

# Self-Help Groups for People Who Stutter

## 1. What is a stammering self-help group?

*Note:* Stammering and Stuttering are the same. Different terms are used in different countries.

*Reference:* <https://uk.groups.yahoo.com/neo/groups/stutteringselfhelp/info>

It is a place where a Person/People Who Stammers (PWS) can meet with other PWS. When a PWS goes to such a meeting, they can both give and receive support from other PWS.

A PWS can take either an active or a passive role at a meeting, either leading discussion, contributing to discussion, or just listening to what is said. Also, as a group member, they can take an active or passive role in arranging future group meetings and/or future group activities.

Group meetings are a place where PWS can discuss a wide range of topics, from stammering to therapy and various life experiences. Group meetings can also be a place where there is a guest speaker, with a question-and-answer session at the end. The guest speaker sets the theme for the rest of the meeting.

Group meetings should also be a place for fun. A budding writer could write a small play, which include some of the dreaded activities of using a phone, attending an interview and other such awkward scenarios.

The group could meet at some social event. Possibly a meal, a dance, a picnic, or whatever seems appropriate in your city.

If the group is a large group, it could stay as a large group for some of the meeting and split up into smaller groups for the rest of the time. Some PWS might find it easier to start with to talk in a smaller group. Over a period of time, talking in a larger group may become easier. The composition of the group would need to be decided by the group.

Experience has shown in other existing groups that it is always useful and beneficial in a number of ways if there is a trained stammering professional (SLT/SLP) who can attend many of the meetings. There is a possibility that parents or partners may wish to attend some of the meetings.

As the confidence of the group grows, they might wish to host a meeting for various groups of people (employers, hospital staff, civil servants, friends and family, the general public). At these hosted meetings, the main thrust of the meeting would be to inform the group about stammering and makes them more aware of various issues relating to stammering.