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 2016/17 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

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

P.T.O for 2016/17 courses
**2016/17 Course Programme**

**Stage 1 Daytime Courses**

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

**Intensive stammering therapy for those with less time**

These innovative courses will combine work on reducing negative thoughts, feelings and avoidance, managing your stammering, and mindfulness. At the end of each course you can choose the combination of tools that suits you best.

**XS101** 7-11 Nov (Mon-Fri) and 12-13 Dec (Mon-Tue)
**XS103** 15-19 May (Mon-Fri) and 19-20 Jun (Mon-Tues)
**XS105** 10-14 July (Mon-Fri) and 11 –12 Sep Mon-Tue

All days 9.30-5.30
Fee £289 snr £202 conc £87

**Stammering therapy, mindfulness and CBT**

Learn strategies to help you speak more easily as well as become less sensitive about stammering, reduce avoidance and be introduced to mindfulness.

**XS104** Fri 3 – Sat 11 Feb; Mon 6 – Wed 8 March. 10am-5pm
Fee £349 snr £244 conc £105

**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.

**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** 20-21 Jan (Fri-Sat) 10am-5pm
Fee £109 snr £66 conc £66

**Speaking circle for people who stammer**

Develop your confidence in speaking to groups with this highly effective approach.

**XS203** 10 Jun (Sat) 10am-4pm
Fee £59 (no conc)

**Stage 1 Evening Courses**

**Stage 1 stammering therapy**

These 24-week courses are for those new to City Lit. Learn strategies to speak more easily, manage difficult feelings and reduce avoidance.

**XS301** 19 Sep – 20 Mar (Mon 6-8pm)
**XS304** 10 Jan – 11 Jul (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** 20 Sep – 21 Mar (Tues 6-8pm)
**XS303** 28 Sep – 22 Mar (Wed 6-8pm) Fee: £279 snr £279 £170 conc

**Stage 2 evening classes**

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** 4 Oct – 20 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** 16 Jan – 20 Mar (Mon 6-8pm)
**XS307** 24 Apr – 10 Jul (Mon 6-8pm) Fee: £149 snr £149 conc £91

**ACT for people who stammer**

This is a powerful new approach to therapy, and on this course you’ll learn to work more effectively with negative thoughts and feelings through acceptance and mindfulness work. Learn how to identify valued goals and directions in your life and move towards them through setting goals.

**XS311** 2 May – 11 Jul (Tues 6-8pm) Fee: £149 snr £149 conc £91

**You have a voice: self-empowerment for people who stammer**

Explore issues of stammering, identity and difference. Discuss and challenge attitudes and images of stammering in the media. Through this work you’ll develop a more robust sense of self.

**XS312** 8 May – 12 Jun (5 weeks, Mon 6-8pm)
Fee: £79 snr £79 conc £48

**Speaking circle for people who stammer**

Develop your confidence in speaking to groups using this highly effective approach on this 5-week evening course.

**XS313** 19 June – 17 July (5 weeks, Mon 6-8pm)
Fee £79 snr £79 conc £48

For full course outlines: [www.citylit.ac.uk/specialistlearning/speechtherapy](http://www.citylit.ac.uk/specialistlearning/speechtherapy). Our courses are based in central London, either at City Lit, Keeley Street, London WC2B 4BA or EC Euston, 24 Eversholt Street, London NW1 1AD