



The RESTART Demands and Capacities Model (DCM) based therapy for pre-school children who stutter

ONLINE WORKSHOP 2026

Introduction

Core principles

Restart-DCM based stuttering therapy is an indirect, multifactorial therapy for pre-school children who stutter. It is based on the Demands and Capacities Model (DCM) of stuttering. The model assumes that stuttering results when the demands placed on a child exceed their speech motor, language, emotional, or cognitive capacities.

Objective

The underlying cause of developmental stuttering is still unknown, but scientists have found connections associated with persistent stuttering in children, as documented in the Multifactorial Dynamic Pathway theory (Smith & Weber, 1997). Restart-DCM based stuttering program aligns with this theory. The goal of the therapy is to find an *optimal balance* between the child's motor, linguistic, emotional and cognitive capacities and (internal and external) communicative demands. The premise of the therapy program is that stuttering will decrease by balancing capacities and demands, supporting normal neurological maturation.

How it works

Therapy proceeds in two structured phases:

1. Reducing Demands (motor, linguistic, emotional, cognitive)
For example, teaching parents to take turns regulating non-verbally, recasting the child's language, supporting the child in emotional regulation, and evaluating cognitive demands.
2. Increasing Capacities in those same domains
For example, improving the child's speech motor skills, emotional self-regulation, and metalinguistic skills), while keeping external demands low.

Key characteristics

Indirect treatment: the child is not asked to speak differently
Strong focus on emotional safety and regulation

Structured assessment, video interaction analysis, and individualized planning
 All targeted adjustments/exercises are demonstrated to the parent and practiced together – merely recommending them is *not* how the Restart-DCM therapy works.

Evidence

A large randomized controlled trial showed that progress after three months may be slightly slower for some children compared to the Lidcombe Program; however, outcomes at 18 months were comparable (De Sonnevile-Koedoot et al., 2015).

In addition, in the long term, children who continue to stutter may experience slightly milder stuttering severity (manuscript submitted for publication).

How does RESTART-DCM differ from other intervention programs for childhood stuttering?

Aspect	RESTART-DCM	Lidcombe Program	Palin PCI
Primary orientation	Indirect / capacity-demand	Direct / behavioural	Indirect / interactional
Main goal	Improve fluency by rebalancing demands & capacities	Eliminate or substantially reduce stuttering	Support confident communication & reduce impact of stuttering
Focus of therapy	Environment, interaction, child’s capacities	Child’s speech behaviour	Parent–child interaction & emotional resilience
Method	Modeling and practising with parent(s)	Idem	Counseling

The workshop

This interactive workshop is designed for speech and language therapists who want to certify for RESTART-DCM treatment. The description of the Method was improved and updated in 2025; please view this on the RESTART-DCM Website (free download).

The workshop consists of four modules (approximately 30 hours in total) delivered over four months in 2026. If you are unable to attend all live sessions, you may request access to a recording for a maximum of three sessions. Each recording will be available for up to two weeks after the session date. To receive access, please submit a signed statement (see website); you will then be provided with the link to the relevant recording.

Module 1

E-learning 3 hours: Available from May 18, 2026

This 3-hour webinar provides a general introduction to the RESTART-DCM approach. In this lecture, the background, the research base and a global overview of the therapy method will be presented. Speech therapists who are considering certification for RESTART-DCM therapy, but who have not yet decided, can initially only register for this 3 hour-introduction. After this, they can decide whether they want to follow the full workshop.

Module 2

E-learning 3 hours – available from June 1, 2026

This pre-recording will provide participants with the more theoretical information on the rationale of the DCM-approach, the DCM multifactorial assessment and the lowering of the Demands in the Motor and Linguistic domain.

2 LIVE sessions of 3 hours each – June 8 and 11, 2026

After Module 2 participants will be able to describe the rationale of the DCM-approach and DCM multifactorial assessment. They will have practiced:

- explaining the approach to parents
- recognising communicative demands in a Parent-Child interaction;
- taking an Oral Motor Assessment Score, and computing the task score
- selecting relevant demands to target in treatment;
- conducting a parent-clinician conference cf. RESTART-DCM approach
- therapy skills regarding reducing Motor and Linguistic Demands of the child and the Environment, RESTART-DCM / Phase I.

Module 3

E-learning 3 hours – available from June 15, 2026

This pre-recording will provide participants with the more theoretical information on the rationale of the lowering of the Demands in the Emotional and Cognitive domain, the enhancement of the Motor, Linguistic, Emotional and Cognitive Capacities and the tapering off / end of therapy.

2 LIVE sessions of 3 hours each – June 22 and 25, 2026

After Module 3 participants will have practiced:

- therapy skills regarding reducing Emotional and Cognitive Demands of the child and the Environment; RESTART-DCM / Phase I.
- increasing the child's Motor , Linguistic , Emotional and Cognitive Capacities, RESTART-DCM / Phase II;
- tapering off / end of therapy

Participants will practise in small (breakout) groups to make sure that everyone has the opportunity to improve his/her clinical skills.

Module 4

3 LIVE sessions of 3 hours each – October 26, November 2 and 9, 2026

Before the start of Module 4, participants are invited to submit any questions that they may have about using the RESTART-DCM approach. All participants are expected to submit a (short) case study applying the approach. We will provide personal feedback on the submitted stuttering case (assignment).

During Module 4, participants will practice applying the Restart-DCM approach in relevant aspects of the submitted case studies, and they will participate in 'trouble shooting' related to the questions asked.

Practical Information

Time	Modules 2, 3 and 4: LIVE sessions 16.00 – 19.00h CET (time zone Amsterdam)
Dates in 2025	Module 1: E-learning available May 18, 2026 (3 h) Module 2: E-learning available June 1, 2026 (3 h) Live sessions June 8 and 11, 2026 (2 x 3 h) Module 3: E-learning available June 15, 2026 (3 h) Live sessions June 22 and 25, 2026 (2 x 3 h) Module 4: Live sessions October 26, November 2 and 9, 2026 (3 x 3 h)
Location	Online - Zoom
Trainers	Marie-Christine Franken PhD, SLT Certified European Stuttering Specialist, clinical researcher, Erasmus University Medical Centre, Sophia Children' hospital, Rotterdam (NL). Joeri van Ormondt, SLT, Certified European Stuttering Specialist, private practice specialization stuttering therapy, CESS board member and mentor.
Cost	Early bird registration until March 15 € 695,-- Registration after March 15 € 750,-- € 85,-- for Module 1 only
Contact information	info@restartdcm.org
Target group	speech and language therapist working (or aiming to work) with young children who stutter using a multifactorial, structured, indirect therapy approach
Study load	30 h online contact hours, 5 hours to thoroughly read the RESTART-DCM Method, 4 hours to complete a practical assignment between Module 3 and 4.
Group size	maximum of 24 NB with < 14 participants, only one teacher (instead of 2) will present module 1, 2 and 3. In case < 12 participants, the workshop will be rescheduled.
Accreditation	certificate of participation (30 h) and completion of the practical assignment (4 h)

Registration

If you are interested, please register no later than April 1, 2026. After this date, a decision will be made as to whether the workshop will take place.

If you are unable to attend all scheduled live sessions, you may request access to a recording of up to three sessions. The recording link will remain available for two weeks after the session. To receive access, please submit a signed statement (download the Zoom Statement from our website). Upon receipt of the signed statement, you will receive the link to the relevant recording.

How to Register

To complete your registration, please visit our website at www.restartdcm.org and follow the link to the Erasmus Congress Bureau. You can register for the workshop via this link.

During registration, please provide the following information: Full name, , Address, Telephone number, Date and place of birth (for the certificate), Affiliation

NB. The Erasmus Congress Bureau handles only the financial administration of the workshop. If you have any questions regarding the content or organisation of the workshop, please use the contact form on www.restartdcm.org or email us directly at info@restartdcm.org

If the maximum number of participants is exceeded, places will be allocated in order of registration. Once you have registered, your registration will be considered final as of April 1. The cancellation policy will apply from that date onward. A copy of the cancellation policy is available upon request.

If you are not able to attend all planned live sessions, you can opt to receive a link to a recording of a specific session for a maximum of 3 sessions. This link can be used up to two weeks after the session. To receive this link, submit a signed statement (download this Zoom Statement from the website) after which you will receive the link for the specific recording.

Payment

You will receive payment information via a link to the Erasmus Congress Bureau. The following registration options are available:

1. Register for Module I only and pay a fee of €85.
2. Register for the full course and pay the early bird fee of €695 (available until March 15), or €750 after this date.

The full course fee includes access to all e-learning modules, workshop materials, and the live online modules. After completing Module II, participants will also gain access to the private section of the website.

More information

If you have any questions, please contact us at:

info@restartdcm.org