

Speech Therapy as a Young Adult

Should I attend speech therapy?

Whether you have years of experience or are considering attending for the first time, speech therapy as a young adult has a number of benefits. Speech Therapy offers a platform to:

- Discuss situations such as job interviews, oral presentations or social interactions and devise strategies to best help reach your goals.
- Improve effective communication skills that can be applied in the real world.
- Refresh and learn new tools (fluency modification, shaping, etc.) that help to offer control and improve confidence in regards to stuttering.
- Analyze attitudes and behaviors in an effort to best handle stuttering as a young adult.
- Retain accountability and stay proactive in pursuit of communication goals.

Life for any young adult brings on many different challenges. Speech therapy is a worthwhile option for those who stutter to help approach these challenges in the best way possible.

What sort of speech therapy is best for me and where do I find it?

With continued improvement in the Speech and Language Pathology field, professionals have a greater understanding of stuttering and how to treat it. Stuttering is so complex and different for each individual; a Speech Pathologist will be able to devise the right plan for you.

Speech Therapy is offered at:

- High School
- College or University
- Hospitals
- Private Clinics
- Intensive Programs

There are many options for speech therapy, it is best to consult with a professional and find the best option for you.

Speech Therapy just isn't for me.

If you are unable to attend speech therapy, a great option is to find your local NSA support group. At NSA support group meetings, people who stutter, their friends and family, and all who are interested meet to discuss issues and offer each other support as it relates to stuttering. It is a great place to meet other people who stutter, practice techniques, and seek advice or just converse with different people.