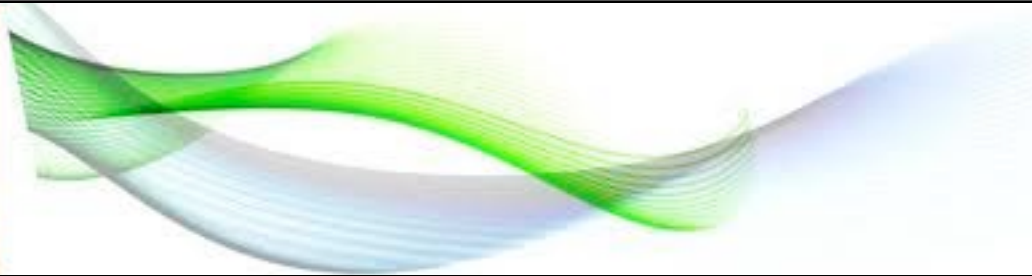


One Voice



Incorporating *The Voice of ELSA*, the newsletter of the
European League of Stuttering Associations

- Pg. 2 Message from the Chair - K. Boss
Pg. 3-4 Message from ELSA - E. Farr, A. Blom
Pg. 5 Message from Outreach - K. Boss
Pg. 6 Australian Speak Easy Association - M. Irwin
Pg. 7-9 Enhancing the well-being of people who stutter: jsp's approach - S. Ito
Pg. 10 The ISAD Event Report in Japan - Y. Kikuchi
Pg. 11 The 11th conference report of ISAD 2013 in Czech republic - Y. Kikuchi
Pg. 12-13 Rebuilding the canadian stuttering association - A. Harding
Pg. 14-21 Pakistan Stammering Hub (PSH) Profile - S. Alam
Pg. 22 Fear reduction Hypothesis & Suppression of Stammering - S. Alam
Pg. 23-27 2013 Always Present Greeting the 2014 with Joy and Enthusiasm! - A. Barrales (English)
Pg. 28-32 2013 Always Present Greeting the 2014 with Joy and Enthusiasm! - A. Barrales (Spanish)
Pg. 33 Update from the Netherlands - B. Bast



MESSAGE FROM THE CHAIR

The ISA will have a Google Hangout Board Meeting within a month. One essential task to complete will be to appoint a new ISA Secretary.

Our committee work is progressing and our Vice Chair is working well with the NSA on linking their annual conference with our three yearly Congress in 2016. Currently they are looking for a hotel that can handle the 1000+ delegates we expect. This may be in the Los Angeles area.

Links with the IFA are being maintained. There is a continued effort by all concerned to improve treatment for PWS. Examination and publication of holistic treatments offered by many SLPs / SLTs will give PWS a better understanding of what treatments are available.

Many of you know Hermann Christmann and know that he has looked after the ISA Bank accounts for many, many years. He has decided to relinquish this task. The ISA has been very lucky to have him look after our accounts for such a long time. His help over the years has been invaluable.

Hermann, on behalf of the ISA, I thank you for all your tremendous hard work.

Harry Dhillon (Harminster Dhillon <hsdhillon100@hotmail.com>) our new Treasurer is currently looking at where we place our Bank accounts (One in Danish Kroner and one in Euros), because we cannot leave them in Denmark beyond May 2014.

I hope many of you are saving up for a visit to the Los Angeles region in early July 2016 for our three yearly Congress. If you have never attended a Congress you will be amazed at what you can learn and what fun you have. You will be most welcome. If you have attended previous Congresses, you will know what to expect...maybe. A meeting of 1000+ will be on a different magnitude. You

will have such a fun busy time you will need a holiday to get over it.

Please feel free to email me (keithmaxkb@yahoo.com) to arrange a SKYPE chat if you have concerns or issues you want to talk over.

Warmly,
Keith



MESSAGE FROM THE EUROPEAN LEAGUE OF STUTTERING ASSOCIATION



In previous editorials we have discussed ELSA's Youth Meetings. We make no apologies for discussing them again. It is because we have announced that ELSA will host the 9th Youth Meeting from 19-25th July 2014.

The venue is in the Netherlands at Loosbroek, near to Hertogenbosch. We have held youth meetings in the Netherlands before as it is very central and with easy access by road and by flying to Amsterdam.

Full details of this year's meeting is on ELSA's website www.stuttering.ws Below is a summary, as we know readers of One Voice range in age, so for the older readers (who sadly can't attend) if you know of any young person who is interested in working for their National Stuttering Association (NSA) please direct them to our web site.

The meeting is aimed at young people who stutter who are thinking about volunteering to work for, or thinking of being a Board member of, their National Stuttering Association (NSA). At the meeting the young people will:

- Be able to network with other European people who stutter
- Learn about the work of the NSAs
- Understand how worldwide and European legislation can help the NSA's and what young people can do to help people who stutter of all ages
- Learn how the use of online social media can raise awareness of stuttering

The delegates will be able to share fears, frustrations and triumphs, practice their speech techniques in a secure environment and engage in speaking experiences that they would otherwise shy away from. It is hoped that the meeting will inspire the delegates to participate in the work of their own association, raise awareness of stuttering and importantly provide for personal development.

The cost of the meeting is 125 EURO for the six days, this includes 3 meals per day starting with Saturday dinner and finishing with Friday breakfast. All delegates will be able to claim a refund of 50%, with a maximum of 125 EURO of their travel costs, based on budget flights with early bookings.

**MESSAGE FROM THE EUROPEAN LEAGUE OF STUTTERING
ASSOCIATION CONT'D..**

The ELSA Youth Meetings are generally only open to people who are members of their National Stuttering Association and who live in Europe. However on this occasion we are allowing a very small number of delegates from outside of Europe. However you must be a member of your National Stuttering Association, be recommended by your Board, and are working with or are interested in working on issues that relate to young people who stutter.

Moving on!

For new readers, and as a refresher for all, we at ELSA would like to give you some information on what ELSA is and what we do. So here goes with a short description.

ELSA aims to:

to link together and further the co-operation of Europe's national organisations.

to provide a forum for exchange of concepts and experiences in stuttering therapy and self-help.

to help represent the interests of stutterers to European and international bodies.

to put stuttering onto the European agenda to ensure that the needs and challenges faced by people who stutter are considered in a European context

to advance the personal development of young people who stutter

Not every country in Europe has a national stuttering association, but the majority do. In 2012 we welcomed the Portuguese Stuttering Association and the Belgian Stuttering Association as new members and in February this year we welcomed the "Scotland Stammering Network" as a new member.

Scotland will also be in the world news later this year. A national referendum is scheduled to be held in Scotland on 18 September to decide whether or not Scotland will become an independent country.

Europe will be watching with interest!

We hope all our readers have a very good 2014.

Edwin J. Farr MBE (GB), Anita S. Blom (S), Richard Bourgon diën (NL)

MESSAGE FROM OUTREACH

I had hoped to pass the chairmanship of Outreach to Jerry Maguire, our Vice Chair ISA by now. However there has been so much happening in our personal and ISA lives that this has not happened yet. We will make this happen in the next three months.

The 3rd African Congress will not be held in Nigeria in October 2014. Many official government websites advised against travel to parts of Nigeria and urged great caution to other parts. In view of this and the difficulty of getting travel Insurance we cancelled this. Yemi and his team had worked very hard and were very sad about this but understood why this was not to be. We owe them a debt of gratitude.

The good news is that a work is being carried out by Dieudonne from the Rwanda Stuttering Association (<http://www.rwandastuttering.4t.com/new%20in%20rwanda%20stuttering.html>) He is planning to have the 3rd African Congress for four days during the later half of May 2014 in Kigali, Rwanda. The date will be announced very soon. Watch our monthly e-newsflashes. 11 other African Countries have already confirmed they will attend the Congress.

If you want to help in sponsoring Africans from other Countries to attend, then please contact Harry Dhillon (Harminder Dhillon <hsdhillonroo@hotmail.com>) our Treasurer, who will guide you how to donate. If you want to attend, you will be most welcome. If you want to help to plan this conference, please contact me.

We still need an ISA Secretary.

Please can you check that your association is correctly represented in the members area of our website. <http://www.isastutter.org/who-we-are/member-associations>.

Can you tell me what work is being done for PWS or CWS in prisons in your Country? My instinct says not enough, but it would be valuable to find out from you what is being done, so that we can assess what remedial action is needed.

As always, I will close my Outreach contribution by reminding all of us that the ISA exists to help People Who Stutter in any Country of the World. For the ISA to succeed, we need YOU.

We need

-volunteers to help with translation between other languages;

-money;

-volunteers to assist on the varied ISA committees and projects. See the August e-newsflash (<http://www.isastutter.org/news/e-newsflash>).

If you can give the ISA some of your valuable skills / time / money, please do so. It is very rewarding to help others. If you can help, or know of someone else who can help please contact either our Vice Chair or myself.

Gerald A Maguire <gamaguir@uci.edu>;

Keith Boss <keithmaxkb@yahoo.com>.

I look forward to meeting many of you at the 11th World Congress for People Who Stutter in the USA in July 2016.

Please pass this to all your members.

Keith Boss

ISA Chair of Outreach

ISA Chair

keithmaxkb@yahoo.com

AUSTRALIAN SPEAK EASY ASSOCIATION

More to Stuttering Than Stuttering.

The Australian Speak Easy Association, the peak body representing the welfare of people who stutter in Australia, seeks to bring awareness to research now showing there is more to stuttering than stuttering. ASEA National President Mark Irwin says “recent research from the Australian Stuttering Research Centre (ASRC) confirms previous studies that many people who stutter seeking therapy are dealing with the additional disability of Social Anxiety Disorder and that this is unrelated to the extent of their dysfluency”. In these cases people worry excessively about displaying their stuttering. They limit or choose to avoid social settings, and at school and university pretend ignorance or reflection when asked direct questions. They may also deliberately avoid difficult words at restaurants and bars, making choices not on what they would like, but on what they can say. In addition, in a phenomenon known as covert stuttering, some people will change words mid-sentence to hide any overt or obvious dysfluency. The avoidance behaviour and covert stuttering can come at a high emotional cost. The associated Social Anxiety Disorder results in dramatic social, academic and career impairment, even without the presence of obvious stuttering.

Besides the hidden nature of this disability, its significance is compounded by the ASRC research showing that people living with both stuttering and Social Anxiety Disorder have great difficulty succeeding with the conventional stuttering therapy used widely in Australia since the 1980's, speech restructuring or “smooth speech”. Consequently the Australian Speak Easy Association supports the ASRC in calling for people who stutter, stuttering therapists, parents of children who stutter, and teachers of stuttering students to be sensitive to the possibility of the presence of co-existing Social Anxiety Disorder.

Dr. Ross Menzies from the Australian Stuttering Research Centre says this new research now provides a resolution to previous debate surrounding the question of what to deal with for successful long term stuttering therapy, the stuttering or the psychosocial pathology of its effects. It is now clear the social anxiety should be dealt with concurrently if not before the institution of speech restructuring. To that end Dr. Menzies says “the initial acceptance of oneself as a person who stutters is

the necessary first therapeutic step. This of course can be very difficult for anyone who has spent a lifetime hiding their stuttering”. The ASEA stresses the value of self help groups in this process and co-ordinates group meetings in every state as well as organising an annual national conference. However the ASEA also acknowledges that people who stutter should not feel compelled to seek fluency at all costs. Prominent ASEA member Vikesh Anand uses a cycling analogy. He says “not everyone who joins a cycling club is expected to train for the Tour de France. Similarly, people who stutter involved in a speech therapy program should not feel obligated to attain perfect fluency. My personal goal is to say what I want to say, when I want to say it, regardless of how the words come out.”

As a result of the impact of this new research information Stuttering Awareness workshops were held in 4 Australian states (Western Australia, South Australia, New South Wales, and Queensland).

Mark Irwin (ASEA National President, ISA Advisory Board member, and IFA Self-Help and Consumer Affairs Committee Chair)



ENHANCING THE WELL-BEING OF PEOPLE WHO STUTTER: JSP'S APPROACH

At the World Congress of People Who Stutter in June 2013 I was very excited to see congress Chair Marrtje Borghuis and Vice-chair Richard Bourgondien stutter openly on stage when they announced the opening of the congress. It seemed to me that they presented themselves as they were to the audience, which included those who do not stutter, and I thought that was the best approach.

Increasing the awareness of stuttering in society is one of the major goals of the self-help group activities of people who stutter, and there are many different views on how we should go about this. We can, for example, help people to better understand the inconveniences and agonies that stuttering causes, and we can also strive to find the cause of stuttering and seek treatment. If stuttering could be cured with a simple treatment or if the symptoms could be reduced, even without a complete cure, just increasing people's understanding might be a help.

But in reality its cause is still unknown and there is no effective treatment. We must live with stuttering. The truth is that the more people complain about stuttering and the more they seek treatment, the more stuttering comes to be regarded as 'bad' or 'inferior' and this strengthens the conviction that it must be cured. Therefore I, along with many members of the Japan Stuttering Project have serious doubts about such approaches to stuttering and question their ability to help people who are agonized by stuttering.

We have come to think that as long as we regard stuttering as a target of treatment, we will not be able to free ourselves from the agony of stuttering. For more than 40 years we have been engaged in various activities aimed at getting those who do not stutter to see who we are, to see how we live with stuttering. It becomes much easier for people who stutter to live our lives if those around us accept our stuttering and appreciate how we live and work. And if they accept us as we are, this in itself will easily solve many of our problems. In order for this to happen though, first we must accept our stuttering and get people see those of us who live with stuttering, and we should deal with the things that present challenges in our efforts to live with stuttering. This approach does not intend to include a disregard for the inconveniences and difficulties people who stutter are facing. It is important for us to endeavor to get people to understand our determination to live with stuttering, including the inconveniences and suffering.

During the World Congress in the Netherlands, freely stuttered words rang pleasantly in my ears, and rather than leaving a negative impression, they seemed to express something about the individuality of each speaker. Though I am sure they have experienced many hardships because of stuttering, I could feel their strength as they refrained from blaming stuttering for their problems and focused on their power to create their own lives. When they talked about their lives many of them spoke of their experiences positively and noted that living with stuttering was not a failure even though individual treatments had failed. Their stuttering acutely showed that their treatments had not been very successful, but at the same time there were so many insightful narratives about stuttering. We should be proud of ourselves.

In Japan the history of stuttering treatment starts with 'Rakusekisha' which was founded in 1903 by Shuji Izawa, a well-known specialist in education. In the Academy Award winning film 'The King's Speech' we could see how speech therapy was conducted in the years between 1920-1930 in the UK. It seems that stuttering therapy has not changed over the past 100 or so years. During that time various instruments as well as treatment methods were developed, such as light contacts, easy onsets and control of speech speed, all striving to enhance fluency.

ENHANCING THE WELL-BEING OF PEOPLE WHO STUTTER: JSP'S APPROACH CONT'D...

In our society there are quite a few incurable diseases and disabilities. Chronic illnesses which are categorized as diseases associated with adult lifestyle habits have been addressed with approaches to help people change their lifestyles. Dr. Charles Van Riper sent us a message about 30 years ago. He said, "I have treated thousands of clients who stutter but I was not able to cure them, myself included. Why don't we accept our stuttering as incurable just like chronically ill patients who live with their disease?" Even after 100 years searching, no effective treatment has been found. It is about time to acknowledge stuttering as 'incurable' and direct our attention to a more realistic approach. This realistic approach focuses on reducing the adverse effects of stuttering rather than treating stuttering itself. Around 1979 Dr. Joseph G. Sheehan, an American speech-language pathologist, proposed an 'iceberg theory,' focusing on the part of the iceberg under the water. The iceberg under the water represents 'behavior', 'thought' and 'emotions': Behavior means passive behavior, as the person hides stuttering and avoids speaking situations. Thought means the negative perception of stuttering as bad and inferior, placing blame on stuttering for not being able to lead a meaningful life. Emotion means anxiety and fear of stuttering.

In order to work on this approach the Japan Stuttering Project has been studying rational-emotive therapy, assertiveness training, transactional analysis, cognitive behavior therapy, psychodrama, Gestalt therapy, and Adler's psychology in its annual workshops to find better ways to deal with stuttering. What we studied in these workshops has been published as books and handbooks.

During the past year we were absorbed in summarizing our narratives as part of our self-help group activities and published the book 'Sufferers' First-person Study in Stuttering' and the handbook 'To Live a Full Life With Stuttering' with the parents of children who stutter.

Currently, we are collaborating with teachers and speech therapists working with children who stutter on a new project to publish a book called 'Narratives and Clinical Approaches to Stuttering' That we hope will inspire clinicians and parents who are rearing young children who stutter. Last summer, 140 people including clinicians and school teachers participated in the 24th summer camp for children who stutter and their parents. Through these activities with the members of the Japan Stuttering Project, a growing number of speech therapists are focusing more and more on helping children who stutter to learn to live with stuttering rather than spending more effort on the elimination or reduction of symptoms.

Shinji Ito
Executive Director, Japan Stuttering Project

ENHANCING THE WELL-BEING OF PEOPLE WHO STUTTER: JSP'S APPROACH CONT'D...

24th Summer Camp for Children who Stutter and their Parents



(l) Cognitive Behavioral Therapy and Stuttering

(r) Management of Stuttering: To come to Terms with Stuttering



(l) Rational Emotive Behavior Therapy and Stuttering

(r) Rational Emotive Behavior Therapy: To live with Stuttering



Workbook for Parents of Children Who Stutter, Teachers and Speech Therapists

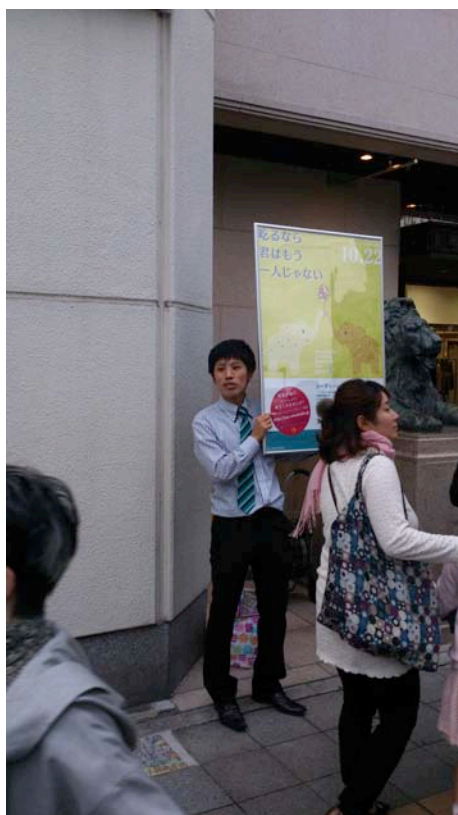


THE ISAD EVENT REPORT IN JAPAN

Our association worked together to spread the right knowledge of stuttering for ISAD 2013 and held 10 local events (chiba, hokkaido, ibaraki, ishikawa, kagoshima, kyoto, nagoya, nara, niigata, oita, yokohama) of 34 groups in All Japan Genyukai Association. Total participants were about 600 people. The speakers of the events were a doctor, speech language therapists or people who stutter. We also made the ISAD logo(Fig.1), poster(Fig.2) and leaflet by reference to the poster of ISA. Figure 3 is the picture of the main ISAD staffs in Nagoya. Figure 2 represents the man who wore a sea green tie and called for the event on the street. And, his name was Keisuke Saito who joined in the 10th World Congress for People who Stutter in Netherlands from Japan. We continue our ISAD activity in 2014. Thanks to ISAD event of ISA.

With my best regards,

Yoshikazu Kikuchi
All Japan Genyukai Association,
Our association started since 1966.
kiku618@yahoo.co.jp



THE 11TH CONFERENCE REPORT OF ISAD 2013 IN CZECH REPUBLIC

I am an ISA contact person of Japan and an ENT doctor majoring stuttering in Kyushu University Hospital. I and two Japanese members, Akihiro Aoki and Paco Yamaguchi, were invited to Czech Stuttering Association, whose leader is PaedDr. Ilona Kejklíčková in Private clinic LOGO in Brno. More than 100 people participated in the conference and the conference made a success in the 25th October 2013. I talked about stuttering history, evidenced-based causes and therapies and risk managements in Japan. Akihiro Aoki introduced himself with stuttering and show the children and parents meeting organized his association. Paco Yamaguchi presented Japanese storytelling “Kodan” about Tokyo Olympic march-in announce in 1964. After the conference we went to National Theatre in Brno to see King’s speech. It was a good chance to know the common and difference points between Japan and Czech republic. I thanks to Czech stuttering association and the ISAD from 1998.

Picture comment

The 3rd from the right was Ilona Kejklíčková. The 4th and 2nd from the right were Yoshikazu Kikuchi and Paco Yamaguchi. The 3rd from the left was Akihiro Aoki.

Yoshikazu Kikuchi

All Japan Genyukai Association.

kiku618@yahoo.co.jp

<http://zengenren.org/>



REBUILDING THE CANADIAN STUTTERING ASSOCIATION

CSA is poised for an exciting new phase as we reach out from our roots in Toronto.

Since coming into CSA last year, the one thing I keep hearing is how life-changing the national conferences were - and how good it would be to have national conferences again in Canada.

But that was before social media made it possible for people who stutter to meet others across the world - and for the internet to deliver high quality information on stuttering straight to your computer. Do we still need conferences and support groups - and do we still need to provide information about stuttering when Google does it for us? The answer is a resounding yes, through we need to communicate differently and create events that can build on relationships begun online.

In the 21st century

In fact that's exactly what led to CSA's new plans. Some of you may know of the [stutteringiscool](#) website and the [stuttersocial](#) forum. Both were developed by CSA Board member Daniele Rossi. Here in Toronto, media coverage for the launch of [stuttersocial](#) attracted the attention of a consultant who offered to lead a strategic planning session for CSA. At the very time I decided it was time to re-engage in the stuttering community and contacted one of CSA's founders, Jaan Pill. Before too long I found myself leading the rebuilding of CSA. Like people, organisations can reach their potential when they push out from their comfort zone. There is a huge need - and potential - for people who stutter to open our horizons to what is possible and to imagine what we can achieve.

The foundations

However broad our role might be, we need focus and structure. Before conferences and events can happen again, we need to have a wider supporter base with regular communications. To grow, an organisation needs three elements - people with skills and commitment, systems for administrative/communication, and a platform for a strong base. Volunteer led and run organisations like CSA need to overcome isolation just as much as individuals, so we are looking at using Toronto's Centre for Social Innovation as an operating platform. This will give administrative support, professional networks and the invaluable opportunity to work alongside like-minded people who are building not-for-profit organisations. We are actively looking for more highly skilled professionals who can contribute to CSA's rebuilding and outreach.

The plans

We are in the process (February 2014) of finalising the details of how to achieve our goals. These are to:

- have a re-developed website
- develop a toolkit for face-to-face or online support groups
- re-build a national conference program
- launch a scholarship scheme for speech pathology students
- relaunch the CSA around International Stuttering Awareness Day on October 22.

REBUILDING THE CANADIAN STUTTERING ASSOCIATION

The challenge

Achieving our goals will take time, patience and perseverance - as well as the vision of our leaders. With a message of hope and support, connecting people to each other is at the core of CSA's plans - events, meetups both in person and online, and through newsletters like this one. Creating opportunities for people to contribute to CSA once they feel they don't need a regular support group is a particular long-term goal of mine. I am particularly energised by the new CSA mission statement; **to help people who stutter achieve their full personal and professional potential**. Young people who stutter need opportunities to shine. CSA is helping to promote a new summer camp in Ontario this July (13-19) for kids who stutter. See <http://laughtersvoice.com> for more details.

Funding

I want CSA to get funding for both operations and projects that would enable us to better deliver our mission. Developing a funding and sponsorship strategy is a high priority. Again, building relationships is the key - relationships with people in grant-making organisations and relationships with people who can offer both in-kind and financial support to CSA.

Getting personal

For me, I greatly benefitted from conferences and fluency clinic programs when younger. But it wasn't until I became involved in support groups and outreach that the barriers of stuttering really came down. I was able to benefit so much because other people had done the hard work of running events and making sure that word got out - to young people in particular. Now it's my turn.

We want to engage the enthusiasm and energy of people reaching out and connecting for the first time, along with the skills and experience of people who have been involved for many years. That is what makes organisations thrive.

Breakout box 1

What is CSA? A national registered charity led and run entirely by volunteers.
A trusted source of information and support for people who stutter in Canada
A highly valued organisation with a strong track record of national conferences since 1991.

www.stutter.ca

Andrew Harding, CSA national coordinator.



PSH PROFILE

PAKISTAN STAMMERING HUB (PSH) PROFILE

Address: Psychology Department University of Peshawar Pakistan
Phone/Cell: +92-3329588968
E-mail: salm28@gmail.com
Website: www.facebook.com/groups/231835176852800/

Organization Name	Pakistan Stammering Hub (PSH)
Abbreviation	PSH
Date of Establishment:	July 2011
Address	Psychology Department University of Peshawar, Pakistan
Country	Pakistan
E-mail	salm28@gmail.com
Telephone number/Cell#	03329588968
Website	www.facebook.com/groups/ 231835176852800/

BACKGROUND

Pakistan Stammering Hub (PSH)

PSH PROFILE

Pakistan Stammering Hub was created in the year 2011 with the aim to fulfill the dire need of increasing the awareness about stammering both in ordinary listeners and the stammerers themselves. Throughout the world almost in every country stammering associations work for the benefit of stammering community, and we believe that our activities will also serve this purpose of educating the people about this kind of impairment by actively running different campaigns about stammering and its effects of person's life. This will also help in understanding the role of listener in the life of a person suffering from this disorder and how the listener can help. This platform aims to change the lives of those who are in need of help at this time.

VISION STATEMENT

PSH vision in broad prospective is to enable the stammerers to be able to help themselves by empowering them with the basic knowledge and understanding of this disorder enabling them to protect themselves against any kind of bullying factor and also remove the myths about stammering among the community.

MISSION STATEMENT

PSH mission is to make the life of a stammerer less difficult through the provision of appropriate education about stammering among the listeners, promotion of basic knowledge about stammering among the stammerers themselves and creating a communication bridge between the ordinary listeners and the stammerers.

OBJECTIVES

The Pakistan Stammering Hub has been created to offer support to all,

Pakistan Stammering Hub (PSH)

PSH PROFILE

whose lives are affected by stammering. The purpose of this group is to Provide special environment for the people who stammer Encouraged to share their feelings and learn from other group members.

Our aim is to construct a positive attitude towards stammering by working closely together and supporting each other Also to increase the awareness about stammering in Pakistan by directly educating the stammerer and enabling them to help themselves by educating there listeners. This involves participation in self-help groups where the stammerer participates in number of activities including speaking circles (speaking in front of the group, telephone practice, video conferencing, discussions, working on avoidance reduction therapy based on the works of Joseph Sheehan and Charles Van Riper. Also benefit from input from a Speech Therapist benefit. Our approach to therapy encompasses exploration of the emotional and psychological aspects of stammering as well as working with the stammering itself. Work on identifying the stammering, becoming more open and less sensitive about stammering and reducing avoidance behaviours. Participants will learn strategies to help them speak more easily.

SOME FACTS ABOUT STAMMERING

- 1% of the world population is afflicted with stammering, that's approximately **66 million Worldwide.**
- Despite decades of research, experts cannot determine the **cause of stammering**. However, there is no proven link between childhood trauma or parenting.
- There is no known **cure for stammering**. There are many therapies available but they require hard work and perseverance.
- Different people stutter to varying degrees. Some are more severe to the listener, **overt stutterers**, whereas others hide their stutter very well, these people are known as **covert stutterers**.
- Four times as many males are affected than females.
- Generally people **do not stutter** when they sing, whisper or speak in chorus.

Pakistan Stammering Hub (PSH)

PSH PROFILE

- Although stammering may seem like a relatively superficial problem, for the stutterer it can influence career choices, relationships and **all aspects of daily speaking life.**

OUR PROGRAMMS

SELF- HELP GROUPS FOR STAMMERERS IN PAKISTAN

We arrange regular Self-Help groups for stammerers which are free of cost at Lahore, Peshawar and Islamabad. These groups provide opportunity to the stammerers of desensitizing their sensitivity levels to great extent. Also the participants practice indoor and outdoor assignments as the part of their therapy to reduce their fear levels and improve their confidence levels.

STAMMERING AWARENESS PROGRAM FOR PARENTS

We run free stammering awareness programs for parents which enables them to help a child in much better way and stop the development of stammering behaviours. If a child has difficulty speaking and tends to hesitate on or repeat certain syllables, words, or phrases, he may have a stammering problem. Or he may simply be going through periods of normal disfluency that most children experience as they learn to speak. Vital information is provided to the parents of children who stammer. This involves distribution of free handouts, videos and books

1. Tips for talking to the child

PSH PROFILE

2. Teasing & bullying
3. The normally disfluent child
4. The child with milder stammering
5. How to Help them in the right way
6. The Child with severe stammering
7. Psychology of a stammering child
8. Risk factor chart for development
of Stammering in child.

STAMMERING AWARENESS PROGRAM FOR TEACHERS

We are also running our special campaign of increasing the awareness about stammering among the teachers and we are receiving a very good feedback from the educational institutions including Schools, Colleges and Universities. As stammering is a communication disorder that interferes with a person's ability to speak fluently. It involves the repetition, prolongation, or blockage of sounds, syllables, or words. When a person stammers, his academic performance and social life may be affected: he may hesitate to raise his hand in class, read aloud, or talk with other children in the class. The stammering awareness program is designed to give you practical information about stammering and to suggest strategies that may help you better meet the needs of the children in your class. Additional information about stammering is provided to the participants including

1. Arranging free workshops at different educational institutes enabling the teachers to help a person who stammers.

Pakistan Stammering Hub (PSH)

PSH PROFILE

2. Encouraging the stammerers to be able to help themselves.
3. General information about stammering
4. Teasing & bullying at school
5. A checklist for making a referral to a speech-language pathologist (SLP)
if you are concerned a child in your class may be stammering;
6. Answers to questions you may have about stammering
7. Brief descriptions of various resources on stammering, teasing, and building self-esteem in children. Some of these resources are geared to teachers, some to children, and others to parents

STAMMERING AWARENESS PROGRAM FOR EMPLOYERS

This program has been designed for managers, human resources professionals, and business owners, to have more information about stammering. We assembled this program to answer some common questions about stammering and to provide additional resources for people who stammers and additional information for their colleagues in the workplace. Some of the key points that will be highlighted in this program will include

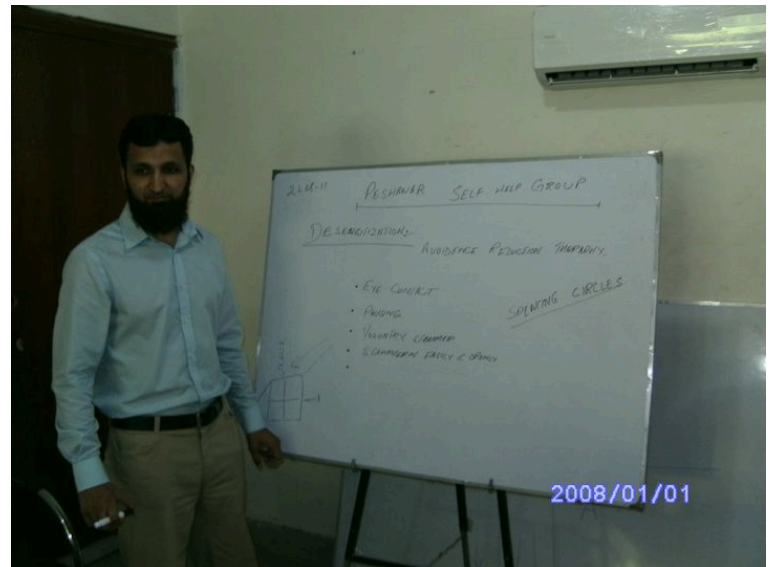
1. Basic information about stammering
2. Referral system from Organization
3. Commons Myths about stammering
4. Eliminating Stereotypes about stammering
5. People who stammers on Job helpful strategies
6. Responsibilities of people who stammers
7. Questions & Answers

Pakistan Stammering Hub (PSH)

The End

Salman Alam





FEAR REDUCTION HYPOTHESIS & SUPPRESSION OF STAMMERING

Before a person can understand this philosophy, he should have a good grasp over Joseph Sheehan's Fear Reduction Hypothesis i.e. what makes him stop/block and what enables him to continue mentioned in his book "Easy Stuttering". Joseph Sheehan fear reduction hypothesis states that the occurrence of block during a speech reduces the fear that elicited it in the first place, resulting in a release of block. If we can move ahead with this approach and analyze the importance of this process, it can be used for reducing the number of times a stammerer anticipates a stammer during his speech. If occurrence of physical block, reduces the fear of a block that elicited it, how about, if a stammerer starts to stammer psychologically as well (starts stammering at will or convince his mind to be stammering from now on by changing his role). This change of believe will indeed have a great benefit for a stammerer, as he would feel that he is not anticipating that much stammering as he was before when he had the other false role of a fluent speaker.

This can also be understood as the modes of speech. One who understands the whole approach of Charles Van Riper and Joseph Sheehan, he would come to the conclusion that there are two modes of speech a stammerer stays in, namely Avoidance mode and Acceptance mode (mode with willingness to stammer or not trying to be fluent at all). Although the avoidance mode which is the default mode is very strong and has already deeply penetrated in the behavior of the stammerer, it will not be easy in the beginning to switch to this new mode. A person who is in acceptance mode is actually already blocking or stammering in his mind or allowing himself to stammer and not fighting his stammer anymore (he is moving one step ahead before the physical struggle or block). This

occurrence of stammering psychologically works as fear reduction factor now and could enable the stammerer to continue without anticipating much fear and stammering, as he has now allowed that thing (block/stammer) to happen.

As according to Joseph Sheehan stammering is a learned behavior with overt & covert behaviors learned over a period of time. It should be kept in mind that a stammerer cannot expect to modify all these overt and covert behaviors straight away. This mechanism of stammering which is combination of many things like believes, thoughts, feelings, reactive response, fear, anger, prediction capabilities, physical struggle etc takes time and effort to be modified and changed over the period of time. Once the stammerer starts using the above mentioned principle and instead of avoiding the fear, he starts facing the fear, by learning how to stammer at will and by adopting the role of a stammerer, he will start getting rid of his overt and covert behaviors slowly. Discovering this feeling of stammering at will and adopting the role of a stammerer, is the key factor in recovery, as the stammerer will feel less fear and will anticipate less stammering. If stammerer continues to be in this role, the more this role gets stronger and the more he adopts it, the better he will feel and the less he will be suppressing the stammering.

This brings us to an important conclusion of Joseph Sheehan who states that "It is the successful suppression of stammering that maintains and perpetuates the mechanism of stammering". This statement clearly mentions that the suppression of stammering is the major factor in maintaining and creating the problem of stammering. For example if we look at tension and fear in the light of suppression, we can see that it is the suppression of stammering which lies at the bottom of this problem. A person who blocks on the word tttt table, it can be seen that soon he will start closing his eyes or tape his hand etc when he says the

word. This act helps in release of the block when he is struggling to say the word table, and soon this act of closing eyes or taping hand etc becomes a habit. All this is being done only to hide the dysfluency and suppress the dysfluency that the stammerer is anticipating. Another person because of the fear of stammering will avoid speaking in class or will never raise his hand to ask question only because he wants to conceal his stammering from his listeners. This person is actually suppressing his shame, by this act of concealment, and if we look further ahead to identify the reason for this concealment behavior, it is the suppression of stammering by the stammerer which is keeping him in vicious circle of stammering.

In this article I have tried to shed some light on the role of fear, in increasing the problem of stammering and how the occurrence of a block/stammer reduces the fear even if a person is not stammering at will. In the end I would like to conclude that stammering is a very complex disorder with varying degrees of complications and severity. There is for sure, no fluency shaping procedure or technique that can guarantee the complete eradication of stammering on its own until and unless the stammerer himself understands the suppression mechanism of stammering. Also one cannot expect to have this speech impairment rectified and eradicated just by understanding and using this principle as it needs to be followed by the complete therapy procedures of Joseph Sheehan's Avoidance Reduction Therapy.

Salman Alam



**¡¡2013 Always Present
Greeting the 2014 with Joy and Enthusiasm!!
With our International Stuttering Family.**

By Adolfo Barrales.

*Speech Language Pathologist and Psychotherapist. Neurofonoaudiólogo
Chair of Chilean Stuttering Association: Grupo de Amigos de Personas con Tartamudez Chile.
Chair of Grupo de Amigos de Personas con Tartamudez Chile en México.
External Professor and Relator for the Faculty of Sciences, Universidad de Chile
Special Friend of ISA. Member Representative of Chile to the International Cluttering Association*

Dear friends of our International Stuttering Family, 2013 has been a year full of satisfying, embodiments that fill, nourish the spirit. Always, with great pride, honored to contribute to the community of friends in Chile who stutter and spreading the vision and activities of ISA.

Many and varied are the activities that I want to share with each of you. Every day to keep generating realization of hopes, dreams, flowing in the purpose of life!!, sharing our lives in harmony.

The month and day of ISAD was a great and exciting experience that enriched the spirits, full of optimism for our friends whose fluidity sometimes are blocks, contributing to the society legitimate acceptance of our distinctions, support the diffusion of significance of this month, and day, projecting it to the future. The School of Fonoaudiología of the Autonomous University was our sponsor and gave us a room for 180 people!, together with the support of the Municipality of San Miguel, Disability Program.



Our great Sempai Ignacio Zapata. member our GAPChile team, gifted us his singer voice (link video en: [776195532&set=vb.100003125401655&type=3&theater](https://www.youtube.com/watch?v=776195532)).

I am very proud of my sempais (brother who supporting other brothers) of GPTChile Team.

They are great persons, they have great soul and heart! Ignacio Zapata, Eduardo Arévalo, Walter Uribe, Juan Alfaro, Javiera Araos (She, recently incorporated is Student of SpeechTherapy). All of them with disfluency in clear improvement.



I had a great pleasant conversation and support to the diffusion of our great national ISAD, with Eli de Caso, in her "Hello Agriculture" program (Radio Agricultura. 92.1 fm).

With the human face that is needs to open links to awareness, empathy, legitimate acceptance our differences between society and PWS.

Contributing to live on equity, for a sustainable development with common unit.

Gratitude to all those who have always given us the privilege to support them during the 2013 and will continue this year in our various activities which are essentially meetings between hearts. Meetings for facilitating fluency (rather than therapy, because I do not believe PWS are sick), with individuals meetings and group meetings. Applying "Awakening Being Yourself" (Neurofonoaudiológico approach). Arisen from my deeper purpose of contributing to a better quality of life for who their speech are blocked at times. Studying, researching the same experience of them, how our brain works, and how our mind works in the life experiences when we communicate us. Neurofonoaudiológico approach free of autoimmune and dogmatic attitudes.



Furthermore, a pleasure to be constantly providing support with meetings via Skype with many friends from different latitudes of our great country called planet earth.

Added to all it, various supports that are often on facebook Gaptartamudez Chile (<https://www.facebook.com/gaptartamudez.chile>). Our family grows every day, both as friends in Chile from various countries in the neighborhood.

In a world without borders, is a great joy share with all of you, we are present in Mexico. Jesus Lares (and exdisfluente, with my support to his fluency) is our Relacionador, from Ciudad Lerdo, Durango. Our realizations are being opening for disfluent brothers of this great and beautiful country! Always, vibrating with great

energy and with the great GAPTCHILE team, and GAP Stuttering Chile Mx "With optimism provide to Mexico disfluent brothers a more sustainable human development in synchrony with its surroundings, inside a world that cries out to do verb the significance: "we are connected in a single consciousness".

We have recently restructured the facebook site on Mexico, so information will be uploaded again (<https://www.facebook.com/gap.tartamudez>).

2013 that will not stop!, I have toured Chile, supported by Agencia de Capacitación Pragma with different Workshops to educators Pumahué Network schools: sensitization and facilitating them with tools for a better quality of life within the school between childs who stuttering and their classmates.



In the
same
essence
and



purpose, I was invited to contribute on the "1st Scientific Congress for New Education-Chile", with conferences and workshops (13, September 14, 2013. Done in Universidad Mayor. Headquarters Manuel Montt. Santiago de Chile). Theme: "Communicating to us. Introduction to neurocomunicacióneducativa innovations".



2013, a year really exciting, constantly perfecting my ability "to listen up" persons who fluency are being blocking at times. I always channeling my hyperactivity characteristic :), a great satisfaction to have a space each week on TV channel El Rastro, program "Alo



Rastro" (Signals 73, 22, 29 Claro open signal. 10:00 am).



A TV channel that dares to cover what it means experience life for persons who stutter. Thus, contributing to links in the way of social awareness. We have had important guests, friends who are in a process the encounter with the

fluency, they have dared to face the TV cameras, telling to the community their life stories. Gratitude to his team: Daniela Muga, journalist, producer, Mario Solis, journalist, driver program, Cristian Olivos, TV Director.



We follow in Great Common - Unit with all of you, with my team who have the patience to tolerate and accompany my constant hyperactivity. Here, some photographs with some of them, sharing before to celebrate 2014!

The world we want to build, our longings and desires wellness are building together. I greeting the future, together my great team.



So, we will be continue sharing this 2014, with great stories and contributing to the quality of life our International Stuttering Family.

Together with my parents, making a toast for all of you with whom I have had the privilege of sharing this transition in life.

"Time is a constant flow in present time, in this flow, I wish this year all of us being lights shining in the sky, giving us the joy of being a single spiritual consciousness in Love." Always I am thanking to Michael Sugarman, Keith Boss, dear Chairs ISA. With affection, Adolfo Barrales. Chile.





**¡¡Un 2013 Siempre Presente
Saludando al 2014 con Alegría y Entusiasmo!!
With our International Stuttering Family.**

By Adolfo Barrales.

*Speech Language Pathologist and Psychotherapist. Neurofonoaudiólogo
Chair of Chilean Stuttering Association: Grupo de Amigos de Personas con Tartamudez Chile.
Chair of Grupo de Amigos de Personas con Tartamudez Chile en México.
External Professor and Relator for the Faculty of Sciences, Universidad de Chile
Special Friend of ISA. Member Representative of Chile to the International Cluttering Association*

Queridos amigos de nuestra International Stuttering Family, 2013 ha sido un año lleno de satisfacciones, realizaciones que llenan, nutren el espíritu. Siempre, con gran orgullo, honrado de aportar a la comunidad en Chile de amigos quienes tartamudean y difundiendo la visión y actividades de ISA.

Muchas y variadas son las actividades que quiero compartir con cada uno de ustedes. Cada día para seguir generando concreción de anhelos y sueños ¡¡fluyendo en el propósito de la vida!!!, un compartir el vivir en armonía.

El mes y día del ISAD fue toda una gran, emocionante experiencia que enriqueció los espíritus, lleno de optimismo a nuestros “amigos cuya fluidez en momentos se bloquea”, a la sociedad en el apoyo a la aceptación legítima de nuestras distinciones, difusión de la significancia de este mes y día, proyectándolo al futuro. La Carrera de Fonoaudiología de la U. Autónoma nos patrocina y brindó un salón para 180 personas!!!, junto al apoyo de la La Ilustre Municipalidad de San Miguel, Programa de Discapacidad.



video en: [776195532&set=vb.100003125401655&type=3&theater](https://www.youtube.com/watch?v=776195532&set=vb.100003125401655&type=3&theater)

Nuestro gran Sempai Ignacio Zapata. Miembro del equipo de GAPChile, nos brindó su voz (link



Orgulloso de mis sempais (hermano que apoya a sus hermanos) que conforman el Equipo de GAPChile. Grandes personas en alma y corazón!!!: Ignacio Zapata, Eduardo Arévalo, Walter Uribe, Juan Alfaro. Javiera Araos (recientemente

ingresada. Estudiante de la carrera de Fonoaudiología, con disfluencia en franca superación).



Una grata conversación y apoyo a la celebración del ISAD brindó nuestra gran entrevistadora nacional Eli de Caso, en su programa radial "Aló Agricultura", de Radio Agricultura. 92.1 fm.

Con la cara humana que amerita el abrir vínculos de sensibilización, empatía, aceptación de las legítimas diferencias entre la sociedad y quienes tartamudean.

Aportando a un convivir en equidad, a un desarrollo sustentable en común unidad.

Gratitud a todos quienes siempre han otorgado el privilegio de apoyarlos durante el 21013 y continúan este año en nuestras diferentes actividades que en esencia son encuentros entre corazones. Encuentros de Facilitaciones hacia la fluidez (en lugar de terapia, ya que no considero que son personas enfermas) uno a uno y grupales. Aplicando "Awakening Being Yourself", del enfoque Neurofonoaudiológico. Surgido de mi profundo propósito de aportar a una mejor calidad de vida de quienes su fluidez se bloquea en momentos. Estudiando, investigandola experiencia misma de ellos, cómo funciona nuestro cerebro, nuestra mente y cómo funciona nuestra experiencia en el convivir cuando nos comunicamos. Libre de actitudes dogmáticas y autoinmunes.



Además, un placer el estar constantemente brindando apoyos con encuentros vía Skype a muchos amigos de diferentes latitudes de nuestro gran país llamado planeta tierra.



Se suman en diversos apoyos que frecuentemente se están subiendo al facebook Gaptartamudez Chile (<https://www.facebook.com/gaptartamudez.chile>). Donde nuestra familia cada día crece, tanto de amigos en Chile como de diversos países del vecindario.

En un mundo sin fronteras, es una gran alegría compartir con ustedes que estamos presentes en México. Con Jesús Lares (ya exdisfluente, con apoyos de facilitación hacia

la fluidez) como nuestro Relacionador, de Ciudad de Lerdo, Durango. Nuestras realizaciones se abren a los hermanos disfluentes de este gran y hermoso país. En un siempre, vibrar con energía y!!, junto al gran equipo de GAPCHILE, GAP Tartamudez Chile Mx para: "Aportar optimismo a un desarrollo humano más sustentable en sincronía con su entorno en un mundo que demanda hacer verbo la significancia de que estamos conectados en una sola conciencia".

Recientemente hemos reestructurado el sitio facebook, por lo cual información será subida nuevamente. (<https://www.facebook.com/gap.tartamudez>).

2013 imparable!!, recorriendo Chile, apoyado por el Organismo Pragma Capacitación, con diversos Talleres a educadores de la Red



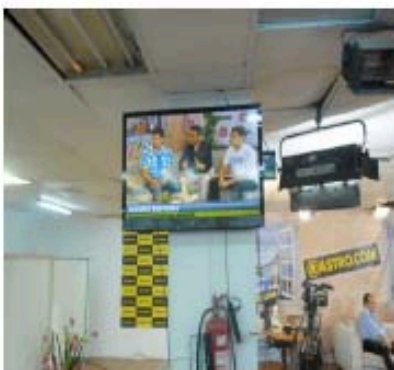
d e



colegios Pumahue. En la sensibilización, facilitaciones para el clima, convivencia escolar frente a estudiantes quienes en momentos su fluidez se bloquea.

En la misma esencia y propósito, invitado a aportar con conferencia y workshop en el

"1er Congreso Científico para una Nueva Educación-Chile" (13, 14 Septiembre, 2013. Realizado en Universidad Mayor. Sede Manuel Montt. Santiago de Chile). Temática "comunicando nos" inserción innovaciones neurocomunicación educativa



Un año realmente emocionante, en constante perfeccionamiento de mi capacidad de escuchar a quienes en momentos su fluidez se bloquea. Canalizando mi característica hiperactividad:), una gran satisfacción contar con un espacio, cada semana, en canal de

televisión El Rastro, Programa “Aló Rastro” (Señales 73, 22, señal abierta Claro 29. 10:00 am).



Un canal que se atreve a dar cobertura a lo que significa la experiencia de vida para quienes tartamudean. Así, aportando para sembrar lazos en el camino de la sensibilización social. Teniendo invitados importantes, amigos que están en franco proceso

de encontrarse con la fluidez, atreviéndose a enfrentar las cámaras, brindando a la sociedad entera sus historias de vida. Gratitud a su Equipo, Daniela Muga, periodista,



productora, Mario Solís, Periodista, Director.

conductor programa, Cristian Olivos,

Seguimos en Gran Común – Unidad con todos ustedes, junto a mi equipo que tienen la paciencia de tolerar y acompañar mi canalizada constante hiperactividad. Aquí, con parte de ellos en cena previa a celebración del 2014!!

El mundo que deseamos construir, nuestros anhelos y deseos de bienestar se construyen entre todos en un solo todo. Saludo al futuro, junto a mi gran equipo.



Así, Grandes historias seguiremos compartiendo este 2014 y aportando a la calidad de vida toda nuestra International Stuttering Family.

Junto a mis padres, brindando para todos ustedes con quienes he tenido el privilegio de compartir este tránsito en la vida.

“El tiempo es un constante fluir en presente, en ese fluir que este año cada presente entre todos seamos luces que brillan el firmamento brindándonos el goce de ser una sola consciencia espiritual pensante en Amor”. Agradeciendo siempre a Michael Sugarman, a Keith Boss, queridos Chairs de ISA. Con afecto, Adolfo Barrales. Chile.

<https://www.facebook.com/gaptartamudez.chile/friends>

<http://www.gaptartamudez.com/>



UPDATE FROM THE NETHERLANDS

Last year at ISA 2013 in Lunteren, I have joined the ISA board, where I am chairing some sub committees, e.g. on Fund raising, External Committees, Joint Conferences with IFA/ICA, Research & Development and Liaison with WHO. The specific aims are a little more extended elsewhere in this Newsletter.

In the Netherlands, we are quite busy in writing the Clinical Guidelines on diagnosis and treatment of Developmental Stuttering. Next to the elder ones from USA, GB and Canada, that may be the most recent Guideline, and (apart from national implications) it will be used also for the information for the WHO, allude to above.

Our theme at ISAD 2013 has been the introduction of a novel brochure on childhood stuttering (<http://www.stotteren.nl/webshop/folders/ik-kan-beter-stotteren-dan-jij-detail.html>) at school. Anyhow, Dutch media have spent quite some useful attention to ISAD 2013.

In 2014 we will focus on strengthening the academic setting of the vocational training and practice of SLP's, e.g. by starting new research projects and studying the public opinion about stuttering – and thereby possibly being able to influence that.

Bert Bast



****Disclaimer-** The opinions and views expressed in One Voice are solely from the authors themselves and may or may not reflect the views and opinions of the ISA Board**

Edited by: Josh Denault U.S.A. (email: jdenault00@gmail.com)

Liaison: Masuhiko Kawasaki (email: ma-kawas@sa2.so-net.ne.jp)

