

Intensive Stuttering Clinic for Adults & Adolescents

What is the Intensive Stuttering Clinic?

We offer Smooth Speech intensive programs to adolescents and adults who stutter. This therapy is based on research, and designed to suit many different people and communication situations.

Intensive programs run during the year and are delivered by trained student clinicians and experienced supervisors.

What is Smooth Speech?

Smooth Speech, (or Prolonged Speech) aims to prevent stuttering by teaching a new way of speaking with the aim to sound as natural as possible.

Stuttering often involves disruptions in the rhythm, rate and flow of speech. Smooth speech teaches a new motor speech pattern. The aim is to prevent stuttering by giving a person more control over the flow of their speech.

Research shows that after Smooth Speech Treatment, adults were stuttering less by an average of:

- 74% (6 months after treatment)
- 95% (12 months after treatment)
- 70% (3.5–5 years after treatment)

The intensive delivery allows for rapid learning of the strategies required to speak fluently, along with the amount of practice needed to change the motor speech pattern.

How is Smooth Speech Taught?

Learning Smooth Speech involves:

1. Explanations and demonstrations
2. Systematically learning to use Smooth Speech
3. Practising in a variety of tasks e.g. reading, conversation, and monologue
4. Practising outside the clinic, with clinician support
5. Learning ways to maintain treatment Smooth Speech in everyday life

Feedback and support is offered to clients every step of the way.

Intensive Programs

Part 1: Intensive therapy

You will learn Smooth Speech strategies to develop fluent speech, and gain practice applying these to your everyday activities. This includes practicing in small groups and in a variety of settings (including outside of the clinic).

Adults and adolescents attend for 3-5 consecutive, full days. Usually there are 12-15 clients, however the majority of treatment is completed individually.

Part 2: Follow-up weekly sessions

Follow up sessions are important so that you can continue to use, and get better at using Smooth Speech.

These are usually 2 hour, weekly follow up sessions with clinicians for several weeks after the intensive therapy.

Follow up sessions are different for each person, but generally include:

- Measurement of stuttering frequency (%SS)
- Practise of Smooth Speech techniques
- Identification and problem solving of any fluency or communication issues
- Practise and discussion of self-management

Review Days

At the conclusion of the follow-up sessions, clients are eligible to attend review days throughout the year. Generally review days are held during each university semester and provide the opportunity to spend a full day revising and practicing strategies.

Eligibility

The adolescent fluency program is open to children aged 12–17 years (some flexibility is allowed).

The adult fluency program is open to persons aged 18 years and over.

Fees

| Service | General | Concession |
|------------------|---------|------------|
| Assessment | \$60 | \$30 |
| Intensive Smooth | \$850 | \$450 |
| Review Day | \$80 | \$40 |

- Medicare or private health insurance do not give rebates for LCC fees.
- You will be charged a lower concession price if you bring a valid Health Care Card
- Talk to us if you have problems paying the fees
- For other programs different fees will apply – contact the clinic for further information.

Registration

To register for the *Intensive Smooth Speech program* please contact clinic reception between 9:00 am - 4:00 pm Monday to Friday, or download application forms from our website:

- Request for Service
- Client Consent

These forms should be completed, signed and returned to the clinic.

Clients will be admitted to clinic if they meet the eligibility guidelines and agree to the fee schedule and attendance requirements. No client will be refused services based on gender, race, religion or sexuality.

How Appointments are Arranged

Once your application is accepted, you will be contacted when an appointment becomes available. A waiting list may apply.

Please feel free to contact us to check how the waiting list is progressing.

Other Clinic Services

La Trobe Communication Clinic also offers the following speech pathology & audiology services:

- A child fluency (stuttering) clinic
- An intensive literacy clinic for school aged children (PAL Program).
- A preschool speech and language clinic
- A voice clinic for children and adults
- Audiology clinic for children and adults

For eligibility guidelines and other information on these services please contact clinic reception.

About Us

The mission of La Trobe Communication Clinic is to:

- Provide speech pathology and audiology services that are informed by client need and best practice
- Achieve excellence in clinical education
- Create research opportunities for Disciplines of Speech Pathology and Audiology students and staff.

How to Contact Us

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The clinic is located on the Bundoora Campus of La Trobe University and is accessible by public transport and by car.

There is free car parking facilities for clients in Car Park 11. Your car registration details need to be provided to the administration staff **PRIOR to or on ARRIVAL** to your appointment.

Want to Know About Other Service Providers?

The Speech Pathology Australia website has a search option for public and private speech pathologists at the following address:

<http://www.speechpathologyaustralia.org.au>