



My Story: "What matters to me..."



Me

- I am 11 years old
- I like sports and football
- Karate Black Belt – First Dan
- My cat is named Beau
- I have kind friends
- **REALLY** into gaming!



My experience of having a stammer - before

- Found it difficult to put my hand up in class even when I knew the answer!
- Found it hard to say my score of times tables and spellings in class – would get really nervous and feel faint.
- Found it hard to order food in restaurants

My experience of having a stammer – finding help

"Lovely, lovely class teacher asked for help for me"

First appointment with Susie from the Speech and Language Therapy service was in May 2021

How I was supported with my stammer

- I created my own challenges and goals:
 - "To read my best sentence in English"
 - "Read aloud to a partner and then in front of the whole class"
 - "To put up my hand in assembly to answer a question"
 - "To give a speech to my House at school for House Captain Elections"

- Susie's Bit...** 8 virtual sessions with therapy based around:
- Psychological approaches
 - Catching and then challenging/changing negative automatic thoughts
 - Desensitisation to stammering
 - Stammering more easily with speech techniques



My success

- ★ My confidence has grown and I am able to raise my hand in class
- ★ I have talked in assembly
- ★ I think I'm stammering less but....
- ★ **It doesn't matter when I do**
- ★ I am now a House Captain

