr £279 conc £170

XS304 15 Jan – 16 Jul (24 weeks, Tues 6-8pm) Fee: £279 snr £279 conc £170

Interiorised/covert stammering

For those who almost entirely conceal their stammering. Learn strategies to speak more easily, manage difficult feelings and reduce avoidance.

XS302 3 Oct – 3 Apr (24 weeks, Weds 6-8pm) Fee: £279 snr £279 £170 conc

XS303 1 Oct – 1 Apr (24 weeks, Mon 6-8pm)

Fee: £279 snr £279 £170 conc

Stage 2 Evening Courses

These **10-week courses** are for those who have attended a stage 1 eve/daytime course or similar speech therapy.

Speak out, find your voice: public speaking for people who stammer

Discover your own unique power, confidence and speaking style and learn how to connect with your listeners.

XS305 9 Oct – 11 Dec (Tues 6-8pm)

Fee: £149 snr £149 conc £91

Refresh, revise and develop your stammering therapy skills

Work on desensitisation and practise stammering management strategies in a supportive group.

XS306 31 Jan – 4 Apr (Thur 6-8pm)

XS307 13 May – 22 July (Mon 6-8pm)

Fee: £149 snr £149 conc £91

ACT for people who stammer

This is a powerful approach to therapy. You'll learn to work more effectively with negative thoughts and feelings through acceptance and mindfulness work. You'll also learn how to identify, and move towards, valued goals and directions in your life.

XS311 1 May – 10 July (Weds 6-8pm)

Fee: £149 snr £149 conc £91

Public speaking for people who stammer

Presenting information clearly and effectively is vital to getting your message or opinion across. This course is about developing key presentation skills and confidence when speaking to a group of people, whether it's giving a formal or impromptu presentation, contributing to a meeting or taking part in a discussion.

XS312 13 May – 22 Jul (10 weeks, Thurs 6-8pm)

Fee: £149 snr £149 conc £91

Special event – date for your diary!
Speech Therapy Conference: launch of the book *Stammering Pride and Prejudice* 5 July 2019

For full course outlines: <http://www.citylit.ac.uk/speech-therapy>. Our courses are based in central London, at City Lit, Keeley Street, London WC2B 4BA.