

Speech and Language Therapy Service



Speech and Language
Therapy for adults who
stammer – is it for me?

If you're wondering about whether therapy is right for you, this leaflet will hopefully answer any questions you might have. Please get in touch if you have any other questions.

How do I make a referral?

If you would like to be seen, there is no need for your GP or other health professional to refer you; you can simply refer yourself by contacting our stammering specialist:

Stephanie Burgess
Speech and Language Therapist
Clinical Lead for Dysfluency
Ilkley Coronation Hospital
01943 609666 /
07789 945586
stephanie.burgess@anhst.nhs.uk

Where will I be seen?

Therapy sessions usually take place at Ilkley Coronation Hospital. It may sometimes be possible to hold sessions in one of our other community bases in Skipton or Keighley.

What happens in therapy?

The therapist will start by asking you some questions to find out about your particular stammer and how it affects your life. She will want to know about how it started and developed and how you currently cope with it. The therapy itself will usually be a combination of techniques to help you control your stammer and help to feel differently about it so that it does not trouble you as much

What happens in between sessions?

You will be asked to try out new ways of thinking and behaving. These 'experiments' will be worked out by you and the therapist together and will help you achieve your goals. Your therapist may sometimes encourage you to try new things which may initially feel uncomfortable, but she will support you through this. At all times, targets and goals will be agreed together and the therapist will be led by you.

How long will I have to come for?

This varies from person to person. You will work together with the therapist to agree what you hope to achieve. Most people need to come for several months to make sure the changes they make are lasting ones, but some people need less time and some need more

How long will a session last?

Usually between 45 minutes and an hour.

How often will my appointments be?

This will vary depending on your needs and when you and the therapist are available. Usually appointments are weekly or fortnightly at first and then may become less frequent.

Is there a cure?

The short answer to this question is unfortunately no. However, our aim is that by the time you leave speech and language therapy you will feel able to say what you want to when you want to. This may also mean that you are more fluent and feel in more control of your speaking.

Finally.... the therapy is for you.

You will not be 'made' to do anything you do not wish to, although you may be encouraged to try out some things which you could find challenging. It is important that you tell the therapist if you are not happy with any aspect of therapy so that she can work with you to make it more suitable for your individual needs.

Further Information



The British Stammering Association is a national charitable organisation for people who stammer, run by people who stammer. Their website www.stammering.org will be able to answer any general questions you might have about stammering, such as why people stammer and exactly what stammering means. It also gives general advice about things that can help.

"If anyone reading this is considering speech therapy, take that step and push through the difficult times. Once you do, life gets better and a lot easier... and all the techniques I've learnt will help me for ever."

Mark, 45