

Checklist for working through the SSEP Online Course

Please download (and/or print) this file and tick off each item that you have worked through. It will help you to keep a track of your progress working through the course.

Homepage

- [Introductory questionnaire](#). To complete before starting the course

Module 1: The Theory Module

- 5 things you need to know in order to gain control over stammering (slideshow with audio commentary)
- [What Causes Stammering](#)
 - What causes stammering: Part 1 (slideshow with audio commentary)
 - What causes stammering: Part 2 (slideshow with audio commentary)
- [The Secondary Symptoms of Stammering](#)
 - The primary and secondary symptoms of stuttering: Part 1 (YouTube Video)
 - The primary and secondary symptoms of stuttering: Part 1 (YouTube Video)
 - Identifying and modifying your secondary symptoms (slideshow with audio commentary)
 - Covert stuttering: What is it? (slideshow with audio commentary)
 - Stammering and trauma (slideshow with audio commentary)
 - Stammering and Post-traumatic stress (Published article)
 - The paradox of non-avoidance (essay – pdf)
 - The uses and abuses of dysfluency (essay – pdf)
- [The Mechanisms of Stammering](#)
 - Introducing the Variable Release Threshold Hypothesis of Stammering (slideshow with audio commentary)
 - Revisiting Bloodstein's Anticipatory Struggle Hypothesis (Published academic article)
- [The Theory Behind our Techniques](#)
 - The theory behind Orchestral Speech and the Jump (slideshow with audio commentary)
- [Remission and Relapse](#)
 - Remission and relapse (slideshow with audio commentary)
- [Cognitive Approaches to Therapy for Stammering](#)
 - Mindfulness and Stuttering: How can mindfulness help? (essay – pdf)
 - Stuttering, meditation, and mindfulness (StutterTalk podcast)
- [The theory module – Feedback Questionnaire](#)
 - Online Feedback Questionnaire for the Theory Module

After finishing the course (or after abandoning it)...

[Please remember to fill in the "After finishing the course questionnaire"](#)

Module 2: Orchestral Speech

- [Introduction](#)
 - An introduction to Orchestral Speech (slideshow with audio commentary)
 - Orchestral Speech: A technique for when you really need to be fluent (essay – pdf)
- [Learning to use Orchestral Speech while reading aloud](#)
 - Practical Exercise 1
 - Text demonstration1 (YouTube Video)
 - Text1 – slow, medium, and fast speeds (PowerPoint Downloads)
 - Practical Exercise 2
 - Text demonstration 2 (YouTube Video)
 - Text2 – slow, medium, and fast speeds (PowerPoint Downloads)
 - Practical Exercise 3
 - Text demonstration3 (YouTube Video)
 - Text3 – slow, medium, and fast speeds (PowerPoint Downloads)
 - Practical Exercise 4
 - Working from a book (any book)
- [Learning to use Orchestral Speech in conversational settings](#)
 - Work through the instructions on the webpage itself
- [Support](#)
 - Answers to some common questions (on the webpage itself)
- [The Orchestral Speech module: Feedback Questionnaire](#)
 - Online Feedback Questionnaire for the Orchestral Speech module

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Module 3: The Jump

- [Introduction](#)
 - An introduction to The Jump (slideshow with audio commentary)
 - The Jump: A powerful new technique to get out of blocks and overcome fear of stuttering (Essay – pdf)
- [Practicing Alone](#)
 - Learning to use The Jump while reading aloud to yourself (instructions on the webpage itself)
 - Practical Exercise 1 – Jumping after you’ve already started to push
 - Voluntary jumping demonstration 1 (YouTube video)
 - Practical Exercise 2 – Jumping as soon as you block
 - Practical exercise 3 – Jumping on words starting with vowels
 - Voluntary jumping demonstration 2 (YouTube video)
 - Jumping over diphthongs
 - Important points to remember when practicing The Jump
- [With Other People](#)
 - Reading aloud to other people
 - Using the Jump in conversational settings
 - How much to Jump
 - What to do when the Jump doesn’t work
- [Integrating the Jump with other techniques](#)
 - Combining the Jump with Orchestral Speech (slideshow with audio commentary)
 - Integrating the Jump with the McGuire and Starfish Techniques (slideshow with audio commentary)
 - The role of non-verbal alternatives as part of a pragmatic approach to communication (instructions on the webpage itself)
 - Using text messages as a backup for the Jump and Orchestral Speech (slideshow with audio commentary)
- [Glottal Stops](#)
 - Glottal Stops: The hidden plosives (slideshow with audio commentary)
- [Questions and Answers \(for the Jump\)](#)
 - Answers to some common questions (on the webpage itself)
- [Feedback Questionnaires for The Jump module](#)
 - Online Feedback Questionnaire for the Jump module
 - [“After finishing the course” questionnaire](#)

After finishing the course (or after abandoning it)...

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