

STUTTERING in ADULTHOOD

What it is

Stuttering, as an adult or teen can be a barrier to efficient communication and have a negative impact on your life. Because there's not yet a known cause of stuttering, there is also no definite cure. Yet there are adult stuttering treatment approaches that have been researched, with evidence that they reduce stuttering!

What the research says

Adults report stuttering to be linked to their emotions (for example; stress and anxiety = more stuttering). The **Camperdown Program** aims to target stuttering in a variety of contexts and with different communication partners. The negative impact of stuttering on one's life means that adult stuttering treatment must take a **holistic** approach. Our treatment also incorporates regular measurements of anxiety in different situations, and recognises the importance of reducing anxiety via a referral to a psychologist.

What we do: The Camperdown Program

This is a speech restructuring therapy. This process starts off by teaching slow, exaggerated speech with a reduced rate of stuttering. It progressively aims for a normal pace of speaking with little to no stuttering. The program is carried out over multiple sessions, based on your needs and progress. The aim, by the end of therapy, is for you to speak with reduced stuttering, in all contexts and with a variety of communication partners.

Contact us if you want to know more

Wollongong Speech Pathology
PO Box 1548, Unanderra NSW 2526

0418 476 235

www.wollongongspeech.com.au

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