

GUIDELINES FOR INCLUDING APPROACHES & THERAPIES ON STAMMERING ON THE WEBSITE

Stamma is committed to providing high quality, unbiased information about approaches available to children and adults who stammer through our website and other channels. Some approaches will be delivered by registered speech and language therapists, others will be delivered by people who stammer or by researchers and others who have a deep interest in stammering.

If an approach is not offered by registered speech and language therapists, we will make it clear that there is no professional body to which people can complain to if they are dissatisfied with the service.

We will only include information about particular therapies and approaches for people who stammer that are in keeping with our vision, mission and values.

OUR VISION

A world where people who stammer can fulfil their potential and enjoy respect and consideration.

MISSION

To support anyone who stammers in the UK and tackle the stigma, ignorance and discrimination that people who stammer face so that they can live their lives in full and with dignity.

OUR VALUES

We are a membership organisation with a diverse network, united by the experience of stammering and for people who stammer. We celebrate different voices. It is not our place to make judgements about if or how people choose to manage their stammer.

1. We value collaboration. We work with others to give the greatest voice, best insights and most effective campaigns for people who stammer.
2. We value community. We provide spaces for people to come together to support, learn, celebrate and campaign for change.
3. We value the individual. We listen to personal stories, provide a platform for sharing and respect individual choices.
4. We value diversity. We seek out and celebrate different voices, perspectives and experiences in respectful debate.
5. We value openness. We are open in our dealings; selfless and generous spirited, honest and straightforward, professional but informal. We are unafraid and speak truth to power.

With this in mind, any approach needs to meet the following criteria:

1. It offers realistic expectations of change and NOT an offer of a cure.
2. Clear information is given on:
 - 2.1. the overall approach, explained in straightforward and accessible terms
 - 2.2. who will be delivering the therapy or approach
 - 2.3. the location of the therapy/approach
 - 2.4. how prospective participants are selected or screened
 - 2.5. the costs involved
 - 2.6. the duration and demands of the programme
 - 2.7. the availability of follow-up support
 - 2.8. the level of commitment required to maintain the changes
 - 2.9. the rationale behind the therapy or approach
 - 2.10. the existence of clear policies related to issues such as safeguarding, complaints, and payments and refunds where appropriate
 - 2.11. the status of the company or organisation
3. The language used to describe stammering and the therapy/approach is neutral and unbiased, and does not stigmatise stammering in any way. For example, stammering is not described as a misfortune or as an affliction; people who stammer are not described as suffering from stammering.
4. The therapy/approach recognises the need to be open to stammering at some level, in order to facilitate speech and/or attitudinal change.
5. The therapy/approach is nationally recognised and/or has a clear evidence base as empowering people to manage their stammering more easily. We judge this based on a number of factors including an organisation's track record over time, peer reviews and feedback. A service or approach that is new and cannot reasonably be expected to have a 'track record', will be placed in a "New services and startups" section of the website if it meets the other necessary criteria.

INCLUSION OF NHS SERVICES

We will only include details about a specific NHS service if it is a specialist stammering centre, offering something 'extra' from other NHS services, for example groups or telehealth. We need to make it clear whether these specialist NHS services are open to receiving referrals outside the area, what the system is for out-of-area referrals, and costs. If you would like your therapy or approach to be included on the Stamma website, please complete the accompanying 'Template for information about stammering approaches' form and send it to editor@stamma.org