

## Beyond Stuttering The Mcguire Programme For Getting Good At The Sport Of Speaking

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### Beyond Stuttering The Mcguire Programme

Through techniques of concentration, assertiveness and non-avoidance, the McGuire Programme helps tackle the many fears of speaking experienced by people who stammer. With your hard work, courage and perseverance, and our support, speaking can become fun.

### The McGuire Programme | Helping you go Beyond Stuttering

Cognitive behavioral therapy (CBT) is a psycho-social intervention that aims to reduce symptoms of various mental health conditions, primarily depression and anxiety disorders. CBT focuses on challenging and changing cognitive distortions (e.g. thoughts, beliefs, and attitudes) and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving ...

### Cognitive behavioral therapy - Wikipedia

Jenna Gander (Jenna Lynn Gander / Jennifer Gander / BrandyNODie / BrandySamNabby26 / GrumpyBearNBedtimeBear / KaosNBonesBich / KevHowieKaosRulz / KirstenTimberlakeNJoeyFatone / ShhjizSleeping / SneezyNDoc)

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