



THE SPEECH
& STUTTERING
INSTITUTE

ADULT & TEEN STUTTERING PROGRAM INFORMATION

INITIAL ASSESSMENT

All clients require an assessment before enrolling in treatment. The assessment will determine the therapy approach best suited to your needs. A Speech-Language Pathologist will ask you to complete case history form, evaluate your stuttering severity and its effect on your quality of life, discuss what therapy involves, and set a treatment plan.

Assessments can be conducted via videoconference for clients who are unable to attend in person.

FEES

Initial assessment: \$70 (45 mins)

Individual Treatment:

\$120 per 45-minute session

\$160 per 1-hour session

Weekly Group Treatment:

\$100/session (24 sessions)

Intensive Group Treatment:

\$2400 (\$31/hour, 77 hours total)

Financial assistance may be available to those who qualify

Our treatment approach is founded upon more than 35 years of research and experience in the area of stuttering. Responses to treatment are continually evaluated to ensure delivery of the most effective, evidence-based treatment options. Since 1975, we have provided treatment for over 4,000 individuals who stutter (ranging from 2-85 years of age) from across Canada and various countries around the world. Our approach to treatment has been published in scientific journals and text books, and we are involved in the training of students and Speech-Language Pathologists across the province.

For most clients, fluency and increased confidence are common goals. Treatment typically involves teaching a set of fluency-enhancing and cognitive restructuring techniques to improve fluency and reduce anxiety and negative thoughts related to speaking. Transfer of fluency techniques to every day speaking situations and long-term maintenance planning is an important part of treatment. Treatment is tailored to each client's specific needs. In cases where fluency is not the goal, individual treatment may focus on improving confidence and acceptance of stuttering.

TREATMENT OPTIONS

Intensive Group Treatment (most popular option)

- Monday – Friday, 9:00am – 1:00pm, 8 participants
- 3 weeks + 17 follow ups weekly, bi-weekly and monthly for 1 year
- **Dates:** Oct 29 – Nov 16, 2018 | Jan 28 – Feb 15, 2018
Apr 29 - May 17, 2019 | Jul and Aug 2019 (dates TBD)

Weekly Group Treatment

- Meet weekly for 20 weeks + 4 follow-up sessions
- 4-5 participants maximum per group
- **Dates:** October 2018 – Thursdays, 2:30 – 4:00pm

Individual Treatment (in person or via videoconference)

- Offered weekdays (generally between 9:00 am – 4:15pm)



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