

Concerned about cost?

AIS is dedicated to making state-of-the-art stuttering therapy available to all. Thanks to our donors, we can provide financial assistance to those who need it. Learn more on our website, and contact us with questions.



For many, the harder you try not to stutter, the worse it gets! We will help you break this cycle and provide the support to maintain your progress over time.

What clients are saying...

Such an amazing group of clinicians! They really understand the mental and physical components of stuttering. Through AIS, I made leaps and bounds in my speaking ability. ~ Dylan

A truly holistic approach to treatment..., I can communicate effectively with anyone I want to and have the confidence and ability to present myself with authenticity. ~ Mordechai

Mission & History

AIS was founded in 1998 by the late Catherine Otto Montgomery, a talented speech therapist who created the first not-for-profit organization with the primary objective of providing universally affordable top-quality stuttering therapy for children and adults.

Our mission extends to increasing public awareness about stuttering and to providing specialized training for therapists wishing to advance their knowledge of stuttering treatment.



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American Institute for Stuttering

Speak freely. Live fearlessly.

Services for Teens & Adults



Can you benefit from therapy?

If you experience any of the following, AIS can help you on your journey toward becoming a confident, effective communicator:

- ✓ You avoid words or speaking situations
- ✓ Everyday speaking is a physical and/or mental struggle
- ✓ You experience guilt, shame, or anger related to your speech
- ✓ You rely on “speech tools” that are no longer effective
- ✓ Stuttering is holding you back from your life goals



Services we offer

- One-on-one therapy arranged around your schedule—in person or online
- Group therapy, specialty workshops and support groups
- One-week Group Immersion Programs



What sets us apart

We provide effective treatment and so much more. You will be embraced by a supportive community of people who 'get it'.

We host exciting social events and group activities throughout the year that promote personal growth and change.

Come discover the power of your voice!

Speak freely. Live fearlessly.

What happens in therapy?

Therapy is individualized according to each client's needs. Sessions commonly address:

- Reducing negative thoughts and emotional reactions to stuttering
- Systematic reduction of speaking fears and avoidance behaviors
- Increasing speech fluency and learning to stutter without struggle
- Improving communication skills for daily conversations, public speaking, and professional interviews and interactions
- Building confidence in your ability to communicate freely and authentically

