

## THE CAMPERDOWN PROGRAM

The *Camperdown Program* is a therapy program that was designed to help adolescents and adults who stutter, by **teaching stutter free speech**. It uses speech restructuring techniques that begin with **unnatural, slow speech** and gradually increase its naturalness over time. It is made up of **four stages**, and the aim is for the client to maintain stutter free speech long-term, and outside of the clinic environment.

## STAGES OF THE PROGRAM

### 1) Teaching Treatment

This gives the clients an **introduction** to the program, allowing them to become familiar with **rating scales** (see below), which help them rate and track their own stuttering. A **training model** (which models a technique that is *slow, unnatural speech*) is used, which the client will listen to and then copy in practice.

### 2) Establishing Stutter-Free Speech

This helps clients to develop their own **individual, natural technique** when speaking, that they can do with no stuttering.

It involves the client **making their own goals** and **learning to evaluate** their speech with the clinician. The client's main goal is to use *less technique* during this stage so they can sound more natural during conversation.



### 3) Generalising to Outside the Clinic

This helps the client practise using their technique in everyday speaking opportunities while achieving **NO stuttering**. This stage depends on the client's commitment to regular practice and when they have achieved enough practise in **controlled speaking environments** (e.g. *role play scenarios, rehearsing speech*) and **everyday conversations** (e.g. *ordering food, talking to colleagues*) they will move onto the final stage.



### 4) Maintenance

This helps the client **manage** and **monitor** their stuttering, including what might happen if/when the stutter occurs and how they will manage this. The sessions are less frequent, provided that clients will maintain their treatment goals (e.g. *they do not stutter and use minimal technique when speaking*).

At GRP Speech Pathology we strive to not only assist people in rebuilding their speech, but also to support people in their journey to exposing their individual communication potential, whatever the journey may be.