



# International Stuttering Association

*A World that Understands Stuttering*

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To: Stuttering Community  
From: Keith Boss  
Regarding: March 2014 eNewsflash

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## Africa

Dieudonne Nsabimana from Kigali in RWANDA is still working hard with colleagues in Rwanda to host 3rd African Congress. With advice from various sources they understand that May is too soon to hold the Congress. They need more time to fund raise. Currently they are thinking of December 2014. More on this when it is known.

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## ISA Business

Harry Dhillon has resigned as ISA Treasurer, and has resigned as an ISA Board Director.

Ámi Heimir Ingimundarson Chair of the Iceland Stuttering Association joined the ISA Board as a Director.

Ámi offered to be the ISA Secretary and agreed to take the position of ISA Treasurer. He and I will be in close contact to ensure he can find time to carry out both positions. Harry has passed over information to Ámi, and Mel Hoffman and I will offer guidance.

If any of our readers have a few spare hours a month; can represent their Association and would like to work Internationally on the Board of the ISA, then please contact me.

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# Attitude of Mind

A few quotes.

**Albert Einstein** 'Weakness of attitude becomes weakness of character';

**Winston Churchill** 'Attitude is a little thing that makes a big difference';

**Francesca Reigler** 'Happiness is an attitude. We can either make ourselves miserable or happy and strong. The amount of work is the same';

**Scott Hamilton** 'The only disability in life is a bad attitude'.

Here in the UK, there have been two awe inspiring TV series. The record breaking Sochi 2014 Winter Paralympic Games and Prince Harry's South Pole race for wounded ex service men and women (amputees all; a mix arms and legs.).

**Sochi.** Imagine skiing down a mountain minus an arm, or a leg, or both legs or so blind you need another visually sighted skier to lead you down the mountain talking to you about each turn as it happens. All this at 110 plus kilometers an hour (nearly 70 miles an hour), hitting salalom gates because you cannot see them.

**South Pole.** Imagine needing to ski walk for 9 hours a day (2 hours walk and 10 mins. rest) in freezing conditions of between -40 to -75 / -80 with blizzard like winds when you have lost an arm or one or two legs.

The Olympians and disabled men and women needed mind blowing changes in their thinking and attitude of mind.

Imagine the change of mind needed by the Russian President and Russian people. 30 years ago they refused to host Paralympic Games. They all thought the disabled should be in institutions. The difference in the change of attitude of mind is inspiring. The Sochi winter games showed what can be achieved with fundamental changes in attitude of mind from the leadership spreading down and from the athletes and amputees setting superb role models and inspiring others around the world.

At Sochi the disabled and others raised public awareness about their disabilities.

At National stuttering associations conferences and at the ISA and IFA three yearly Congresses can we do the same? Let us ask ourselves

'How can we, at our events, emulate the raising of public awareness about stuttering, in the same way these two events have done for the physically disabled?'

Attitude of mind leads me into a series of articles by Therapists who look outside the conventional box of controlling stuttering using fluency shaping / stuttering modification / etc.

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# Stuttering Therapies

(Please note. The ISA is presenting this information for review and consideration only. The ISA does not recommend any specific therapy for any person who stutters)

Following on from last month when I realised there did not seem to be one point of contact about 'alternative' stuttering therapies, I can now start the process of building up some information to be available via the ISA.

The conventional box has been used for decades, with only degrees of help to PWS. This has led, in the past, to a dichotomy between Therapist and client. It is now widely accepted that to get different results, a different approach should be sought. Many Therapists are doing this now using a variety of methods.

Barbara Dahm is one such Therapist. Her view as a clinician is that clients come to her to improve their communication skills as much as possible, not to learn how to accept anything less. Barbara's clients say they want to become normally fluent speakers. Barbara accepts this and has looked for a way to help PWS to achieve this. Barbara says 'it is my responsibility as a clinician to help my clients achieve the ability to speak with ease and comfort'.

Her Article about her approach can be seen [at this link](#).

Her website is at <http://stutteringonlinetherapy.com/>

I would like to hear from Therapists from all around the world who use alternative therapies (outside the conventional box). I would like an article from you about your treatment of people who stutter. I believe for example that the Japanese Self Help Groups look into the benefits of Assertiveness Training, Gestalt Therapy, Psychodrama, Transactional Analysis, Rational Emotive Behavioural Therapy. I know of the use of ACT and an adapted Mindfulness Therapy.

Could I have volunteers to write an article on one of the above or on any other therapy out there being used with success? If so, please contact me so that I can include your article from June onwards.

Would PWS contact me with details of an alternative therapy which worked for them.

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## Prison population around the world

From various discussion I have had I think the treatment of stuttering (or any Speech Language and Communication Need) in the prison population is a rarity. I believe this is true for both Adult and Youth (10 to 18 years of age). If we can help more youth then re-offending rates can be reduced.

If you work in prisons, or know other therapists who do, please will you write an article about what you do in what part of the world and contact me.

I will include these articles in future e-newsflashes. When we have some information we can plan

a suitable response.

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My best wishes to you all.

Keith

Keith Boss (Chair International Stuttering Association (ISA))

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