

Self-Help Groups for People Who Stutter

5. Advantages of a 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>

1. Meeting other stammerers;
2. Encouragement from other stammerers;
3. Knowing you are not alone;
4. Hearing of other therapies and seeing them in use;
5. Talking about your therapy and practicing it;
6. Generally exchanging ideas;
7. Being able to address several people, up to the whole group;
8. Gaining more confidence in speaking and social situations;
9. Having people to practice with the telephone;
10. Engaging in role play (Interviews etc);
11. If the group is set up for 'exchanging jobs around the group', experience in carrying out new job functions;
12. Starting or continuing to desensitize you by stammering freely, until you switch in to 'speaking tools' mode;
13. With luck, easy access at meetings to a trained and / or under training Speech Language professional;
14. Equal voice in shaping the direction of the group;
15. Possibility of asking for talks from professionals;
16. Occasional meetings with other groups;
17. Inviting others (employers / police / government representatives etc.) to meetings to hear first-hand about your problems and how you cope;
18. Inviting local media to see and hear your experiences;
19. All these things will build your own self image, and start to deal with emotional baggage many stammerers have;
20. The meetings can be both fun and enjoyable, with you enjoying speaking.