



COUNSELLING

Counselling on its own is not enough to stop stuttering long term.

However, a professional counsellor or psychologist may be beneficial for some stutterers to help:

- Lower anxiety and allow the person to concentrate on their speech
- Increase confidence in everyday situations



USEFUL WEBSITES AND RESOURCES

LA TROBE UNIVERSITY
www.latrobe.edu.au/istutter/

AUSTRALIAN SPEAK EASY ASSOCIATION
www.speakeasy.org.au/treatment/html

AUSTRALIAN STUTTERING RESEARCH CENTRE
www.3.fhs.usyd.edu.au/asrcwww/index

WESTMEAD CHILDREN'S HOSPITAL
www.chw.edu.au/parents/factsheets/stuttering/html.

SPEECH PATHOLOGY AUSTRALIA
www.speechpathologyaustralia.org.au

'A STUTTERERS SURVIVAL GUIDE'
by Nicholas Turnbridge

CONTACT

THE UNIVERSITY OF NEWCASTLE
STUTTERING CLINIC

T 02 4921 6414
F 02 4921 7386
E sally.hewat@newcastle.edu.au



www.newcastle.edu.au

ADOLESCENT STUTTERING





STUTTERING

WHAT IS STUTTERING?

A disruption in the flow of speech. It can include:

- Repetitions of sounds, syllables, words or phrases
- Pauses where no sound comes out when a person is trying to speak
- Getting stuck on a sound
- Body movements such as grimacing or blinking

WHAT CAUSES STUTTERING?

The exact cause is unknown. It is currently thought that stuttering:

- Is not the speaker's fault
- Is not an emotional problem, it is a speech coordination problem
- Tends to run in families
- Affects approximately three times as many males as females
- Is experienced by 200,000 people in Australia
- Occurs across all cultures and backgrounds

THE SMOOTH SPEECH PROGRAM

WHAT WOULD I LEARN?

- A new way of speaking
- To begin words gently and link them together smoothly
- To pause in the right places
- Strategies for everyday speaking situations

THE THREE STAGES OF CHANGE:

- Learning the technique in the clinic
- Practising the technique in normal everyday situations
- Using the technique long term to maintain fluent speech after the program

WHAT ARE THE ADVANTAGES OF INTENSIVE TREATMENT?

- You learn the techniques in a shorter time
- You progress more quickly
- You can practise with people your own age

TREATMENT FOR ADOLESCENTS

THE SMOOTH SPEECH PROGRAM

The University of Newcastle runs The La Trobe Smooth Speech Program twice per year. It is an intensive program including five full days and seven weekly follow up sessions. Booster days are held twice a year for any clients wanting to refresh their skills to help maintain long term fluency.

In Australia and world-wide, The Smooth Speech Program has the best evidence base for effective treatment.

Evidence based treatment means scientific studies have proven:

- The treatment can produce fluent speech in everyday situations
- Long term fluent speech is achievable after treatment