



# International Stuttering Association

*A World that Understands Stuttering*

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

## Africa

No change, we will provide an update about the African Congress as soon as we have more information.

## ISA Business

Jerry and Keith are working to move the ISA Bank accounts from Denmark. Hermann Christmann wishes to be relieved after many hard years.

In our Outreach work there has been contact with Pakistan; Saudi Arabia; Czech Republic and Jordan.

We have started to include translations into Russian. These can be found below the regular eNewsFlash [at this link](#).

**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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## 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)

Gerald Maguire has kindly written an assessment of the Diagnostic and Statistical Manual (DSM) version five.

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One year ago, the American Psychiatric Association published the fifth edition of the diagnostic and statistical manual (DSM)—the trusted international source of classification of psychiatric disorders. Stuttering has long been listed in the DSM and continues as such in the fifth edition with some minor modifications. The placement of stuttering has been moved closer to other speech disorders and some modifications have been made to the criteria. In the fourth edition, no mention was made of the age of onset of the disorder and now stuttering (as the Axis I code 315.35) is also termed “Childhood Onset Fluency Disorder.” Such naming and age criterion differentiates the more common developmental form of stuttering from adult-onset acquired forms of the condition. In addition, given the high level of comorbidity of social anxiety with stuttering, a criterion has been added on the presence of anxiety/avoidance in speaking situations. Such added criteria lend support to the school of thought that stuttering treatment should address not only the fluency of the individual but the associated anxiety and avoidance symptoms that often coexist.

One may consider why stuttering should be listed in DSM at all given the stigma associated with neuropsychiatric disorders. A greater discussion is taking place as to whether DSM needed to be updated now rather than waiting for further advancements in biologically-based diagnostics. Medicine is on the verge of significant breakthroughs in understanding the physiology and genetics of neuropsychiatric disorders such as stuttering. Often misunderstood as simply behaviors, disorders of the brain may soon be classified not on the clinical presentation of symptoms, but on the underlying genetic and neurophysiologic parameters. Until that day, the placement of stuttering in DSM 5 helps to ensure that appropriate neuropsychiatric research will continue to develop better diagnostic and treatment strategies for this disorder that affects so many. Once DSM 6 is ready, the debate of where stuttering should be placed will likely be moot as the neurobiologic understanding will ensure its proper listing and we all can look forward to such a day.

Gerald A. Maguire, MD  
Professor of Clinical Psychiatry  
Kirkup Endowed Chair in Stuttering Research  
University of California, Irvine School of Medicine

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Please remember, 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.

Keith

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## Prison population around the world

I begin the YMCA volunteers training next month so that I will be able to work with young people.

**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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