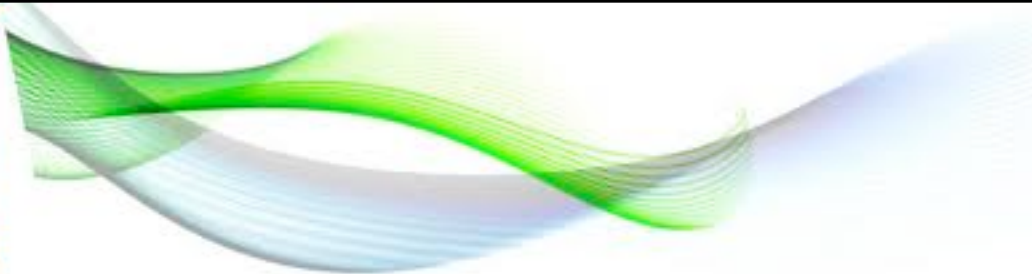


ONE VOICE



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



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MESSAGE FROM THE CHAIR

Message from the Chair.

Hello to all International Stuttering Association (ISA) friends around the world.

This is a message I prepared six months ago.

A year has passed since this ISA Board was elected by our membership in Lunteren (Netherlands). One of the clear messages you gave us was to work more closely with the professional community.

Links with the International Fluency Association (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. I have a series of articles being published in the e-newsflash (<http://www.isastutter.org/news/e-newsflash>) about various treatments which go beyond the stuttering syllable count.

We continue our support for the On-line Stuttering Conference in October and International Stuttering Awareness Day (ISAD) on October 22nd. Please visit <http://www.isastutter.org/isad-2014-call-for-papers> to find out how you can contribute an article for this October's ISAD online Conference, or tell us about your plans for your local ISAD. Your contributions can be written or be a video message or a little of both. We depend on you for the success of the event. Please visit us in October to read and see what others are talking about.

During the six months since I wrote to you last we have held two Board meetings using a Google Hangout; appointed Bert Bast as ISA Secretary; appointed Árni Heimir Ingimundarson from Iceland as Treasurer; moved our Danish bank accounts to the UK (current UK account has a balance of £4504.69); continued our Outreach with work in the Middle east, to name but a few of our successful endeavours.

I have been reflecting on the phrase "Raising awareness of stuttering". What does this mean to you, and what would you like the ISA to do around the world? This is a particularly challenging task with Cultures where stuttering is not discussed and is a painful stigma. How do we help these Cultures to view the success stories we have and to look on people who stutter as assets to their families / employers / communities / countries?

Our committee work is continuing a little slowly at present, while we learn the best way to use Google docs. We think we know the best way ahead now, so I hope committee work will progress at a faster speed (however we must remember all committee members are volunteers with other priorities in their lives). There is work to do, so if you want to volunteer to help us in this Internet based work, please let me know.

Jerry, our Vice Chair is working well with the NSA on linking their annual conference with our 11th World Congress in 2016. I think we are close to deciding on a hotel, and I have talked to the NSA organisers about a room for our Membership meeting for a day prior to the World Congress.

MESSAGE FROM THE CHAIR

I hope many of you are saving up for a visit to America 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 will have. You will be most welcome. If you have attended previous NSA or ISA World Congresses, you will know what to expect.....maybe. A meeting of 1000+ will be on a different magnitude. Children and teens (also parents and relations) as well as young adults are well looked after. So this will be the 11th World Congress for all ages. There will be PWS / SLPs / SLTs / students. You will have such a fun busy time you will need a holiday to get over it, so take a few extra days, before and or after to visit local attractions.

At the membership meeting of the 11th World Congress we need to discuss where to hold the 12th World Congress in 2018/2019. There are three options.

We can continue as we do now and ask one of our Members to host the 12th World Congress in their Country in 2019; or

We can work with the IFA to have a joint conference with them. Their conference schedule means theirs should be in 2018 so we need discussions on the year; or

We can aim at doing both. Work for a World Congress with the IFA and with one of our Member Associations (or Fluency Associations). This will be costly in time and attending both.

Bearing in mind our Membership asked us to work more closely with the IFA, which of the three options do you prefer?

Would your Association be interested in making a bid in 2016 for hosting the 12th World Congress (2018 or 2019) with or without the IFA? If there were one, would you work with a local Fluency Association?

Please let me know.

We are changing the way we link up with you. We will be using Facebook (https://www.facebook.com/isastutter?ref_type=bookmark) much more. Our e-newsflash (<http://www.isastutter.org/news/e-newsflash>), and One Voice (<http://www.isastutter.org/news/one-voice-newsletter>) will be notified to you via Facebook. Please add us to your favourites; please look at our Facebook page often; please contribute; tell us what you like or want improved; click on "Like" whenever possible. Tell us how we can help you or your local group. Let us know if you have any ideas about how to improve our Facebook use.

Another way we are changing and are moving ahead is to work with a Google hangout group initiated from Jordan. What about beginning one in your country? Email me if you want help with this.

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

Warmly,

Keith

continued on next page



MESSAGE FROM THE CHAIR

Seven months have passed since this was written. A combination of events contributed to the delay. I apologise for the delay in publication.

During this delay events have moved on within the ISA.

Africa

We have changed direction and are looking at working in countries in Africa to help them to build up the size and number of their Self Help Groups (SHG);

We are offering to host their websites;

We will help them to form National associations and work in Social Media;

We will help and advise them to hold meetings of nearby SHGs and then national meetings;

Contact Universities with a threefold purpose of working with them to provide Computer access for Online meetings with other PWS and SLPs/SLTs

contact local media / schools / etc. to counter and stigma issues in that country

make meeting space available if required;

Working on ways to target Children who stutter to help them leave stuttering behind;

Plus, plus.....

Future Plans

We have begun to specify future projects;

We have estimated possible project costs;

We are working out how to raise funding for these projects.

Fund raising

We are looking at ways to improve the content layout and appearance of our website;

We are preparing an ISA Business plan to show potential funding agencies we mean business and know what we are doing.

Our Vision

Our vision talks about information.... a world that understands stuttering;

ISA Outreach has done this in the past to improve the lives of people who stutter;

Our vision should reflect this;

A possible vision might be

The ISA has a vision of a world that understands the complexity of stuttering and that the recent therapies for both children and adults will reduce the number, with this disability, by more than half within a few decades.

What do you think?

Secretary

We are considering applying for money to enable us to pay for a part time secretary to help out with the increased workload this additional work will involve. What do you think?

Warmly,

Keith (5th Feb 2015)

MESSAGE FROM THE EUROPEAN LEAGUE OF STUTTERING ASSOCIATION

ELSA



**THE EUROPEAN LEAGUE
OF STUTTERING ASSOCIATIONS**
registered charity 1074561

This editorial is being written at the time of the 9th European League of Stuttering Associations (ELSA) Youth Meeting here in the Netherlands.

Thirty young people who stutter have come together from national stuttering organizations (NSA) across Europe for six days to discuss stuttering and the work of the NSAs. Experts have given talks to the young delegates on subjects such as how NSAs work, the types of funding and the legislation that is available for non governmental organizations, such as the NSAs and ELSA, to demand their rights.

It is not all tough class work with a lot to take in. There have also been workshops on assertiveness, public speaking and conversation skills, theatre and a project on creating a youth group. Other time slots have been packed with presentations, watching videos as well as making video-presentations, and games to get to know each other better.

Also, there has been a day of leisure that included typical Dutch activities such as cycling on cycle-trains and tandems, canoeing in the countryside of the Netherlands and visiting a special windmill.

The amazing week will be closed by the project presentations, a bbq and karaoke night, with special guests from the Dutch association and even previous ELSA youth meeting delegates who travelled all the way to the Netherlands just to visit the ELSA youth meeting once again!

What has also made this a week to remember for the delegates is the fantastic weather. The Netherlands is experiencing a heat wave right now!

The young delegates will soon scatter across Europe on their way home, taking great memories with them. We hope they have learned to create their own future by being more assertive and expressing their opinions and needs, as people who stutter as well as young adults. Hopefully they will become active in their NSAs and take steps towards making their aspirations come true.

We, as organizers, will also go home with great memories. We know for sure that from the past eight previous youth meetings some delegates went on to become Board members of their NSA and some became Chair of their NSA.

We expect nothing less from this group; we are sure they will be inspired and go on to work in a larger capacity for their NSA.

We all know that working for the benefit others is a great inspiration to work on one's self.

This youth meeting was majority funded by the foundation that was set up to organize the World Congress for people who stutter in 2013. Additional activities were funded by Demosthenes, the Dutch Stuttering Association, and the European League of Stuttering Associations.

As for the next youth meeting - funding is always difficult to source, so this is a call to all national stuttering associations of Europe - "encourage youth" - can you help us finance and support the next ELSA Youth Meeting?

Edwin Farr MBE (UK), Anita Blom (S), Richard Bourgondiën (NL)

MESSAGE FROM OUTREACH

This is a message I prepared six months ago.

I had hoped to pass the chairmanship of Outreach to Jerry Maguire, our Vice Chair ISA by now. This still has not happened. We will discuss this again when Jerry is settled into his new job. He is Chair of Psychiatry in a sister campus in California.

The organisation of 3rd African Congress is currently being carried out by Dieudonne from the Rwanda Stuttering Association (<http://www.rwandastuttering.tz.com/new%20in%20randa%20stuttering.html>) He is planning to have the 3rd African Congress for several days during December 2014 in Kigali, Rwanda. Watch our monthly e-newsflashes. 11 other African Countries have already confirmed they will attend the Congress.

One of the major issues in planning the conference is sponsorship for scholarships to attend the conference. Without this sponsorship many Africans cannot attend, so the conference might not be held. If you want to help in sponsoring Africans from other Countries to attend, then please contact Árni Heimir Ingimundarson, our Treasurer, whose email is arni.heimir.ingimundarson@gmail.com. He 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 or assist in fundraising, please contact me.

In recent outreach work in the Middle East the significance of the phrase "Raising awareness of stuttering" became very clear to me. There are Countries of the world where there is little or no organised help for PWS and where society generally accepts that PWS are to be 'not seen and not heard' and in the extreme will be considered mentally retarded. A PWS would not discuss the stutter even with any family member and may have issues attending a Speech Therapy class, because stuttering is a stigma to be hidden away. I asked myself 'How can the ISA address this?' One of the solutions seems very obvious.

In the International Stuttering Association (ISA), International Fluency Association (IFA), American Speech-Language Hearing Association (ASHA), Royal College of Speech and Language Therapists (RCSLT), British Stammering Association (BSA), National Stuttering Association (NSA), to name but a few organisations there are many SLTs / SLPs with close links to, or who work in, Universities. The SLTs / SLPs may be active in the field or retired. It does not matter. We need ambassadors to network with department heads in Universities in Countries as described above to talk about stuttering and the general intelligence of PWS and their being assets to employers and Countries.

I suggest we start a new ISA project. **ISP-RA. International Speech Project-Raising Awareness**. As Jerry is Chair of our Universities sub committee. He has volunteered to run with this project, so if you have any input, or are interested in helping him, please contact Jerry whose email is gerald.maguire@ucr.edu.

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;

MESSAGE FROM OUTREACH

-volunteers to assist on the varied ISA committees and projects

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@ucr.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.

Seven months have passed since this was written. A combination of events contributed to the delay. I apologise for the delay in publication.

Africa

We have changed direction and are looking at working in countries in Africa to help them to build up the size and number of their Self Help Groups (SHG);

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Working on ways to target Children who stutter to help them leave stuttering behind;

Plus, plus.....

Keith Boss

ISA Chair of Outreach

ISA Chair

keithmaxkb@yahoo.com

TALKING WITHOUT FEAR

“Caint gan Eagla” is Talking without Fear written in the Irish language. This was the theme of a one day conference held in Dublin, Ireland this past April. The Irish Stammering Association (ISA) holds an Open Day every year on this theme to give children, teens and adults opportunities to share positive experiences that will reduce fears and the struggle to speak.

The Open Day covered such things as a phone support group for men who stammer and the launch of leadership skills training for women who stammer. There were break out group sessions for adults and parents of children who stammer, as well as Open Mic opportunities.

I was asked to be a guest speaker for the adults, via Skype. The ISA was excited to be able to have an international speaker for the conference and I was excited for the opportunity. I was asked to speak about my own journey with stuttering and how I have transitioned from being a covert stutterer to someone who stutters openly and speaks without fear.

The ISA had a communications person who set up the technology for me to be able to be in my office in New York speaking to a group at a conference center in Dublin. A two way camera was set up so that I could be seen up on a big screen (gulp!) and I could also see the group I was talking to.

I was asked to speak for about 20 minutes and have 10 minutes for questions.

The conference organizer, Veronica Lynch, and I tested the technology about 15 minutes before I was to speak. Everything worked well and then it was show time.

I talked about what has helped me personally overcome fears of speaking, how I pushed myself out of my comfort zone by joining Toastmasters and becoming a DTM (Distinguished Toastmaster), and how I've gone from covert to overt. It was a great opportunity for me to “practice what I preach” by accepting this speaking challenge and it was great fun meeting some folks via Skype who I'd previously only met via Facebook. It was also nice seeing Michael O'Shea, who has been to NSA conferences. I met him in Atlanta in 2007, although he had to remind me of that!

The most daunting thing about speaking to a group via Skype is feeling that you're unable to make eye contact. Establishing eye contact is important when doing any type of speaking, but especially when you are talking to people who stutter. It felt awkward to look into my webcam and not at the audience as I could see them on the screen, but that's how I was best able to give the appearance of eye contact!

I received good feedback from conference attendees about my talk. Veronica shared with me that people liked having an international speaker, that the Skype set-up was great, and that people would like to hear from me again. I guess I told a good story. I took risks and shared the very personal side of my journey.

The best part of the experience was when people came up and asked questions after my talk. They came up and sat in a chair right next to the laptop so I could see them up close and personal. And quite a few came up to talk to me and ask questions. To me, that was a good sign that I had engaged with the group.

This was a great experience. I was able to connect with people who stutter across the world and it seemed like we were in the same room. Once I got over the intimidation factor of seeing myself up on the big screen and was talking and sharing, I actually forgot for a few moments how far away we really were.

This was the second time I have used technology to Skype in to an international gathering. Last year, I helped organize a women's workshop at the World Congress for people who stutter in The Netherlands.

If you ever get the opportunity to have an experience like this, seize it. It's a great way to truly connect with the global stuttering community and show how much alike we all really are.

Pamela Mertz, New York, USA

TALKING WITHOUT FEAR

Pamela Mertz is a person who stutters from Albany, New York. Pam is very active in the stuttering community. She is a Stutter Social host, writes a blog, “Make Room For The Stuttering” and also hosts the podcast “Women Who Stutter: Our Stories,” where women from all over the world have had a chance to share their stories and have their voices be heard. You can find the blog and podcasts at www.stutterrockstar.com



NEWS FROM AUSTRALIAN SPEAK EASY ASSOCIATION

Branches of the Australian Speak Easy Association exist in 5 of the 6 Australian states (South Australia, Western Australia, Queensland, New South Wales and Victoria). The remaining state, Tasmania, is allied to the Victorian group given its geographic proximity. The members of these groups are predominantly people who have either undertaken therapy (smooth speech treatment or McGuire programme are the two most prominent). We are now opening ourselves up to people who are yet to begin therapy and who are investigating therapeutic approaches including acceptance.

All state branches have developed close working relationships with teaching universities in speech pathology. At least once per year in most states speech pathology students will attend a "Speak Easy" meeting or ASEA members will present to undergraduate speech pathologists.

The affairs of the national association are managed by a National Council which is now meeting 3 times per year in a webinar using "gotomeetings" software. The national council also meets in person during the annual national conference of the ASEA. The webinars have been conducted for the last 2 years and have proved to be a wonderful stimulus to co-ordinated council activity. Skype had been used previously but was not as robust for the size of our group. There seemed to always be unexpected "drop outs". In addition the Skype meeting restricted members ability to present a visual display of their reports or presentations. These limitations have been overcome with "gotomeetings" technology and as a consequence the effectiveness and efficiency of our group activity has developed considerably.

One of our recent accomplishments was to provide a submission to the Australian Government enquiry on speech pathology services. A key element of that submission was to refer to recent research on the economic and emotional costs of chronic stuttering. The frequent link between stuttering and social anxiety disorder was highlighted as was the impact that this link has on the lives of people who stutter and the complication it presents to therapy.



The next annual conference of the ASEA will be held in Canberra (2 hours south of Sydney) from March 13th to 15th 2015. International visitors are very welcome. Details shortly on Australian Speak Easy Association website.

-Mark Irwin

NEWS FROM AUSTRALIAN SPEAK EASY ASSOCIATION



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PUBLIC PERCEPTIONS OF STUTTERING

I am a teacher at a school of special education in Osaka Prefecture, Japan and I am also involved in the activities of the Japan Stuttering Project including summer camps for children who stutter and their parents.

The January 28th edition of the Asahi Shimbun, a major Japanese newspaper, included the tragic story of a young Japanese man who committed suicide because of issues related to his stuttering. I was one of many people who responded to the news by speaking of the urgent need for an increased public awareness of stuttering. I felt so strongly that I wrote an article about it that was published by the Asahi Shimbun on March 10th.

Many people have been expressing the opinion that people should wait until a person who stutters finishes saying what he/she has to say and that school teachers should not force students who stutter to speak up or read aloud in class, as a way to show consideration for their situation. Though they are well intentioned, it seems to me that such responses show a lack of understanding about the nature of stuttering. I am rather concerned that such attitudes might actually end up promoting excessive concern and consideration for or even prejudice against us as people who stutter.

Experts agree that about one percent of the world's population stutters. This means that there are a large number of people in the world who are experiencing inconveniences due to difficulties in uttering words, facing challenges carrying on daily conversations and fulfilling responsibilities at work.

However, thoughts about stuttering seem to differ from one person to the next. Some want the person with whom they are engaging in conversation to wait until they finish saying what they have to say, even when they cannot say a word. Others, in contrast, do not want them to wait. Some of those who stutter find it difficult to speak in public while others actually enjoy talking in public.

We do not expect non-stuttering people to give us special consideration based on their presumptions or vague knowledge about stuttering. We are hoping to build relationships in which people who stutter and those who do not can communicate with each other openly.

It is a complete misunderstanding to think that being able to speak fluently is the best form of communication. I believe that most people who stutter have learned that many people listen to what we say about our experiences, dreams and hopes, even if we speak haltingly and awkwardly and they have to use their imagination in

trying to understand us. We have learned this through the difficulties we face in various situations, such as sitting for job interviews, business negotiations, making presentations, proposing to a loved one, etc.

The most serious issue surrounding stuttering is not stuttering itself. It is rooted in our negative thoughts, behaviors and emotions, which compel us to avoid situations where we might have to speak, because many people who stutter think stuttering is bad or inferior and have become afraid of stuttering. There is no complete cure for stuttering, but there are many approaches and methods for dealing with our thoughts and behaviors and modifying them, such as rational-emotive therapy, cognitive therapy, assertiveness training, and the narrative approach.

We can resolve many issues arising from stuttering if we accept ourselves as people who stutter and if we openly state what we wish to say or must say in our own words, even if we wish to avoid stuttering and feel ashamed of it.

There are an increasing number of people in our group who do not stutter but are concerned with stuttering who find our approaches to stuttering meaningful for their own issues and personal growth, as our programs focus on other things rather than working directly on our speech. Thus, stuttering can be a shared theme to live fully, not just for people who stutter but also for those who do not. I hope there will be more such people who come to take an interest in the world of stuttering, and that we can learn from each other. (Translation by Kazue Shinji)

Rikiya Kaketa

Japan Stuttering Project



INFORMATION ABOUT THE E-BOOK "TEACHERS AND STUTTERING"

English

eBook "Teachers and stuttering"

The last may the "Iberoamerican Stuttering Association" published the ebook in spanish titled "Teachers and stuttering". The book consists of 8 chapters written by specialists from four different Iberoamerican countries (Argentina, Brazil, Spain and Venezuela) and it has the mission to give to the teachers the tools and strategies which will allow them a better approach to the disorder.

For more information and ways to acquire the eBook, visit http://ttmib.org/libro_maestros.html

Spanish:

Libro electrónico "Los Maestros y la Tartamudez"

El pasado mes de mayo, la "Asociación Iberoamericana de la Tartamudez" publicó el libro electrónico "Los maestros y la Tartamudez". El libro contiene ocho capítulos escritos por especialistas de diferentes países iberoamericanos (Argentina, Brasil, España y Venezuela). Este libro tiene por finalidad dar a conocer a los maestros qué es la tartamudez y ofrecerles estrategias y herramientas para un mejor abordaje del trastorno.

Para información acerca de su contenido y formas de adquirirlo, visite: http://ttmib.org/libro_maestros.html



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BRIEF INVESTIGATIVE ARTICLE

DIMENSIÓN NEUROFONOAUDIOLÓGICA **Knowing and Therapy** **Experiences-Mind-Brain-Emotionality-Espirituality** **A Personal Approach**

For
ISA

Adolfo Andrés Barrales Díaz. Speech Language Pathologist and Psychotherapist. Chair GAP Tartamudez Chile (Grupo de Amigos de Personas con Tartamudez Chile). GAP Tartamudez Chile in Mexico and Peru. External Professor and Relator for the Faculty of Sciences, Universidad de Chile. Member Representative of Chile to the International Cluttering Association. Speech Language Pathologist Director of Centro Salud Mental y Educación MISOGI. Special Friend to the International Stuttering Association.

INTRODUCTION

Dimensión Neurofonoaudiológica©
METODOLOGIA NFBT
Neurofacilitación bienestar transformacional

Dimension Neurofonoaudiológica has emerged from a 25-year personal research the author, WITH integrating beneficial approaches which allow people well being, such as: advances in neurosciences in the occident, the ancient knowledge of the East, neurobiocuántica, transpersonal psychology, neuropsychology, psychophysiology, psychoneuroimmunology, bioenergetics, spirituality and neurolinguistic programming, biology of cognition, and others.

Its concepts and exercises allow people discover and mobilize their own capacities, that are in the wonderful potential of the brain, facilitating harmony between mind, body, spirit and emotionality. Allows them to leave the usual pattern about Fighting and within blocks to the fluency towards a freedom expressive pattern. A great satisfaction that many fluent people who sometimes their speech fluency are blocked, of all ages, have been and are benefiting from this dimension. Providing them beyond reach beneficial expressive fluency, fluidity in living, social integration and develop their life projects.

“The Dimensión Neurofonoaudiológica mobilizes the capacities which are in that endless sea in your brain and mental reality”

BRIEF HISTORY OF THE DEVELOPMENT AND IMPLEMENTATION OF DIMENSION NEUROFONOAUDIOLÓGICA

For over 25 years, the author has followed a path of constant upgrading, participating this great era of advances in neurosciences, consciousness expansion and transformation of the self. Facing the magnificence of universal wisdom, far from owning the truth, has integrated advances in neuroscience, neurocuántica, emotionality, ancient knowledges of orient, spirituality, and posracionales approaches, transpersonals, models strategic oriented to solution which the author has been called Neurofonoaudiología.

The Dimension Neurofonoaudiológica is free from dogmatic and autoimmune attitudes. To contribute to a renewed phonoaudiological science, accompanying this era of great changes. Applying the knowledge to the community that see limited or slowed their life projects because of their distinctions in language. With special dedication to you, who the fluency sometimes suffer blocks.

All of you have been inspiring the construction Neurofonoaudiológica toward your wishes to finding the fluency.

All of you have been teaching where to find what your need: it is within yourself.

BREVIARY ABOUT APPLICATION OF DIMENSION NEUROFONOAUDIOLÓGICA

Neurofonoaudiología is a dimension that was born dedicating my capacity to listen and understand all of you: their experiences of living with stuttering; how and where all of you have be respondiéndose and solving; the results that all of you have obtained; how and where they want to be respondiendo and solving the fluency.

Dimension Neurofonoaudiológica is free of dogmatism and autoimmune attitudes, respecting diversity of thoughts and approaches. It is a dimension that supports you with facilitations strategies so you know how to find and reach those moments, "in Your mentality" when your fluency is well, when you are detached of the usual pattern of struggle, it is a pattern very exhausting in every sense (energy, physically, mentally spiritually).

Facilitation strategies where you are be able to movilices your own potential and abilities in your Individual Mentality of Being Person, when you're dissociated speaking. When you are alone, when you speak with a low volume voice, when you are talking to pets, babies, among many other situations, you flow better! and even "normally". Situations where "you wonder and you say" how, why?!

***So, I am a firm believer, defender,
that we are far to keep thinking and see them as sick people.***

Experiences-Mind-Brain-Emotionality-Spirituality are an indivisible whole, are closely related and mutually. Thus, we can understand in an innovative form about processes involved in fluency: not only are involved brain motors systems. Trellises and synaptic systems involved in emotionality, limbic system, amygdala, are also involved, along with the relationship experiences and synaptic shaping of these systems synergistically: Mind-Body-Person-World.

***“Persons Who Stutter are not slaves
of Neurology and Genetics defective”***

Support you to leave be fighting for so long with this pattern that remained controlling you (a true pattern of survival struggle: calculating the time rate of speech and breathing, changing the accent or tone of your voice, avoiding words, by anticipating how to speak, of what people say, etc). It is go your mentality personal, hence your abilities to rescue solutions, then stabilize in experiences, support you find satisfaction with emocionalidades = Results. A process that takes time, no doubt. An 180 ° change of where and how you've been solving and focused. Support you, release your fears about yourself, people, release you hide fluency blocks, avoid circumstances. "You're not a victim of them".

"Dimension Neurofonoaudiológica is a process", building stages.

It requires time, with daring, determination, attitude, especially to new solutions. The process is far away to think is performed always in a room, therapist and you alone. Communication Occurs among people, so the facilitation process integrates an essential characteristic: One to one and co-creating Also With Others: sometimes with others people who their fluency is blocked, your family, friends; furthermore, out of the facilitation room (rather than "therapy room" because you are not sick) to the natural environment, among others.

In the conviction that we cannot pretend that the problems that plague us disappear completely, Neurofonoaudiología is energy: towards the encounter with results That will generate vibration of emotional value to your life, until the levels of fluency yourself decides and feels are allowing you the best of the developments in society that you hope. And more, support you open the doors of happiness for your fluency in the building project of your life.

***"The process is always to support you to expansion
of the your inner potential, and your own personal growth"***

Life always is being, feeling and doing in the here and now, waving and looking ahead with optimism, where there is always an infinite sea of possibilities, rather than the impossible.

***In the journey of finding the fluency
"That sea infinite of possibilities are within yourself"
"In your mentality, within of the wonder of the capabilities of your brain
that have been neglected"***

"The process is far from be a set of techniques. The Neurofonoaudiológico process: integrating it into your person as a feature"

SOME STORIES TO SHARE

I am very pleased to be offering since many years facilitations strategies toward fluency to hundreds of people in Chile and in various latitudes of our country called Planet Earth.

J. L. A.*

México

12 de Agosto, 2013

Porque me bloqueo? Me lo he preguntado cientos de veces, y aun no logro descifrar las respuestas, busco y sigo buscando pero no he encontrado una verdadera razón para entenderlo.

Yo sé que desde niño me he trabado en algunas ocasiones, pero también sé que, mis bloqueos se deben a la falta de seguridad en mí mismo, que se agudizó más desde que mis padres se divorciaron (yo tenía 17 años) y después 8 años más tarde, cuando viví una situación sumamente emocional dentro de mí. Yo me conozco y sé desde donde y desde cuando provienen esos miedos, lo que si no sé, es como atacarlos.

Hace poco, hablando con un amigo de Quito Ecuador, me encaminó a conocer a un Doctor Fonoaudiólogo, de nombre Adolfo Barrales de la ciudad de Santiago, Chile. Él, me introdujo a dos sesiones por medio de skype, en la cual me llevó a conocer un nuevo amigo, a alguien que se me había perdido, su nombre era:

Respiración. Aparte, me llevó a encontrarme a mi mismo a un lugar donde yo era todo, yo era la brisa, yo era el color, yo era el poder, yo era la lluvia, yo era esa montaña, a ese lugar donde nadie me puede hacer daño, porque ese sitio solamente me pertenece a mí, en ese sitio no hay trabas, ese sitio existe, solo es cuestión de respirar, relajarme y llegar a él.

Yo tengo problemas al mencionar las sílabas SEG, al comienzo de una oración, palabras tales como seguridad, segmento, segundo, cegueta, son difíciles de pronunciar para mí. Y yo se que todo proviene de mi propia falta de seguridad para encarar la vida y hacer las cosas cotidianas. Ahora la cuestión era como pronunciarlas para que fluyan de manera normal.

Y lo hice, claro, en lapsos, pero siendo amigo de la respiración y trasladándote al mundo donde yo soy el dueño, ahí nadie puede hacernos daño, es sentir esa seguridad en cada una de nuestras células, en cada una emociones en cada una de nuestras palabras.

Aun me falta mucho camino por recorrer, pero tarde que temprano estaré dando esa conferencia que está anclada en mi mente y comenzaré diciendo: "Seguro me siento y estoy aquí porque mi seguridad está en lo más alto"

Gracias doctor Barrales, por ser partícipe en esta transformación que yo he llamado "El pasado y sus chips, el presente y la instalación de nuestro nuevo chip". Dios lo bendiga siempre, seguimos en contacto desde México, y ojalá y algún día la vida me dé la oportunidad de tratarlo en persona y darle un abrazo de amigos, un abrazo de agradecimiento.

Un enorme namasté para usted y su grupo. Saludos desde México

*Autorización de J.L.A a compartir su historia.

In YouTube: <https://www.facebook.com/gap.tartamudez?ref=profile>

<https://www.youtube.com/watch?v=PSyBQ7IZgR8> (Ignacio zapata)

I am very pleased had applied Neurofonoaudiológica Dimension in the study "Systematization Neofonoaudiología experience as an innovative, applied in people with stuttering." At the Academy of Christian Humanism. Year 2012 and 2013. In Case Studies, three young, two males and a woman.

We share with nature being persons full of energy, an immeasurable force that connects us all with the All. We need to become aware of that energy is "Inside Yourself."

***"Inside Yourself are your potential,
passionately, fervently believes in it, in yourself"***

Live the life you want is not to renounce you achieve your wishes and desires. So, the important and the essence of Dimension Neurofonoaudiológica is support you discover your inner potential.

All this Neurofonoaudiológico Process is a shared task, aligned in a single consciousness, supporting, co-creating with all our passion, optimistic attitude to discover your inner potential, how to reach him, apply it.

This article is part of ABC, DNA Neurofonoaudiológica Dimension. Contributing to all with affection, with an human face and respecting the diversity of opinions and thoughts

With affection, from Chile to all our International Stuttering Family

Adolfo Andrés Barrales Díaz.
Speech Language Pathologist.
Psychotherapist.

I invite you to visit Links:

<https://www.facebook.com/gaptartamudez.chile>
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I value your "heroism" of living with this distinction. I am a firm believer that "you are a healthy person, fluent in your talk, only sometimes your fluency, involuntarily, is blocks".

***"If you want to get to the moon,
Dare to reach for the stars"***

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GAP Tartamudez Chile en México and Perú.



BRIEF ARTICLE

DIMENSIÓN NEUROFONOAUDIOLÓGICA
Knowing and Therapy
Experiences-Mind-Brain-Emotionality-Espirituality
A Personal Approach

For
ISA

Adolfo Andrés Barrales Díaz. Speech Language Pathologist and Psychotherapist. Chair GAP Tartamudez Chile (Grupo de Amigos de Personas con Tartamudez Chile). GAP Tartamudez Chile in Mexico and Peru. External Professor and Relator for the Faculty of Sciences, Universidad de Chile. Member Representative of Chile to the International Cluttering Association. Speech Language Pathologist Director of Centro Salud Mental y Educación MISOGI. Special Friend to the International Stuttering Association.

INTRODUCCIÓN

Dimensión Neurofonoaudiológica©
METODOLOGIA NFBT
Neurofacilitación bienestar transformacional

La Dimensión Neurofonoaudiológica ha surgido de una personal investigación de 25 años del autor integrando benéficos enfoques que permiten bienestar en las personas, tales como: avances de las neurociencias de occidente, conocimientos milenarios de oriente, neurobiocuántica, psicología transpersonal, neuropsicología, psicofisiología, psiconeuroinmunología, bioenergética, espiritualidad y programación neurolingüística.

Sus conceptos y ejercicios permiten que las personas descubran y movilicen sus propias capacidades, que están en las maravillosas potencialidades del cerebro, facilitando la armonía entre mente, cuerpo, emocionalidad y espíritu. Saliendo del usual patrón de Luchar contra y dentro de los bloqueos hacia un Patrón de libertad expresiva. Una gran satisfacción que muchas personas fluentes que a veces su fluidez se bloquea, de todas las edades, se han y están beneficiando de esta dimensión. Aportándoles, más allá de alcanzar una fluidez expresiva benéfica, fluidez en la convivencia, integración social y desarrollar sus proyectos de vida.

***“La Dimensión Neurofonoaudiológica va a ese mar infinito
de tu realidad neuro-mental de movilizar tus capacidades”***

HISTORIAL BREVE DE LA CREACIÓN Y APLICACIÓN DE LA DIMENSIÓN NEUROFONOAUDIOLÓGICA

Por más de 25 años, ha seguido un camino de constante perfeccionamiento, participando de esta gran era de avances de las neurociencias, expansión de conciencia y transformación del ser. Frente a la magnificencia de la sabiduría universal, lejos de ser dueño de la verdad, ha integrado avances de las neurociencias, neurocuántica, emocionalidad, conocimientos milenarios de oriente y espiritualidad, enfoques posracionales, transpersonales, estratégicos orientados a la solución, que ha denominado Neurofonoaudiología. Libre de actitudes dogmáticas o autoinmunes. Para aportar a una ciencia fonoaudiológica renovada que acompaña esta era de grandes cambios trascendentales. Aplicando esos conocimientos a la comunidad que ven limitados o frenados sus proyectos de vida por sus distinciones en el lenguaje. Con especial dedicación a ustedes cuya fluidez en momentos se bloquea. Ustedes han sido los verdaderos inspiradores de la construcción Neurofonoaudiológica aplicada hacia el encuentro de la fluidez.

Ustedes han sido los verdaderos inspiradores de la construcción Neurofonoaudiológica. Enseñando el lugar donde hallar lo que necesitan está dentro de ustedes mismos.

BREVARIO DE APLICACIÓN DIMENSIÓN NEUROFONOAUDIOLÓGICA

Neurofonoaudiología es una dimensión que nació dedicándome a escucharlos y entenderlos: en sus vivencias de convivir con tartamudez; cómo y dónde han estado respondiéndose y solucionando; los resultados que han obtenido; cómo y dónde desean estar respondiéndose y solucionando.

Una Dimensión Libre de dogmatismos y actitudes autoinmunes. Respetuosa de la diversidad de pensamientos y enfoques.

Neurofonoaudiología es una dimensión que te apoya facilitándote a que sepas cómo descubrir y llegar a esos momentos, en **"Tu Mentalidad"**, donde fluyes bien, cuando estás despegado del patrón de lucha usual que es desgastante en todo sentido (energética, físicamente, mentalmente, espiritualmente). Facilitarte a que **movilices tus propias potencialidades y capacidades** en tu **Mentalidad de Ser Persona** cuando estás fluyendo desapegado del habla. Las experiencias cuando hablas estando solo, cuando hablas con voz muy baja (cuchicheado o susurrado), cuando hablas con mascotas, bebés, entre otras tantas situaciones, ¡fluyes mejor! e incluso "normalmente". Situaciones donde "te asombras y te dices" ¿¡cómo, por qué?!.

Soy un ferviente creyente, defensor que estamos lejos de seguir pensando y considerarlos como personas enfermas.

Experiences-Mid-Brain-Emocionalidad-Espiritualidad son un todo indivisible, se relacionan estrechamente y en forma mutua.

De esta forma, podemos entender refrescadamente que los procesos involucrados en la fluidez, están lejos de solo participar sistemas motores del cerebro. Enreajados y sistemas sinápticos involucrados en la emocionalidad, sistema límbico, amigdalino, también participan, junto a la relación experiencias y moldeamiento de los mismos sistemas sinápticos en forma sinérgica: Mente-Cuerpo-Persona-Mundo.

***“Persons Who Stutter are not slaves
of Neurology and Genetics defective”.***

Neurofonoaudiología es una dimensión que te apoya, donde en lugar de técnicas, usar recursos tuyos, propios y que se integren a tu ser persona. Facilitarte a que tú mismo construyas un "Patrón de libertad en la Fluidez", "sin estar pendiente de ella", desapegado de estar luchando contra lo que por tanto tiempo te ha mantenido controlado@ (un verdadero patrón de supervivencia de lucha: calculando el tiempo la velocidad del habla y respiración, cambiando el acento o el tono de tu voz, evitando palabras, anticipándote al cómo hablarás, al qué dirán, etc). Es ir a tu Mentalidad de Ser Persona, de allí rescatar tus capacidades hacia soluciones, luego estabilizarlas en experiencias, para allí encontrarte con emocionalidades de satisfacción = Resultados. Un proceso que toma tiempo, sin lugar a dudas. Un giro de 180° de dónde y cómo has estado solucionando y enfocado. Apoyarte, facilitarte, a que te desprendas de los temores hacia ti mismo, hacia las personas, a que te desprendas de lo fatigoso que te ha resultado aplicar formas de esconder los bloqueos, evitar las circunstancias. "No eres víctima de ellas".

"Un proceso", donde se van cumpliendo etapas, requiere de tiempo, **actitud de atreverse**, sobre todo a lo nuevo en soluciones. Proceso que no se realiza a solas ni menos siempre en una habitación estando uno a uno. La comunicación ocurre entre personas, por lo que el proceso de facilitación integra esa característica fundamental: Uno a uno y también co-creando con otros: con personas que a veces se bloquean, con tu familia, con amigos; saliendo de la sala de facilitación (en lugar de "terapia" ya que no los considero personas enfermas) hacia el medio natural, entre otras.

En la convicción que no podemos pretender que los problemas que nos aquejan desaparezcan por completo, energéticamente Neurofonoaudiología es aportarte: hacia el encuentro con resultados que te generen vibraciones emocionales de valor para tu vida, hasta los niveles de fluidez que tú mismo decidas y sientas te están permitiendo el mejor de los desenvolvimientos en la sociedad que desees.

Y más, allá que te permita abrir las puertas de la felicidad en la construcción de tu proyecto de vida.

***“Apoyándolos a un camino de expansión del potencial interior
y el propio crecimiento personal”***

La vida es siempre ser, sentir y hacer en un aquí y ahora, saludando y mirando al futuro con optimismo, donde siempre existe un mar infinito de posibilidades, en lugar de los imposibles.

***En el viaje de encontrarte con la fluidez,
“Ese mar infinito de posibilidades está dentro de ti mismo”
“En tu Mentalidad,
en la maravilla de las capacidades de tu cerebro
que han estado descuidadas”***

“Lejos de ser una técnica es descubrir un estilo de estar en la vida que se integra a tu Persona como una característica”.

ALGUNAS HISTORIAS A COMPARTIR

Una gran satisfacción estar brindando por años facilitación hacia el encuentro con la fluidez a cientos de amigos en Chile y en diversas latitudes de nuestro País llamado Planeta Tierra.

J. L. A.*

México

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era el poder, yo era la lluvia, yo era esa montaña, a ese lugar donde nadie me puede hacer daño, porque ese sitio solamente me pertenece a mí, en ese sitio no hay trabas, ese sitio existe, solo es cuestión de respirar, relajarme y llegar a él.

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<https://www.youtube.com/watch?v=PSyBQ7IZgR8> (Ignacio zapata)

Una gran satisfacción haber aplicado la Dimensión Neurofonoaudiológica en el estudio «Sistematización de la Neofonoaudiología como una experiencia innovadora, aplicada en personas con Disfluencia». En la Universidad Academia de Humanismo Cristiano. Año 2012 y 2013. En Estudio de Casos, dos varones y una Dama, adultos jóvenes.

Compartimos con la naturaleza estar llenos de energía, una fuerza inconmensurable que nos conecta a Todos con el Todo.

Necesitamos tomar conciencia de Descubrir la energía que está “Dentro de Ti Mismo”.

***“Allí está tu potencial,
con pasión, cree fervientemente en ella, en ti mismo”***

Vivir la vida que deseas es no renunciar a alcanzar tus deseos y anhelos, usando tu potencial interior.

Esa es la tarea en común, alineados en una sola conciencia, apoyándonos, cocreando con toda nuestra pasión, optimistamente, a que descubras tu potencial interior, a cómo llegar a él, aplicarlo.

Eso es parte del ABC, del ADN de la Dimensión Neurofonoaudiológica. Aportando con afecto, con la cara humana y de respeto a la diversidad de opiniones y pensamientos.

Adolfo Andrés Barrales Díaz.
Speech Language Pathologist.
Psychotherapist.

Visita los Links:

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*Valorando tu “heroísmo” de convivir con esta distinción,
soy un ferviente creyente que “eres una persona sana, fluente que en momentos tu
hablar se bloquea involuntariamente”*

*“Si quieres llegar a la luna,
atrévete a alcanzar las estrellas”*

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UPDATE FROM THE NETHERLANDS

Subsequent to the update given in last news letter

(see <http://www.isastutter.org/news/one-voice-newsletter>) the Dutch association Demosthenes (together with professional SLP's) is finalizing the Clinical Guidelines for Stuttering, which (in close collaboration with already existing, but elder ones) will be used also for information, provided with by the WHO. Further, two aspects from the Demosthenes website are being finalized, i.e. an artistic update, in order conform it with the new website of the Netherlands Federation on Stuttering, and a new module on interactive self help. And at the occasion of WSD 2014 a scientific public symposium will be given to highlight these aspects and other recent developments, such as genetic aspects of stuttering.



****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**

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