

## **Choose Stuttering Therapy that Works for You**

Weekly 1:1	45-Day 1:1 Intensive
Ages 2-99	For motivated teens and adults
Online or in-office	Online (In-person by request)
Duration 3-9 months	Duration 45 days
Weekly Meetings 40-minutes 1-2x per week	Intensive Meetings 2-hours 3x over 14 days + 40-minutes 6x over 31 days
Check-in at your weekly meeting and via email	Check-in on-demand check-ins via email and messaging
<ul> <li>✓ Comfortable, weekly pace</li> <li>✓ Fit therapy into your busy life schedule</li> <li>✓ Independent practice expectations are limited</li> <li>15-minutes daily</li> </ul>	<ul> <li>✓ Intensive 45-day experience</li> <li>✓ Make this a priority in advance of upcoming life event</li> <li>✓ Prepared to dedicate independent practice time and energy</li> <li>15-minutes daily</li> <li>+ 2-hours per week</li> <li>(journaling, video course, eBook, exercises, etc.)</li> </ul>