

THE MCGUIRE PROGRAMME

BEYOND STUTTERING

Ten years of coaching champions in the **'Sport of Speaking'**

There are no shortcuts to any place worth going

We are the **ONLY** speech recovery programme in the **WORLD** that is founded and **ENTIRELY** operated by people recovered and recovering from stuttering.

INFORMATION PACK

Welcome to the McGuire Programme

We are an organisation run by recovering and recovered stutterers; we are **NOT** speech therapists. Our qualification is that we have recovered or are recovering from our own stutter. We understand what it takes to overcome stuttering and the many tricks and avoidances associated with stuttering; the physical struggle to get the words out, the unpleasant thoughts relived each time we go to speak. We teach a technique to deal and overcome the effects of stuttering.

IT IS NOT A CURE (there is no cure for stuttering)

Our **GOAL** is for **YOU** to become an **ELOQUENT** speaker and to be able to express yourself freely.

The McGuire Programme is a holistic and multi-faceted programme dealing with the whole person, as opposed to concentrating only upon the mechanics of speech. The programme provides a technique to physically overcome the speech blocks and challenging words. It teaches an understanding of the physiology and psychology of stuttering as well as encouraging self-acceptance (as a recovering stutterer).

The Programme assists individuals to overcome the fear of speaking by concentration, assertiveness and non-avoidance techniques. It explains about relapse and how to deal with it, should it occur. It runs workshops to challenge and change the lifelong negative traits associated with stuttering.

The Programme recognises that the behavioural change required to overcome stuttering does not occur overnight therefore graduates are encouraged to make use of the extensive network of coaching and support included in the life-time membership fee. Through this experience they become empowered by coaching others, in addition to aiding their own recovery.

Overcoming a lifetime of stuttering, and the emotional baggage that has accumulated over the years is tough. We understand the effort that is needed and lend support throughout the course. You will not be asked to do anything that we feel you're not ready for and the final decision whether to participate in a speaking assignment is always yours. For so many past graduates of the Programme, the positive energy generated on our courses has filtered into other areas of their lives. Once you can speak with the fluency you desire, there will be no stopping you.

Thousands of graduates worldwide have now found freedom with their speech, so we know it works. You may occasionally stutter (block) after the course but if you apply the McGuire technique you will never stutter out of control again.

What to expect from the Programme

We will instruct, motivate and support you throughout your recovery. However it is up to the individual and their personal motivation to ensure success with our programme. Success is proportional to the effort put into your recovery.

◆ Four Day Intensive Course

In order to give yourself a strong foundation for your recovery you will attend a four-day, live-in, intensive course. Be prepared to work very hard at learning the techniques to overcome your stutter.

◆ Accommodation

Although not compulsory, during the four-day intensive course we recommend that you share a room with an experienced graduate of the programme. This graduate will assist in your recovery. **We will organise the accommodation for you.**

◆ Clothing

Casual, comfortable clothes for the course sessions are recommended. You will also need a firm belt, long & strong enough to fit around your chest to aid with the breathing.

◆ Personal Coach

On completion of the course, you will be allocated a personal, certified, Primary Coach. Your Primary coach is your first line of support.

You will be able to discuss your speaking goals, plan how to attain these goals and be supported and encouraged in actioning them.

◆ Six Week Follow Up Workbook

Your workbook contains a structured support plan for your first six weeks of recovery following the course. This initial period is key to your recovery and the workbook will help you to keep focused.

◆ LIFETIME Follow Up Support

Lifetime follow up support is provided for you after your initial course. We don't just train you in the McGuire technique and then let you go your own way; we WANT to ensure your success. In addition to your Primary Coach, other coaches and graduates are on hand to ensure that if you have a problem, there is always someone you can call to discuss, address and plan a way to rectify your speaking issues.

◆ **Course manual**

Each new student will be given a copy of the course manual "Beyond Stammering" on the first day of the course. This manual incorporates all you will learn on the intensive course and much more.

◆ **Support Groups**

Support Groups operate throughout the country on a weekly or fortnightly basis to provide contact, mutual support and friendship with recovering stutterers in your area. One day and weekend events are also arranged by Support Groups to reinforce your new speaking personality.

◆ **Refresher Courses**

You can return to as many intensive courses as you like at \$100 for the 4-day course. As a graduate (i.e., you have completed your first course) these additional courses are opportunities to consolidate your skills and understanding as well as helping to train new students in the technique. You will find that even in the early days you will be able to assist, inspire and support new students on their first intensive course.

◆ **Telephone Support**

The programme has a world wide telephone list of experienced graduates who have undergone training, examination and certification, and who WANT you to call them to access support at the end of a phone line.

◆ **On-Line Support**

There is a worldwide Internet discussion group where you can make contact with other graduates, and discuss various issues and share information. It has voice, text and email facilities.

◆ **Training Opportunities**

The McGuire Programme consists entirely of graduates who have been through the Programme. All our course instructors, coaches and administrators are recovering stutterers. The Programme runs training courses for any graduate who wants to develop their skills and use these skills to support other stutterers.

◆ **Life Long Membership**

The lifetime membership entitles you to access all the Programme's resources, including intensive and refresher courses, Support Groups and the phone list. The Programme is here for you to use as much or as little as you want. Our aim is to help YOU to recover from YOUR stutter.

Four-Day Intensive Course

Recovery begins with a four-day intensive course which takes you out of the swamp of tricks and avoidances. From here you begin your journey along 'Freedoms Road' towards ELOQUENCE and FREE EXPRESSION. For some, this

may be a long journey and that's okay. Everybody is different and our courses are structured so that each person's individual needs are met.

We believe that stuttering is not so much a problem with speaking but more a problem with the experience of communicating with others; a social anxiety or phobia if you like. We have had very impressive results by taking this unique approach to stuttering. Therefore in order to deal with stuttering, we have to address both the physical and psychological aspects to stuttering.

Day 1: The morning sessions are spent learning and 'drilling' the physical parts of the technique which are concentration training and breathing by using your costal diaphragm. The combination of these, results in strong, immediate fluency. These structured sessions are drilled on a one-to-one basis with coaches of the programme. We then introduce speech into the equation, from 1 word per costal breath to 3 words per costal breath. By limiting the amount of words we speak per costal breath, we gain more control. This control is very important at this early stage of recovery.

Fear reduction techniques and non-avoidance training are also a substantial part of the McGuire programme. These techniques are introduced on the first day and are practised throughout the course.

Day 2: Even at this early stage of the course, you will be feeling quite free from the fear of stuttering. Your confidence and self-esteem will be increasing by the hour. We teach you how to be assertive, not only in your speech, but in other areas in your life. You will get an understanding of, why at certain times in your life is your stutter more prominent than at other times. Why you can talk quite fluently one minute and the next minute you fall apart. We confront those psychological mechanisms (denial, intellectualisation, and externalisation) that result in a return to tricks and avoidances.

Day 3: You will learn and carry out the fundamentals of telephone and face-to-face interactions. You will be shown how to approach people on the street/shops. You will then have the opportunity to put all you have learned into practice using your new techniques and change in speaking personality. All speaking challenges are optional.

Day 4: The final day of the course is for reviewing and preparing you for your return home. We will also prepare you for some of the complications of the real world including how to deal with possible relapses. The sessions today include explanation of the crucial LIFETIME follow-up support and to answer any queries that you may have about this or anything else that we have covered on the course.

Family and friends are very welcome to come along to the final session of the course for your farewell speech. This is a very worthwhile session for both students and family alike.

Ensuring the Programme is for you

If you're looking for the magic bullet to "cure" you from stuttering, this programme IS NOT for you! If you're prepared to apply yourself, be courageous and work hard, participation in this programme has the potential to change your life forever, both professionally and personally.

The course fee is due on the second day of your first intensive course if you're happy with your progress. If you decide on the second day that the course is not for you, there is no charge, except for accommodation and a small administration fee. Once you have paid the course fee you are entitled to full access to all the McGuire resources including those referred to in this leaflet.

Fees

The cost for lifetime membership to the Programme worldwide is \$2,310 inc GST. All follow up support is free of charge except for attendance at refresher intensive courses which is charged at \$33 per day, up to a maximum of \$100 for the full four days.

Included in the fee:

- ✓ Four Day Intensive Course
- ✓ Personal Coach
- ✓ Six Week Follow Up Workbook
- ✓ Lifetime Follow Up Support
- ✓ Course manual "Beyond Stammering"
- ✓ Access to a Support Group in your area
- ✓ Refresher Courses
- ✓ Telephone Support
- ✓ On-Line Support
- ✓ Training Opportunities
- ✓ Life Long Membership

Not included in the fee:

- X Accommodation, meals and travel costs.
- X Support Group facilities, such as room hire or tea/coffee facilities. A typical contribution of \$2 per night may be requested to cover the running costs of the session.

The McGuire Programme

If you're looking for a treatment that can teach you how to speak **ELOQUENTLY**, not just **FLUENTLY**, then we've got the answers!!

Success Criteria

Although there is no guaranteed "cure" for stuttering many McGuire graduates have recovered from stuttering and have gone on to establish themselves in careers that require eloquent speech (eg marriage celebrant, school teacher).

In addition, graduates have made their mark in public speaking clubs such as Toastmasters winning many competitions at area and state level.

A successful graduate makes steady progress towards or attainment of the following characterises:

- Although sometimes experiencing and successfully recovering from periodic relapses, a successful graduate feels generally free from stuttering and associated fear.
 - Does not use avoidance mechanisms (tricks, word substitution, etc). If one occurs with a surprise block, it is immediately cancelled.
 - Although sometimes experiencing fear in some situations, remains confident that he/she will not relapse into uncontrolled stuttering.
 - Is concerned with and is making adequate progress towards becoming an **ELOQUENT** speaker rather than controlling stuttering.
 - Has experienced a profound improvement in attitude, perceptions, beliefs and emotions.
 - Is able to express themselves freely without fear and without holding back.
 - Does not have to work on the mechanics of speaking, although occasional drilling to 'groove' the technique is sometimes necessary.
 - Has fun in most speaking situations.
-
- ✓ **This Programme was developed and is run by former stutterers who want to help you to overcome this affliction.**
 - ✓ **We have helped over 800 people in Australia to address their stutter, and several thousand more throughout the world.**
 - ✓ **In our recent evaluations (completed February 2006), the success rate in Australia is 86% and in our recent study 97% of our members are 'very satisfied' with the programme.**
 - ✓ **If you wish, we will gladly send you contact phone numbers of successful graduates of the programme. These graduates will share with you their experiences and recovery.**

THE MCGUIRE PROGRAMME

FAQ- Real answers to real questions

Is there a CURE for stuttering?

Unfortunately there is no known cure for stuttering. What we provide is a proven method of controlling your stutter rather than your stutter controlling you.

I made preliminary enquiries about the programme but was 'put off' by the fee.

Our fee for lifetime membership of the programme including the 4-day intensive course and our comprehensive follow-up support is \$2,310 including GST. Accommodation on the 4-day course is additional and works out at about \$250 twin share for four nights.

I encourage you to consider the fee an investment in your future quality of life and career choices. Graduates have gone on to be earning \$10,000-20,000 per annum more than they were earning before joining the programme; have gone from assembly line workers to engineers and counsellors.

How much have you paid over the years for speech pathology services? Have they been effective?

The McGuire lifetime membership fee includes:

1. The initial 4-day intensive course - the start of the journey to eloquence.
2. A certified, personal primary coach who will assist in your recovery.
3. Unlimited attendance at any number of subsequent 4-day intensive courses to strengthen fluency and techniques at the rate of \$33 per day up to a maximum of \$100 for the 4 days.
4. Unlimited access to weekly or fortnightly support group meetings in your area.
5. Unlimited, extensive support via the telephone coaches list (national and international) and unlimited access to our email discussion list.

There are numerous courses/treatments available for stutterers. Is the McGuire Programme different to other programmes?

Yes, we are different from all other programmes in that:

1. **Everybody** involved in the McGuire Programme, its founder, coaches, instructors, administrators, etc, have gone through the experience of stuttering and the experience of attending the courses.
2. There is no other therapy programme that **empowers** its graduates to help other stutterers and ultimately become coaches, instructors and regional directors.
3. We radically and positively alter people's lives to such an extent that in a mere two days students can be **transformed** from out of control stutterers to being in total control of their stutter for the first time in their lives.
4. There is strength, honesty and depth in our unlimited, **lifetime support** network.
5. The techniques taught are sustainable as the Programme has existed for **ten years** and graduates from the early days are still involved to help new students. This is not a "fly by night" programme.....it has been proven over time to be effective!
6. So many of our graduates have **achieved** awards and recognition from speaker's clubs such as Toastmasters. These graduates compete with "fluent speakers". Details of which are on our website: www.mcguireprogramme.com

We wish to encourage our brother to participate in the programme and seek your assistance to convince him of its value. Any suggestions that you can offer would be appreciated (or are we better advised not to push the issue).

It has to be your brother's decision and he must approach it with ownership, commitment and a passion to do something about his speech. If that's not the case we'd rather not see him to be honest. We're not interested in a quick 4-day fix that will see him fluent for 2-3 months; we're more concerned about his long-term recovery!

I imagine my brother would find the concept of attending a course intimidating. How are such 'fears', apprehensions overcome?

If he attends the course he quickly realises that he is among friends, fellow sufferers who have experienced all the lows that he has. The programme is an extended "family" that extends world-wide. During the course there are challenging situations but we don't ask people to do anything we don't think they can do and all activities are optional. We also encourage family members to come along to the course or at least parts of the course, at no charge, so they can help their loved one during recovery.

What is the best way for us to support our brother?

Just accept and love him unconditionally but also provide him with information about options available to him to improve his communication. Encouragement is important but I emphasise the ownership to do something has to be with him.

How many people have joined the programme?

Over 800 people have joined the programme in Australia and several thousand worldwide.

How many finish the programme?

I estimate that 5% give up if they have a relapse after the course.....they expect the "magic pill" and don't accept that THEY have the major role to play in the recovery process.

What is the success rate?

We have a 86% success rate meaning people are continually advancing with their speech and are doing things now they wouldn't have dreamt of doing before the course.

What is considered a success (do graduates stop stuttering completely)?

As there is no known cure for stuttering, we gauge a successful graduate as being free from stuttering in most situations with just the occasional reminder of their past affliction. Basically, it is being in control and having fun in most speaking situations.

What is the most common cause of failure (to give up stuttering) by attendees at the programme?

The biggest problem is that students leave the 4-day course 100% fluent and feel they are "cured". Therefore a percentage of graduates don't use the technique we teach them, don't practise the breathing, don't go out and face their fears and challenging situations and they relapse. They then feel they have failed and the McGuire Programme hasn't worked for them and go off looking for the next 'magic pill' instead of getting back into it, making the effort required and following their coaches' directions, etc.

Typically, how many people participate on a course at one time?

A typical course has about 10-12 new students with about 20 returning graduates attending at any one time. The graduates return on the courses to help the new students and also to strengthen their own recovery. Part of the recovery process is helping others to recover. A part of the course time is spent in one to one tuition.

Do you have regular breaks each day of the course?

Yes. We break for 10 minutes after every 50 minute session. This is to ensure that the information given is retained. It also gives an opportunity to 'freshen up'. There are also extended breaks for breakfast, lunch and dinner.

I heard that the course days are very long. Why is that?

Recovering from stuttering requires honestly, discipline and hard work. On a McGuire course we cover both the physical and psychological aspects of stuttering as well as practising the techniques in public. This is to give you the best possible initial start on your road to recovery. Generally, sessions begin most mornings at 8.00am and we usually finish up most evenings at approx. 9.00pm.

If you have any other specific questions that are not answered here, please telephone, write or email me at anytime. I will be only too willing to answer them.

State on the application form the course date you would prefer and we will do our best to accommodate you.

Please return your completed application form to:

Geoff Johnston
The McGuire Programme (Aust)
PO Box 344
Balhannah SA 5242

Alternatively, you can submit an on-line application form by visiting our website:
www.beyondstuttering.com.au

We will then get in touch with you with further details about your particular course.

If you require any further details please ring, email or write to:

Regional Director: Geoff Johnston

Postal Address: as above

Phone: (08) 8388 4663 / 0417 864 460

Email: info@beyondstuttering.com.au

Web: www.beyondstuttering.com.au and www.mcguireprogramme.com

ALL ENQUIRIES ARE TREATED IN CONFIDENCE.