

## Checklist for working through the SSEP Online Course

Please download (and/or print) this file and tick off each item that you have worked through.

It will help you to keep a track of your progress working through the course.

### Welcome to the Online Course page

<https://stammeringresearch.org/onlinecourse>

- **5 Key understandings about stammering that will help you to gain control over it.** YouTube Video
- **Introductory questionnaire – to complete before starting the course**
- **Tailoring the SSEP Online Course to your personal needs.** Use the information on this page to diagnose your stammering type as one of these three...
  - Stammering with severe overt symptoms
  - Stammering with mild overt symptoms
  - Covert Stammering

Then we recommend that you work through the online course in the order suited to your type of stammering:

#### Stammering with severe overt symptoms

1. Orchestral Speech
2. The Jump
3. Integrating Orchestral Speech and the Jump
4. Mindfulness & Cognitive Therapy

And in addition, alongside these 4 modules, study the Understanding Stammering module.

#### Stammering with mild overt symptoms

1. The Jump
2. Mindfulness & Cognitive Therapy
3. Orchestral Speech
4. Integrating Orchestral Speech and the Jump

And in addition, alongside these 4 modules, study the Understanding Stammering module

#### Covert Stammering

1. Mindfulness & Cognitive Therapy
2. The Jump

And in addition, alongside these 2 modules, study the Understanding Stammering module

## **“Understanding Stammering” - The Theoretical Module**

<https://stammeringresearch.org/onlinecourse/understanding-stammering>

### **1. What is stammering?**

### **2. What Causes stammering?**

- What causes stammering: Part 1 (slideshow with audio commentary)
- What causes stammering: Part 2 (slideshow with audio commentary)

### **3. The development of secondary symptoms and changes in stammering with age.**

- The primary and secondary symptoms of stuttering: Part 1 (YouTube Video)
- The primary and secondary symptoms of stuttering: Part 2 (YouTube Video)
- Identifying and modifying your secondary symptoms (YouTube slideshow)
- Covert stuttering: What is it? (YouTube slideshow)
- Stammering and trauma (YouTube slideshow)
- Stammering and Post-traumatic stress – some food for thought (Published article)
- Psycholinguistic insights into dialogue (essay – pdf)
- The paradox of non-avoidance (essay – pdf)
- The uses and abuses of dysfluency (essay – pdf)

### **4. The cycle of remission and relapse**

- Remission and Relapse (slideshow with audio commentary)

### **5. How and why moments of stammering occur: Possible mechanisms behind the production of stammered dysfluencies.**

- Introducing the Variable Release Threshold Hypothesis of Stammering (slideshow with audio commentary)
- Revisiting Bloodstein’s Anticipatory Struggle Hypothesis (Published academic article) (pdf)
- The Variable Release Threshold Hypothesis of Stuttering: an abridged version of Chapter 31 of the book “The Perfect Stutter” (pdf)

### **6. Traditional speech therapy approaches for treating stammering: Fluency shaping and Block Modification**

- Introduction to Fluency Shaping (slideshow with audio commentary)
- Introduction to Block Modification (slideshow with audio commentary).
- The theory behind Orchestral Speech and the Jump (slideshow with audio commentary)
- The paradox of non avoidance (essay – pdf)
- The uses and abuses of disfluency (essay – pdf)

### **7. How psychotherapy and mindfulness may help people who stammer**

- Cognitive approaches to therapy for stammering (discussion on the webpage itself)
- Mindfulness and Stuttering: How can mindfulness help? (essay – pdf)
- StutterTalk discussion on Mindfulness, with Dr Tom Weidig and Paul Brocklehurst

## **Orchestral Speech Module**

<https://stammeringresearch.org/onlinecourse/orchestral-speech/>

### **Introduction**

- An introduction to Orchestral Speech (slideshow with audio commentary)
- Orchestral Speech: A technique for when you really need to be fluent (essay – pdf)

### **Learning to use Orchestral Speech while reading aloud (webpage)**

Practical Exercise 1 – reading in time with a moving bold font

- Text demonstration1 (YouTube Video)
- Text1 – slow, medium, and fast speeds (YouTube “moving bold” slideshow)

Practical Exercise 2 – moving bold (key words only)

- Text demonstration 2 (YouTube Video)
- Text2 – slow, medium, and fast speeds (YouTube “moving bold” slideshow)

Practical Exercise 3 – scanning ahead before starting to read

- Text demonstration3 (YouTube Video)
- Text3 – slow, medium, and fast speeds (YouTube “moving bold” slideshow)

Practical Exercise 4 – reading from a book.

### **Reading aloud to other people using Orchestral Speech (webpage)**

- Work through the instructions on the webpage itself

### **Learning to use Orchestral Speech in conversational settings (webpage)**

- Work through the instructions on the webpage itself

### **Orchestral Speech: Questions and Answers (webpage)**

## **The Jump Module**

<https://stammeringresearch.org/onlinecourse/the-jump>

### **Introduction**

- An introduction to The Jump (slideshow with audio commentary)
- The Jump: A powerful new technique to get out of blocks and overcome fear of stuttering (Essay – pdf)
- Personal experiences of using the Jump (YouTube video)

### **Learning to use The Jump while reading aloud to yourself (instructions on the webpage itself)**

- Practical Exercise 1 – Jumping after you've already started to push
- Voluntary jumping demonstration 1 (YouTube video)
- Practical Exercise 2 – Jumping as soon as you block
- Important points to remember when practicing The Jump (instructions on the webpage itself)

### **Practical exercise 3 – Jumping on words starting with vowels (instructions on the webpage itself)**

- Voluntary jumping demonstration 2 (YouTube video)
- Glottal Stops: The hidden plosives (slideshow with audio commentary)

### **Practicing with Other People (instructions on the webpage itself)**

- Reading aloud to other people
- Using the Jump in conversational settings
- How much to Jump.
- What to do when the Jump doesn't work

### **Questions and Answers (webpage)**

## **Integrating Orchestral speech and the Jump**

<https://stammeringresearch.org/onlinecourse/integration/>

### **Introduction**

Differences between Orchestral Speech and the Jump (on the webpage itself)

Combining the Jump with other techniques and other modes of communication (on the webpage itself)

Combining the Jump with Orchestral Speech (slideshow with audio commentary)

Integrating the Jump with the McGuire and Starfish Techniques (slideshow with audio commentary)

The role of non-verbal alternatives as part of a pragmatic approach to communication (instructions on the webpage itself)

Using text messages as a backup for the Jump and Orchestral Speech (slideshow with audio commentary)

### **Questions and Answers (webpage)**

## **Mindfulness and Cognitive Therapy Module**

<https://stammeringresearch.org/onlinecourse/the-mindfulness-cognitive-therapy-module/>

### **Introduction**

- Cognitive approaches to therapy for stammering (on the webpage itself)
- Cognitive therapy for people who stammer (slideshow with video commentary)
- Mindfulness/Meditation for people who stammer (on the webpage itself)
- Meditation as a form of self-help for people who stammer (slideshow with audio commentary)
- “Mindfulness and Stuttering: How can mindfulness help? (online article)
- Live online mindfulness group
- StutterTalk discussion on Mindfulness (via link to Stuttertalk website)