

Is Stuttering Something To Get Hung Up On?

By Stig Lindh

Is Stuttering
Something To Get Hung Up On?

AMERICAN EDITION

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IS STUTTERING SOMETHING TO GET HUNG UP ON?

The title is taken from my award winning film from 1989.

The presenter of the prize was Mrs. Charlene Seymour, Ph.D., University of Massachusetts at Amherst, Vice President for Quality of Service, (ASHA) American Speech Language-Hearing Association, which has 100,000 members.

Silence is a kind of speech
Icelandic men in the
Icelandic Tales
Stay quiet
when it is dangerous
to speak,
and it is nearly always dangerous
to speak.
Speech is silver,
silence is golden.

**“ENOUGH IS AS GOOD
AS A FEAST”**

is the message
and then unlimited therapy to leave
problems behind

Thank you
Louise Lindh
for all your support.

The American scholar, Mr. Woody Starkweather:

Stuttering can develop if the expectation of the child's ability to speak is too high.

The above implies that the writer of this book would not be a stutterer if he had had more harmonious parents.

But we can not choose our parents.

Shit!

The trend
is
by leaps
back
and
forth

Assistant:
S*Morozko's Snegórotjka
[Of Stig Lindh 2012]

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Organizations in the world

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A PRESENTATION

Since childhood I have been a stuttering person who managed to get rid of the problem of stuttering through different forms of therapies. I sometimes stutter and realize my stuttering through my ears, then pause and change the stuttering to a non-stuttering speech.

The awareness is also important.

As my stuttering is not that disturbing today my ordinary problems have become more apparent. In my life I have often heard the comments "So you have a bit of a stutter?" What people take as "a bit" has taken me my whole adult life to correct through different therapies, sometimes three at a time. The fact is that I do not know any other person in Sweden who has suffered so many therapies.

By giving up my engagement in our local board concerning dwellings and tenants I managed to arrange time for this book. Two books really. The first book had the title: "From weed through carrot to floral splendour" a little history of the popular movement at ground level for 70 years, published by the Allotment Movement where I was one of five editors. This became the springboard of this book.

But who am I?

At moderate pressure I can "break" as I am a sensitive person.

Likewise, I've also noticed people's unwillingness to respect my weaknesses.

When people discover it they immediately test its durability at a later time.

My parents never liked my sensibility and have always tried to make me tougher but for some reason I remain the person I have always been - a very stuttering one.

With regard to my profession on one of my business cards it says: Web Master - IT graphics - Video producer, which means that I master text, web image, print and video. It means a lot of research and experience.

I have worked for many companies during my career. I spent 17 years at Svensk Byggtjänst, a building company. The TV-soap "Robinson" changed Sweden. Maybe it changed me too. That is what the whole thing amounts to build pacts, make intrigues and deceive each other. The climax is when a person has to give up, sadly. This pattern became the same at work.

I also have a great deal of experience from society clubs which have shaped me in many ways. I have many and widely different interests. As I have had advanced tasks within the computer world for more than 25 years I also work as a computer advisor at an IT-café.

I do not want to give advice but . . .

each headline ends with some reassuring or supportive words in italics.

FOREWORD

Will I get rid of my problems if I can stop stuttering?
Would it mean that my problems change?
Should we accept the poor contribution we receive from the state? Who should pay for costly private therapy? The last few years of therapy have been based on acceptance and this method seems to work. But are there enough resources?

In this book you will be able to read about my knowledge and practical therapies. I have found that there are many useless therapies. The trend is that physical speech training is becoming more popular. Research led by Dr. Per Alm is of great interest and I welcome his work. It is important that we just don't wait for miracles in research but try up to date therapy.

Earlier, those who suffered from a stuttering, arranged therapies of their own and demanded to stammer loose and easy. Have we once again come to the situation where the stammers are organizing their own stutter treatment? Today the techniques are called Star Fish project or McGuire program. Furthermore Per Alm is heading the research and great interest has been shown for it. I think that is very good. But I sincerely hope that we who stutter won't be idle and waiting for results instead of searching therapy.

INTRODUCTION

The Stockholm Stutter Association used to give high quality lectures. The interest declined and its premises were closed down. In 2007 it started up again and lectures are free of charge.

Today psychology is an interesting issue. Projection is something I have been aware of recently. It took me some time to realize what my own mother tried to tell me. What was she saying? In the end I realized I was manipulated. She didn't talk about me, she projected her thoughts and opinions on me. Another headline is "Can affirmations give me a better life? A dissatisfied woman in her thirties says "I am strong and can choose my own path but nothing happens."

"Don't let anxiety limit your life" and "Free from worry, anxiety and phobia" are articles showing that anxiety is part of life. What causes what? Ms Maria Farm says that normal worry will help us to deal with problems.

Zen-meditation makes you aware of the way you breathe holding a newspaper or magazine noticing the grip, the feeling in your hands and fingers, what is the structure of the paper and so on. Your ability to concentrate is strengthened.

What happens in your brain after a long period of meditation? The study says that parts of the brain do not age as fast as non meditating people of the same age. I was pleased to know this as I have been meditating for more than 30 years.

Other articles tell us “Technique takes over - WE HAVE STOPPED TALKING! “We only have eye contact with people we talk to for ten minutes a day. E-mail, mobile texts and short comments in front of the TV has taken over our everyday conversation. The magazine Living! No. 4 2006 begins with an article about Charisma so it works. They continue with an article which I think stuttering people do not like: "Goodbye, HUMDRUM" Welcome CHAOS - Breath not released.

Have you invested in a slower life, cleaned the mess in the calendar? Prepare yourself to think differently because here is the opposite: CHAOS SKILLS.

Ingalill Eriksson quotes from the book “Work, Chaos Skills and Sense.” Here I end the quotation of articles of Living! "More slamming of doors" - an article that is not to my taste when I remember a door bang, which took an unusually long time to get over.

Here, I want to demonstrate the big difference today from the past. Sometimes I read these excellent articles. Previously when I was active in the stuttering movement most articles were about stuttering, not to mention all the nice lectures arranged by The Stutter Organization.

Now when I have been away from them for many years and have distance to everything called stuttering, it is the time to write down my experiences without emotional impact.

Thanks to all Therapists

You have not cured my stutter, but you helped me to a better life all included. You are really worth all the appreciation I think you deserve.

Dan Mogren. The initiator of the world's first Stuttering Association in 1954,

later stuttering therapist. Åke Byström –

Per-Olov Broberg – a Swedish King of speech.

Lionel in King's Speech.

Intensive stutter therapy

Lennart Larsson,

Hariette Stenquist,

Gunnel Klernäs,

Elisabeth Sederholm.

Marie-Louise Lundgren.

Identity Therapy

Åsa Lööf

Bo-Göran Gustavsson.

I dare say that I am Sweden's most treated person who stammers, it means that there have been far more involved in my life than the above mentioned persons. I have not forgotten you – a big thank you, you have really enriched my life. //Stig

**STUTTER
IN 20 SECONDS:**

Good for those who do not have time to read more.

**THE SAFEST WAY TO GET RID OF
YOUR STUTTERING:**

Beheading. 100% cure is promised.

SELF-HEALING

95% of all the stuttering begins between the ages of 3-7 years. 80 % self -heal.

OTHER MEANS

Extensive therapy work for many years.

COMPROMISE

Half-hearted therapy of yourself by speaking with various speech tempos, voluntary stuttering or loose and easy to express his message in a new way.

TIRED OF ACTIVE THERAPY

Membership of the Association recommended.

TIRED OF ALL THE “MESS“

More bang in the doors.

PRE-RETIREMENT

Strains requests early to get there.

IS STUTTERING SOMETHING TO GET HUNG UP ON?

Losing one's job because of stuttering shows that there is a problem. There are certainly people who never have a chance at a job. Does it depend on the stutter or something else?

As there are no surveys made, no one really knows. I know – when there were reorganizations I was the one to go. It was confirmed by staff at a kickoff.

Before the meeting they asked everyone if there was anyone who was willing to lose service to rescue two employees from lay-off. After dinner I was informed "in confidence," that because I was stuttering it was I who had to leave the company.

Today it is common to have what we call development discussion sometimes stumbling near settlement talks. The grading can be approved from the head's point of view and means that a good job has been done but nevertheless he is not satisfied.

Many people with disabilities become redundant for personal reasons which are forbidden in accordance with Swedish law.

The purpose of the LAS dismissal law is to protect the employees. That means the last in first out. Those who suffer from a stammer can testify how badly they are treated in school and in the labor market. In a radio programme there was a woman who wanted to become a dietician. Although she

made an approved admission test she was not adopted. She wouldn't be able to speak with the patients because of her stuttering. She changed to an engineer course instead.

Mr. Christer Åström as a representative of the Swedish Stuttering Association Voluntary Organizations took part in "Stuttering and professional life" when it was discussed at a European meeting. It revealed more instances that stuttering people are discriminated against in employment. This applies both when they are employed and later in the current job. In some cases redundancy also led to stuttering.

Strain mixture consequences

The consequences of stuttering are difficult to discuss but for those concerned it means not feeling well. It has always been like that and you can not expect it to be otherwise. Our society is increasingly getting harsher and your ability is getting crucial. It's not hard to imagine what the consequences will be if you are unemployed on a long-term basis. It seems as if stuttering affects the environment in different ways.

In one form or another, many stuttering people feel they are outsiders.

Just as crazy as your environment

The late Henry Tikkanen wrote some words I like in the daily newspaper DAGENS NYHETER:

“A harmonious human being must be as crazy as his environment.”

If I try to strive for perfection, I would have to write an entire book. Those were the words I wrote in the magazine “PLUS” in 1987 which later changed its name to “COMMUNICATION”

There was a time when I called myself © Stig Lindh, Word Workshop. Today in 2011 the time is mature for just this book.

A friend of mine wrote: ”Hopefully you keep your head high and boldly fight on!” Then I thought: Must we always fight? Stuttering is a difficult subject to write about for it is not just about therapy

and elocution but about life.
I hope you like it.

**I make my rounds and discover that to my horror they
have disregarded my mouth!**

I had a sore mouth. Like all others who experience pain I sought help. It began with the physiotherapist. I was there to get treatment for tense shoulders. Then I took the opportunity to ask her if she could do something about my aching mouth. She could not. She did not even try. Next time we met she had succeeded in producing a relaxation schedule for the jaws which was subsequently proved impossible to follow. We parted with the words "Sorry I can not help you because it is not within my competence field. But I can talk to a nurse at the care centre and see if she can do a few tests. You could have an infection in the body. Tests were made. Nothing was wrong. I was fit as a fiddle.

It was just to move on. A relative of mine told me about her friend who had a sore mouth. She had travelled around everywhere in Sweden seeking treatment for oral galvanism and managed to get well. She advised me to visit a homeopath who measured the tension in the mouth. The meeting with him resulted in a recommendation to replace the amalgam fillings.

My dentist was involved in the problem. He told them to stop, saying that oral galvanism did not exist according to the Swedish Board of Health and Welfare.

The pain was becoming unbearable.

"You can not go on like this" my wife said "You must do something," after which she recommended a visit to the trauma centre.

At the hospital the young doctors asked me if I was grinding my teeth. In vain I tried to explain to them that I found it hard to tell because I had a sore mouth. The visit resulted in a referral to hospital dentists. They constructed a plastic splint for the grinding.

An old friend recommended a neurologist. He wrote out Catapresan which is a relaxant. He said that a vicious circle had arisen. "From the pain you get voltage, and from the voltage, you get ache."

After a short-term use of medication-mission, I realized that I could not do my job properly why I cut off the course. According to Fass, the book of medical side effects, drowsiness was one. At the next visit to the neurologist Somadril was prescribed which was more active but ineffective.

That treatment was interrupted as well. I began to wonder if there was someone who was a specialist on mouths. I found that many hospitals have a department known as Ear, Nose, Throat. To my horror I discovered that they had forgotten mouths. Again a visit to the Hospital with new tests taken showing that I was healthy.

Now every opportunity to get help from a doctor seemed to be implemented and I still had pain in my mouth. It was becoming increasingly difficult to speak. I began to get scared because if this lasted for a long time there was a risk that my stuttering would be laborious. And stuttering is something that I respect. Something must be done.

Since I was interested in psychology, I began to wonder if it could just be something mental. I contacted a psychologist who told me about a therapy that was body-oriented. After a few weeks I was there for the first individual talk.

This was really very promising. I actually believed in this. The downside was that it would take a long time and

the price was 45 U.S. dollars per hour. That was a large sum in the 80's. It was too expensive for me so I contacted a hospital psychologist. It was preceded by a meeting with an associate professor at the phonetic clinic.

In a rough and astonished way he asked me what I wanted from him. Pain in the mouth was not his cup of tea. At my request, I was referred to the psychologist but only after checking out my throat and with a spatula on my outstretched tongue and after making some loud aAaAnoises.

There I was. It showed that either I had oral galvanism or I was some mental cause. The latter would mean that there was a question of an anxiety reaction that was expressed with the physical pain in my mouth. This meant that it was all about stuttering. Apparently stuttering can get the most diabolical expressions. I got my place in the queue at Huddinge hospital for Pain Management Study.

WHAT CAUSES STUTTERING?

What scientists know about the causes and strain mixture formation, we may know. We also know that scientists know very little. They have their theories. Professionals say that the cause of stuttering is: HERITAGE, LEARNING FAULTS and SOCIAL CONDITIONS. One theory is that the child inherits a certain sensitivity, which then is expressed in a stuttering behaviour. For, it is probably an interaction of the three factors that is the cause. I will dwell on the latter. The fact is that a child can not choose their parents and the environment it grows up in.

“Stuttering begins in the parents' ears”

The researcher Dr. Wendell Johnson searched for the explanation of why a child starts to stutter. The year was 1934 in Iowa, USA. He wanted to get hold of the stock mixture of reasons to treat it effectively.

The critical parents of stammering children perceived their newly born child's stuttering earlier than other parents.

He coined the term "**Stammering begins in the parents' ears.**" The problem seemed to occur at the moment when parents realized that the child stuttered. Dr. Johnson soon realized that stuttering was more than doubt and being hooked up by the speech.

"The phenomenon of stuttering involves not only a speaker and his way of speaking and related emotions, but also to his listeners and how they assess and respond to his way of speaking."

One can perhaps say - gently - that the marital relationship was marked by more tensions and discontent in the stuttering group than control group parents. Parents who are in any way tense and unhappy are more likely to find faults in their children's way of speaking.

Stuttering begins between 2.5 to 4 years of

age. 80% of the children stop stuttering, seven unfortunate children out of the 1000 stutter on up in years, into adulthood. The researcher Karen Van Riper says that the best scientific understanding that we possess is that stuttering is caused by an accident which can be avoided.

At the age of three, children repeat words in their zeal and their search for words, but it is not known as stuttering but iteration.

A stuttering behavior can be developed in this stage if the child is aware of it. Probably the child has not received the attention, love and care it demanded. The stuttering is for the child a means of attracting attention. Presumably, there are relational disorders in the family.

The child who stutters shows symptoms of these disorders.

An older sibling who is jealous can also have adverse effects. The victim is usually a boy. In the past, he had the requirement to become something important. In old Swedish films all male children were to get a good education to become professors. You expected your children to be what the father had not succeeded in being.

Past is taken into adulthood. Speech therapists have begun a better treatment for these children, because they do not fully trust that it will disappear.

The Lidcombe program is something new in Sweden.

Under the heading "What does the research say" you can read Per Alm's theory about how stuttering starts once it is established.

WHAT IS STUTTERING?

The experts are content to say that stuttering is a disruption of normal flow of speech. All experts can testify to this. Through my studies of the standard alteration, I have learnt that we have got more stammering propensity than non-stuttering, sometimes harder and more complicated, since many are hooked up to so much. When the normal speaking strains, it is usually in emergency situations where control is suddenly released.

A speech problem?

Sometimes I've been in situations where I have spoken fluently but felt compelled to tell that I am a stuttering person. An embarrassing situation since it is hard for the person opposite me to believe in what I am saying. Telling about the stuttering association mechanisms of the state is inconceivable. Despite the fact he should know that I do not always strain and not in all situations. It may indeed be the case that I feel good.

I recorded a video in November 28, 1992 in Linköping where Doctor and Researcher of Stuttering Mr. Per Alm, gave a lecture on stammering. He confirmed that also normal-speaking persons stutter. The only difference is the tendency of stuttering.

Van Riper's definition of stuttering is: "Stuttering is what makes a speaker not to stammer again."
A good definition which is hard to ignore.
The question is what kind of stuttering people it describes?

A "real stuttering"?

Do we have to distinguish between different kinds of stuttering?

Is it not enough that the experience is that you stutter or that it is inconvenient, that you have hooking ups repetitive patterns and difficulties in reaching further, or by behaving strangely according to people in your environment. Probably not. I, and now even my wife, can make a genuine difference of stuttering and normal speakers who "only" sometimes strain.

A hearing problem?

I've found that stuttering is also a hearing problem. If you have you switched off your hearing when you talk, it is difficult to move on. If you can't hear what the phonetics call a neutral vowel and can correct it will also cause problems. It is equally important to correct any errors that occur in course of speech. Hearing loss, I think is very important when you talk, coordination must match.

When you speak into the microphone or the "Headset" there is something that happens to your hearing. It is as if it is also boosted with an amplifier. The speech works better. It feels like the speech has a shorter way from idea to wording.
Hearing controls and monitors so that the speech becomes as you intended.

A communication problem?

We must not forget that the recipient is important in a communication situation. How does she regard me as a person? Does she think there is a problem? What kind of relation you have or will have occurs in time. What you say is perhaps the most important thing. You'll be treated accordingly. According to researcher and stammering finisher Stromsta: "is prolongations, blockings and all the other symptoms of stammering responses to the fundamental core stuttering."

WHO's definition of stuttering is that: "Stuttering

is a disorder of the cadence, where the individual knows exactly what to say, but is for the moment unable to say it because of involuntary rehearsal, extension or suspension of a complete sound.”

Per Alm writes: "What is mainly associated with stuttering is repetitions and blockings. Blockings mean that the vocal cords, tongue or lips are clamped too hard and blocks the airflow, which leads to a silent pause.”

Per Alm also writes: "Those who don't stutter have difficulties in understanding that you sometimes speak fluently the next minute get severe stuttering. The worst thing is that even as a stuttering person it is difficult to know how it works.”

I think what makes stutter-bearing particularly frustrating is that you are suffering from "stresschance.”
One can speak just fine and at times YOU
ALWAYS HAVE THE FEELING THAT FLUENT
SPEECH IS WITHIN REACH - BUT IT
DOESN'T WORK AT ALL.”

Children's jealousy

It is not known for sure what makes a child start to stutter. I have been so specific, saying that my parents are to blame that I became a stuttering person. Nobody knows. What if it was my brother's envy that influenced me. It could not have been fun for him that I as a baby was paid a lot of parental attention. It may not have been good for him that I even existed. He was probably in a situation where he must try to take back my parents' attention. It can be assumed that the family entered a state of strife. Moreover we can assume that I replied to stutter when I spoke. My brother was probably not in an easy situation.

What if it could be so complicated that we have been affected by several reasons.

How is stuttering maintained

It seems that stammering might have its advantages. The text above suggests that stuttering has become, if not a weapon, but a tool for the small child to keep all the love and attention that parents give.

Problem reduction is like a coat hanger

The Stockholm Stuttering Association discussed the frequency of the so-called coat hanger effect which means that stuttering is a catalyst, often at the unconscious level.

For decades I have had time to these speculations. I put it in relation to my development, and can not but admit that this is the case. I can describe my situation in this way that I still strain and under the current conditions I believe the stuttering problem is gone. Should conditions change it may look really bad.

First
I am struggling
desperately
with a word
and so the other person
steals it. . .

Beppe Wolger's poem

*At school the teacher had asked about
Indian rivers, and I'd raised my hand
and I was asked. I got up to say Ganges.
G. . . "I said.*

*For five minutes I struggled to say the
Ganges, in different ways,
by holding the breath,
by breathing,
by waiting,
by a sudden surprise word,
by dreaming, pretending I was somewhere
else,
by turning a blind eye,
by saying it silently inside me and slowly
try to raise my voice;
I tried everything, but the tongue and
throat did not want to collaborate and
the teacher and the class were silent as
death.*

*Moreover, the stammering, how it
comes, stays or possibly disappears is
for me still a riddle.*

[Beppe Wolgers 1972, My Memoirs 3)

A strange security

When I leave the curb, I can see.

*When I am in the middle of the street I
might lose my eyesight.*

*Something like it would be my blindness;
if it were just as unpredictable as my
stuttering.*

*My inability to see is total, permanent
and irreversible.*

My blindness is reliable and uncompromising.

It promises nothing.

It makes no promises.

It is rough but honest.

*My stuttering is partial, intermittent and
preliminary.*

*My stuttering is willing to compromise
with me.*

It speculates vividly in my fear of it.

It attracts me to unreasonable concessions.

It exploits me ruthlessly.

*It is a false and dangerous negotiating
partner.*

*As a stuttering person, I am more a victim
of cynical bid slogan.*

*As a complete blank, I am the victim of
relentless uncompromising.*

*Sometimes it feels as if the latter is to
prefer. It almost feels as if there is a sort
of security to be blind in comparison
with the stuttering person.*

Hans Danielsson: Land Beyond the mountains

Stuttering is not just a speech impediment

Earlier we said stutrer. It was as if we each automatically obtained the identity. It could be as strong as the professional role. Are we saying that we are stuttering we will send the signal that's just one piece of ourselves. How important is it we wonder? A large part of our lives are centred round the speech. Sometimes it is pleasurable, sometimes it feels just hard to talk or your speech device is only a necessary device that is as technical tools to carry out other work in life. It can be difficult to distinguish between what belongs to the stuttering and what is life in general. The life we have, we live as good as possible. Trials are on the lookout all the time. Even those who don't stutter can think that life is complicated.

To be a stammering person for many years affects the body both mentally and physically. The body remembers and store the information to impulses that influence our actions through the autonomic nervous system. "It sits in the spinal cord" is the everyday saying. What has now happened is mentioned as a psychosomatic reaction.

The tongue is tense and will not read my intentions, it sticks to the palate - uncomfortable. There is for sure nothing wrong but the signal from the head was attacked by "doubt" which is a control while the speech activity occurs. This example may illustrate the problem - the psyche is the major culprit. And psyche, we do not like to talk about. But this develops mild disabilities of various kinds.

In most circuits fixing symptoms commonly occur.

Where do I stutter?

We must not overestimate the normal speakers. If they hear us stammer, they believe that we always are stammering. On the other hand they hear us do not stutter, we are no stutterers. The perception of control may then be the treatment we will have. "Oops, we must start an information campaign" says the stutterer. I know, I launched the largest campaign ever in Sweden. It was conducted in 1978. I was both the instigator and project manager. The summary of this is presented at the end of the book. The question is whether it is so wise today, times have changed; considerateness in society has declined, group thinking is more and more changed to individual thinking. But I guess it doesn't mean that it has become worse for the stuttering. Loyalty to the group's membership follow certain changes in society. It is hoped that loss is offset by new opportunities.

When I think someone is critical towards me I stutter

We who stutter do not do it everywhere in all possible situations. At home we do not stutter very often or not at all, definitely not in solitude. Where do I stutter? It is probably when I least expect it, it is enough to hook up at the beginning of a word with a certain letter when I shall say something. The trigger mechanism is a slightly increased stress level, but it can also be when I think someone is critical towards me. But of course there are situations that you know in advance are bad to speak of - it has previously been misfortune too many times for it to go well, so here it is to take everything you can think of as stepping stones over the stuttering related barriers. It is these barriers as speech therapists call secondary symptoms.

Situation Tied

Stuttering is often associated with different situations - meetings with people and it is only human beings who make you stutter. The person's authority is crucial to how you speak. Do you think he also is critical of you or what you are saying you have no chance to avoid stutter. Your security or rather the lack of security controls your speech. Managers are harsh, they want you to do as they say - not what you want. If I feel good when another person tells me what to do, that's fine. If I do not it could be useful to become chief myself.

Interviews

One of the most terrible situations tend to be job interviews. The triggering part of the uncomfortable state is the nature of the situation. You are reviewed and challenged from head to toe, will my list of qualification do, will I do as a human being will I do in the prospective group? Nowadays, companies also want to have "mark-up calves" good enough for me to pursue a career in this business. You must surely not only be good at talking, you should probably be best this is implied for the company's fate to depend upon you. All that you know inside you when you sit in front of its hearing manager, you also know that he has your fate in his hand.

It is important not to forget that it is ONLY with people you stutter. Do you want to change the way you speak, you can ONLY do it with people.

Who strains the worst?

In a majority of different groups, people know that those who have vocal strain more often have the worst stuttering, but there are also consonant strain which can be difficult - imagine him to say words with the beginning of the letter H, he blows out the air, but doesn't get any H sound. The blocking nature of stuttering, in which the stutterer can't utter a sound, is the most difficult variant. The repetitive strain is significantly easier to manage. It should be clear that the "hell" may be different for different people.

Who strains the least?

The normal-speaking person stutters the least.

Distraction

It is known that stuttering people for some reason, are seeking various forms of distraction. Some of them are tricks in the form of co-movements which then remain attached despite of the fact that the distraction has stopped to function as snap your fingers, having a stone in your pocket, entered at the right moment and thrown at the right moment, stamp your foot or similar rituals.

A different kind of distraction can be used in some stuttering therapies. To drum drums to get the right rhythm in the starting moment has a positive impact and distraction effect in learning.

The DAF unit has received the Renaissance and again become popular. The device works so that you can hear yourself with delayed tempo of speech. It helps the stuttering person to find the low tempo of speech that is sought. Once the tempo of speech is natural the device tends to become superfluous.

The researcher Per Alm who has a doctorate in

stuttering has raised DAF unit effects in his disputation.

Anxiety in stuttering context

"Anxiety is the price we pay for a ticket on the journey of life, without a ticket, no travel, no travel, no life." *James Hollis*.

It is interesting to remember that we still carry with us our ancestors' response patterns. It is now rarely triggered by some big and dangerous animals but the response to anxiety is the same. When our ancestors saw the large animal they felt the anxiety until they decided how to proceed.

Then they progressed to the work and either they survived or were eaten. By making a decision and then act they did away with both anxiety and anguish of decision. When it was all over the anxiety was gone.

Anxiety is a common phenomenon among mankind. When it becomes unsustainable things start happening. Most are not of the nature that they are seeking help but want to care for themselves. It is common to not really know what is happening in the body - a diffuse anxiety, it isn't possible to really point to what this is about. On the other hand, if something happened in connection to the turmoil we usually know what it is all about.

Anxiety and anguish can certainly be positive in the sense that it may partly be performance enhancing, and send a signal that it is time to do any kind of change. Negative is when anxiety becomes uneasy and drugs are taken to numb it. Spirit is currently the most widely used drug and is also one of the most effective ones. Then there are those who choose different forms of therapies. If you try hard to scrape on the surface of these you can find out what their problems are and the anxiety is what is the most difficult.

"I am filled with stammering" is a phrase I heard in the context of stuttering.

In all probability I interpret this to mean that the person has anxiety, which for a stuttering person can give more than stuttering. Anxiety can make it difficult for me to speak. Then I have the choice to speak or not to speak. Do I need to talk despite the anxiety it is either very slow or I strain. In Van Riper's stuttering equation (page 73) he addresses the anxiety in the numerator, which means a negation.

Pure anxiety of speech

Classic therapy aims to speak more with less stammering. How much and for how long you practice to get rid of stuttering, there is always an imminent danger for stuttering to come back. In addition, if I have given the impression of being a normal speaking person, it can create anxiety and fear at the thought of that I at any time can be revealed to be a stuttering person.

The biggest hurdle is to get the most work in the work-life compatibility.

Accepted thoughts were implanted by Viktor Bloch in Stockholm Stuttering Association, a therapy that he was inspired from in Canada. Instead of that at all costs try to get rid of his stutter, we should accept it. He realized that an important part of the stuttering was fear and anxiety to disclose your stuttering.

The stuttering is only a manifestation of all those emotions that we all have. If I had not stuttered, they certainly proved themselves in any other way.

Another anxiety

You don't talk so much about that there certainly is a lot of other anxiety under the surface. This anxiety can be obvious when the problem of speech has been reduced. There is something behind that fire that keeps the fire alive - a real anxiety - an anxiety that should be possible to treat by other means than just talk.

To obtain an animal can be a way to reduce your anxiety.

The question then is whether the stutterers would like to have a place to go to in order to remove redundant anxiety?

Victor Bloch says: "We should consider to treat more than the cause of the disease." Here in Europe we tend to say sometimes that stuttering possibly is a symptom of a neurotic disorder, and that, therefore, it is crucial to find and treat far more than the symptom. The answer to this by the Canadians was: "The stuttering, whether it is a symptom or not, as we know, keeps itself alive (the well-known vicious circle: stammering - anxiety - more stammering - more anxiety.)"

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Stuttering phenomenon may alternatively have an anxiety-reducing function. That could explain one of the pieces of why it is so difficult to get over it.

**Stuttering is masked anxiety -
Anxiety is the masked anger**

In the active years of the Stuttering Association, I have been involved in countless discussions about stuttering. We talked all the time about intellectual parts of the strain problem - all the time about the core of the problem that could be to distinguish between primary and secondary stuttering. Somehow you didn't want to know everything. Anger, what I know of, has only at one single point been discussed in the written context of stuttering.

It was thirty years ago. It was the journalist Ulla Henriksson who visited a therapy group including myself at the Karolinska Hospital. She would make a documentary about stammering for a weekly magazine. She was confused over the participants' statements. After a careful analysis of the tapes she suggested, that there was a hidden war going on. The stutterers complained of that it was difficult to get in contact with other people. When she wanted to have contact with the group, none of those present showed any interest. "I will write about stuttering and see to it that there will be a debate on the subject "she said to me, whereupon she trudged off to a publisher. Unfortunately, there was no book because the publisher also thought it was obvious that stuttering was anger. Her definition was: "STUTTERING IS MASKED ANXIETY, ANXIETY IS MASKED ANGER.

Ulla Henriksson was responsive to the situation because she perceived it differently than the rest of us did. She was used to people behaving differently. Emotions were masked, very few straight lines were spoken up, all the replicas were loaded with thousands of undertones. . . She felt manipulated. Her anger did not help when she heard the words "They take most of my speech away from me, but they fill me in all the time." In the end she had to

ask "Is that the responsibility of the stutterers on earth to take the language away from me while I can not take it away from them?" I learned not to interrupt, which I always do spontaneously.

Nothing wrong with the speech

Ulla came to the conclusion that it was failing communication. Most stutterers complain about problems in contacts and loneliness. I do not know whether we stutterers reacted very much on this. We were quite hardened enough for words. We heard people talking around us every day. We were probably trapped in ourselves. Once trapped in this the stage out was wide. She actually asked the question "Do you stutter with your ears, too?"

You get contact with other people through their communication. But all stutterers are completely fixated on the speech as the only means of communication.

Ulla Henriksson said that there are many more opportunities for communication - you can write, mime, you can learn sign language and body language.

What is it that I can say to you emotionally speaking?

Emotions are the only possibility for communication if you want a deeper contact with another human being.

Kick therapists - and grow!

I think you should throw away all the damned electrostatic electrodes that one put in your face, break the tape player and kick the therapists out of the window. If you want to work with yourself do it through the two-sided communication.

Take responsibility for yourself and your life.

You have not come into the world with the task of keeping your fellow human beings in a good mood and be responsible for their happiness. Let them take care of themselves. If you see to it that you grow you will become an inexhaustible well, you do not even have to make any effort to give anything

to others .Make sure you feel good.

As a whirlwind Ulla Henriksson came into the stuttering movement. Your articles, dear Ulla, shook on us. No one was unmoved. You were both loved and hated. We are a few who remember you yet.

PS. The crowd could hear the voice: "Kick the therapists out in town along with the stutterers."

Extreme anxiety

Possessed of a life of luxury. The 22-year-old woman embezzled \$300,000.

"**My anxiety** needed a valve. Suddenly, the money was just here in front of me. *Expressen 11 Jan 2007.*

Pyromaniac sets a house on fire - and reduces anxiety.

Anxiety for repentance. When you bought the wrong car, you happened to buy a motorboat that was leaky, in general everything that is bought and sold, where the question is asked "Why did I do that?" "How could I be so stupid?"

These feelings are strongest after some rest. After a period of pain, life always has a tendency to move on but with one more experience behind.

Iceberg Parable

It is pointed out that the visible part of the strain problem, like the visible part of the iceberg, only is a small part of the whole problem.

It is as if there exists a hidden behaviour in the shape of false roles, tricks, fear, avoidance, and guilt-feelings. This hidden part of the problem you try to bring to the surface in therapy by talking openly about stuttering and the feelings that are associated with stuttering.

If you feel that you have feelings of guilt it is perhaps not surprising if this triggers off the stammering.

There are stuttering people in Sweden who question the Iceberg parable.

Stuttering equation that can be discussed

Every letter of the Van Riper equation should be studied carefully. What does this example mean to you? One way is to do it in a study circle. It appears that much of the stuttering complex is housed here:

Examine yourself

This stuttering formula I have been aware of for at least 30 years. I've had it in the club's information meetings and it was nice to be able to present a formula on a blackboard and then move on. But we are never told what it really stands for. Here you have to stop. What should I do to minimize the anxiety I have. What can I delete or change for me to get a better life without fear? To have anxiety, I believe is a state of feeling bad. You have to find your place in life and where the right proportions are or what I would call "Be a little less vigorous."

(POAGA) + (Ws, Fs) + Ss

Stuttering = -----

Fs + Cb

P = Punishment, O = Obstruction and the experience of it, "vain feeling," A = Anxiety, G = Guilt and shame, A = Aggression.

Ws = Word and Sound fear, Fs = Fear of the situation

Ss = Speech stress, Fs = Fluent speech, Cb = Confidence and battle inclination.

Fluent speech and self-esteem is apparently what counts for having success.

What Van Riper describes in his stuttering formula is for me a real stuttering person. But it might as well be a normal speaking person.

Everyone knows or think they know what fluent speech and self-esteem is. My experience of the **normal speakers is that they do not have self - confidence.** Could it possibly be because of the Swedish law "Jante" - we are all subdued. Is it not strange that we who stutter should seek a quality that there is so little of, as well as self-esteem. I must bow to the conventional. Another definition that is distinctive and that I like reading is "**Selfconfidence is based on performance.**" It should not be confused with "**Self-esteem, which is about one's own value, no matter what you perform.**" Without self-esteem, it is easy to seek confirmation from the outside in, rather than strengthen yourself.

My interpretation of the definition of the numerator:

[P]**Punishment** means that the stuttering person is strongly influenced by the punishment. Probably it can be enough of a hint of punishment for stuttering to break out. [O] **Obstruction** – vain feeling. (Now I know why I do not like to make things unnecessarily.) [A] **Anxiety** is a diffuse anguish [G] **Guilt** is uncomfortable. How often haven't we felt this during work? In my working life I have often felt that I have not achieved what has been expected from me. This guilt feeling has occurred even though I think I have done a good job and performed very well. Confirmation of that something is well done is that negative criticism fails. It seems as if you interpret guilt and feelings of guilt differently. They can manifest themselves when you have done something wrong, but they can also occur when one has not done anything wrong. It is

like "back is never free." Relations between parent and child can be characterized by feelings of guilt. **Feelings of shame**, however for me are only related to my stuttering. **[A] Aggressiveness** means that we stutter. I guess it's because we who stutter are inexperienced and cannot handle it very well. How often have I not heard that the stutterers are inhibited? The normal speakers can feel a sense of relief at the venting of aggression. It is a normal part of the normal speaker's life but is for the stutterer very perilous. Attitudes here are completely different. If the stutterer gets incredibly angry and dare to let out his anger he doesn't stutter. **[Fw]** Fear of words I suppose Van Riper says - fear and stuttering in a meaningful initial syllables. **[Sf]** Situational fear is going into a situation of poor conditions. **[Ss]** Stress of speech is often the trigger of stuttering. *My experience is that when the stutterer gets very angry and dare to unleash his anger he doesn't stutter. It's like an airplane, with too little momentum the plane does not lift.*

The study of stuttered speech

When you work with and make yourself aware of your stuttering speech it will inevitably become an obsession of what is happening in the organ of your speech, an obsession that I want to warn against. It may, in my opinion not last too long.

During a long period of time my stuttering speech was studied in different ways and in different therapies. The idea was that if I knew what I did I would also be able to do something about it. The consciousness of the procedure was thus an important component of therapy.

Hearing was not immediately thought of but many times it was a device that did not work very well. I can hear but have not yet heard. The coordination is for some reason not very good.

The idea of speech therapist Broberg's exercises was to strain hard first and then fine. I had to check it by looking in a mirror. There I could clearly see if I was articulating with the lips or not. If I did not move them enough I was not heard enough. The goal was to get a pattern of speech that I could use outside the therapy room.

Broberg was a very well-known speech therapist in film and theatre world. He taught the actors speak "from the basement," which meant that he taught a breathing technology, which emanated from the diaphragm.

In intensive stutter therapy studying is more knowledge-based and systematic with phonetics as the background. There are trained speech therapists, psychologists and a doctor of phonetics who is responsible for the therapy. The participants' stutter is identified by several. Also here the opinion

was that the consciousness of how you stutter would generate a better speech. To say one thing and not produce your speech after what was meant was basically ill. Phonetic errors in the process of speech could be e.g. *neutralvowel* which means that the speech is misdirected. This problem is reduced when the consciousness is increased. To some help can be pictures of the oral cavity that show where the different phonetic sounds are formed. Plosives, murmurs, vowel sounds and consonant sounds belong to them.

The basis for the activity is what they call CRIC which is a form of drama exercises every morning. The initials stand for Communication, Relaxation, Interplay and Contact. The participants have access to a "Technology Laboratory" with the appointment, which is staffed with speech therapists. The first step in SNS (Slower Normal Speech) for example, is just *the mapping*. After that the stuttering speech is in some cases copied exactly and later said without stuttering.

The next step is *the hardening* and then *the change* that ends with *the stability*. Some stutter behaviour is charged with tension in the organs of speech and body. Anyone who met a stutterer knows there are many ways to falter on but the most common is the repetition of words or syllables. In order to overcome or move on in conversations I have like so many other stutterers got behaviours in the form of the movements, changes of words and other debris that is in the body and / or placed in the speech. The most unreliable description I heard was when I was at a shopping mall and heard what a person said to another. . . .” . . he was stuttering on the entire sentence.”

Dan Mogren's therapy was based upon the method developed by Sven Smith combined with voluntary stutter. He controlled the start of speech and speech rate with the help of drums. Dan Mogren did so much more. He played with the stuttering, he felt it and he literally tasted it. (Too bad he did not eat it) - we did the same. He did something positive of everything that came up. He encouraged "stutter in town.”

When we have examined the stuttering speech and perhaps looked at ourselves in the mirror or in the video, dared to listen to ourselves here and now, or used tape recorders, it is important to move forward. One way is that after a stop you are creating a new track of speech, a track so far from the old reflexes of stutter as possible to one that may be similar to the normal rate.

The extent to which stuttering is studied today I do not know. Members of the various clubs like to speak about how different we are not only as individuals but also in our stuttering. Awareness, I think is actually the most important theoretical ingredient.

Speech is habit forming. It has been a long time for you to get the speech you have. You are therefore speaking in the way you're used to, to speak.

Respect your stuttering symptoms

My stuttering gives me problems with the jaw. It is enough that I talk too much. It hurts my muscles. Do I have access to my massage apparatus I use it for a while to loosen up the muscle groups on both sides of the face, around the whiskers. If I have no access to it I use my fingers and massage these places. Chewing gum after these problems is really no big shots. You may think it strange to do this, but I have only taken after what our physical therapists do. It should not be much of a difference on the different muscle groups.

When I have these symptoms, I feel I must take them into account either by shortening the call or to make a break for further progress. The biggest problem is getting the other person to understand that I have problems. He sees and hears nothing. It can be both tiring and demanding to stutter. Likewise the indication of stuttering that occurs

when you try to stop it. The question is what you can do to recover. Is it that you look after a job can be a way to lose office or retire earlier. Another perhaps less appealing way is to ask to use the "bunk" that many companies have for acute illnesses - embarrassingly - fellow workers could start to wonder what it is with me and maybe start thinking whether I should remain on the company. And what does the management say when they learn that the staff is tired and fails to work. Fatigue in the workplace is taboo and therefore no one wants to talk about it.

I solved the problem with that if necessary by sit and meditate for a quarter of an hour in the bathroom
- in fact, that is where integrity is the greatest.

Compared with normal speaking

Many years ago I started to pay attention to the normal rate by studying how people who do not stutter speak. Pretty soon I realized that there were

many who were anxious of speaking, some blushing, especially women.

The next step was to copy what you found, do the same and hey presto, you are a normal speaking. In fact, if you act in the same way as the normal speaking raises a positive sense – the conditions are the same.

All speak in their own way, some slow, some fast and some forced. I am used to speak slowly it may be advisable to increase Speech. I am used to talk soon and the other party speaks softly, I can slow down my speech. For the normal speaking person this is no funny business - to react and affect each other. If time is short and the relationship is friendly the other person can fill in the words, otherwise not. People are not so cool, they often have feelings that are reflected in the speech. It's just young people who in their eagerness to get into the adult world think it's OK to hide the true feelings at a high price - it's just cool to be cool.

The normal speaker reacts quite differently. He talks faster and may raise his voice. You can see that he is irritated.

Copying the normal speaking person's speech for a person who stutters cannot be done so easily. But you can speak fluently in another way. My recommendation to anyone who is interested is to contact the SPEECH Academy in Linköping. Åke Byström who is an internationally known speech and stuttering therapist is leading the technology and therapy for Stuttering Free Speech. One of the cornerstones is to vary your speech in three different speech tempos, which means that it extends the speech by either 250, 100 or 50 milliseconds.

A warning

When any of the normal-speaking stutter they get the feeling that something is wrong, which means that it acts as a warning signal that something is wrong.

Stress

In stuttering context stress is often a bad thing. It is the reason which in many cases allows a slightly floating fragile speech becoming a stuttering voice - it's like pouring gasoline on the fire. What it depends on I do not know but my theory is that stress is interfering. The speech will be done in a certain way. I know within me that a slower speech rate means that stuttering decreases in frequency. I keep my control in a different way. It may simply be that you have time to think and control the rate during the conversation. When the stress shows itself in a situation and often confused with a tiny emotional reaction it triggers the stuttering. During the 60s, a survey was conducted at the Karolinska Hospital, which even I myself took part in. Mainly it was examined whether it was good with medicine as a sedative. I and others formed randomly to a control group taking just sugar pills, the so-called placebo group. The stress level was measured when talking by measuring the norepinephrine levels. It turned out that there were participants who had such high levels of norepinephrine that was similar to that measured on combat soldiers.

Hidden Depression

Countless times I have wondered about me and my stuttering - what is the real underlying reason? Hidden depression, maybe mood swings, boredom, a great need to be confirmed. The thoughts will, among other things come from my countless therapies. Some of them are successful short-term point of view, so I have coined the word "lawn mower therapies." What is it that makes me to periodically have to go to therapy to have my head above water? The answer may be that life or the people around me do not give me what I need. I give, but don't get back the dose I need. They also contribute, but not enough.

Is psychotherapy the solution?

I have been thinking of the therapy and had preliminary talks but concluded that it is both expensive, slow and prolonged and that the result of a mismatch can be assessed. This therapy is based on Freud, a person who has been named father of psychoanalysis. He argued about that it was possible to help patients from a neurotic suffering to ordinary human emotions. Now, as then psychotherapy is considered to be one of the methods to obtain better mental health. Together with stuttering therapist Dan Mogren I have got good insight into many of the world's research on stuttering through the ages. I remember Freud as an amazing person who managed with everything, but not enough to cure stammering persons. The symptom of stuttering sabotaged therapy.

Freud is challenged by CBT

Cognitive behavioral therapy is reputed to be fast, results oriented and easy to absorb. It focuses on solutions to problems in the moment instead of analysis of childhood. Method roots go back to

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Pavlov and his dogs, not to Freud's theories. The change made by the patient who learns to act and think differently, not by coming to understanding through conversation. Those who work with the method believe that the major challenge lies in matching the right patient in the right way. What can speak against CBT for the stuttering is difficult upbringing and early trauma. This requires a longer contact to be able to work deeper and with more emphasis on childhood and early relationships. In the psychodynamic therapy is concern for context, how things fit together more interesting - the whole life history is involved. Cognitive behavioral therapy selects a part. Intensive stuttering therapy which I participated a few times seems to engage in therapy to CBT direction or practicing parts of it. Perhaps they are even predecessors.

What is depression?

According to Wilks depression is more prevalent among those who have suffered painful experiences in childhood. "A child who has been loved unconditionally feels worthy of being loved and have a reserve of self-reliance that can be exploited later in life. Psychologists believe this is one of the best protections against depression in adults. For those who have not had the good fortune to experience such a childhood self-esteem must be built up in other ways. A loving partner or a stimulating work may be the way forward, as well as community

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with real friends. Depression is quite a complex condition, but if you suffer from it try to see it as a transitional stage to take you through and learn something from."

In a major depression it is 3-4 times greater risk of dying within five years, according to Steven Pinker.

Parental Liability

What we have inherited through the genes does not affect the growing up during the first period in life. The environment, however, molds the individual character. All will be damaged by various forms of abuse or of being in a bad environment. This according to researchers Martin Ingvar's and Marie Åsberg's lecture at the Stockholm Cultural House on Nov 6 in 2006. Is a total nervous mom a "bad environment"? Can this child manage without injury? All children have in their development somewhat similar to stuttering but called *iterations*. Are there children at risk the information is given in the regular monitoring of children's speech which takes place today. In cases where you do not have this relationship to speech development is my assumption that the role of parents in the child's stuttering is minimal. The social legacy is ever present - that

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is known that the disposition of stuttering is transmitted through genes.

The established point of view that parents should not be blamed if their children have started to stutter seems to apply in most cases.

I have experienced that even a 6-year old, 10-yearold, 13- year- old, 16- year- old and even adults, in exceptional cases have started to stutter. What the reason is, I can only speculate in. Many stutterers have testified that the school is absolutely the worst environment for a stutterer. School is stressful. It could even be that the different strains accumulate until it bursts.

A mental problem?

What is cause and effect? The classic thing is to ask what came first, the chicken or the egg. This problem has been in discussion for a long time and nobody has an answer.

Stuttering is a psychic phenomenon and problem, a definition that many stuttering people agree with,

but do not want to talk about. It's not nice to be part of the psychiatric group. The question is legitimate: Why is there so much focus on the audible stuttering? The answer is probably that it is so obvious and easier to grasp. Then it may also be that it is opening a channel into the psyche. It has been shown that the major stuttering prophets in the world except that they have launched a concrete stuttering technology to work with also is knowledgeable on everything psyche units, add to this that they are each big personalities.

There are also pure psychotherapies that do not take into account the person's symptoms. They believe that one should not work with symptoms, they are rather a burden.

Am I right to feel good?

Get the "wrong" feelings

As a stutterer, it is not good to "feel wrong feelings in the body." It may also occur when you have done something really good and yet it does not feel good. The reward has been replaced with something vaguely unpleasant, at best, fades.

Everything feels wrong

What drives me when I want to buy a house? The decision can be made on practical grounds that it is better to have a house for kids to grow up in instead of an apartment. Emotions govern with whom I want to live in the house. Fortunately, all people have feelings. Our ability to feel and experience can, however, vary considerably. Everyone is entitled to the good feelings. And let's hold that a stutterer's feelings are as important as anyone else's.

Sadness

It becomes harder to speak if you are sad. Man is rational, I have argued for many times – the sadness was a discovery I made at an early stage. I did something about it and decided to be happy and always have a smile and laugh at hand. I also had humor, unfortunately, sometimes at the expense of others. This was my way of surviving, my way of dealing with these super-human problems. Now when the laughter has ended, I have become more normal, probably as boring as everyone else.

Employers and others had trouble reading my body language, they were simply confused and in some cases angry. I was sensitive, I did not want to show my whole self, so I added the smoke screen as a protection. The managers felt that I was not serious enough with what I was doing, but it was not the case, quite the opposite, I just did not show how vulnerable I was.

Lennart was my best friend when I was teenager. When I walked the long way to him, I was so sorry I did not know what else to do with myself. Much was depending on the lack of harmony in our home. Once outside Lennart's door, I stood with the widest smile - I was happy, a joy that in fact in itself was contagious.

Pain

We have all of us probably heard of pain, especially in the songs - pain and heart. The question is whether we really have thought about the word in more detail. Painful or if it hurts me.

In the Identity Therapy I came in contact with the real pain. Together with other participants I conjured severe pain over my life-long stuttering problem. What I experienced was something new and

powerful, as powerful as when a woman gives birth. I speak here of great hidden forces that exist in our bodies. The strange thing is that most of us are not even aware of them.

This phenomenon, I felt in my processing of my stuttering. Real pain really hurts. There is actually something undefined in the subconscious mind as I in this particular therapy knew.

The really deep pain is hard to describe, it is very powerful and you need to take it seriously.

I fought for my existence

If it was because I was stuttering, I know not but the start of school proved to be a disaster for the little kid who I was.

The problems came in the first class

It started early with minor recurrences. At that time it was my playmates that were important. We built houses and did everything possible. The most evil thing we did was to throw a baby viper into the anthill to see how it would resolve the situation. The most serious event was when I jumped down a big rock. There was a broken bottle. I landed with the wrist in the middle of the veins, which luckily held. It was bleeding heavily. For some reason I never got to the doctor so it was a large scar as a memory from childhood. Playmates were good in many ways. Kurt and Bernt Eriksson, they were known in the community, talked to everyone and everything. They defended me in difficult situations. They were my security. The first year in school stuttering was a real problem. But then it became the worse.

I fought for my existence

It felt like I was snatched away from my playmates. Bernt was the "best friend." We were not in the same class because he was a year older, so he started a year earlier. The security that I had enjoyed no longer existed. During breaks, I could be

with Bernt and Kurt, but it did not prevent me from feeling lonely. Now I had to defend myself. I was literally fighting for my existence. During a break, I was in a quarrel with one of my new classmates in the schoolyard. There was a large ring with school children around us fighters. Who won I do not remember. Maybe it was not even a winner. Possibly it was establishing a "pecking order" or it was the guy who I was with who did not like my I stuttering.

The first year of school was a "living hell"

The expression is strong. It is said by me as an adult. As a child I was nice and smooth. I was a nice kid who had problems that could not be overcome. My parents certainly did what they could to help me. The difficulty of stutter was so great that I could not even talk to my mom. I stamped to make the blockings fall off.

The cause was a "bitch" Martensson

When I made the film "Is stuttering something to get hooked on?" I interviewed Brent that I managed to get in touch with after 35 years. In a secure and compelling way he explained to me "It was the old lady Martensson who caught up with you and gave you a beating. After this you began to stammer. The reason was that we were beating up her kid." What should I believe! This came unexpectedly and from a close source. It was certainly his view.

Parents in need of a concrete reason for their child's stuttering

According to my parents my stuttering was caused by the fact that I walked as a child on grass that

proved to be a water body with tufts of grass. I fell between grass tussocks and almost drowned. On another occasion they said that I had been in an accident - I ran into a bike that was in motion. The latter, I remember. Probably, I already had a light repeating stuttering established at the time.

ADOLESCENCE

A number of people in our country have stuttered. Here we distinguish between those with less stuttering and those who actually experience it as a problem. Many are free from their stuttering before

age 20, so prognosis for cure is very good. When I have talked to those who have earlier have stuttered I have been asking them how they did to be stutter free. The answers are consistently the same: "I do not know, it fell over a long period of time." One argued that it acquires a certain way of speaking. The speed of speech is important.

Treatment

Stuttering Treatment is difficult, few would dare it, and few dare to go for it. If the school's speech therapist has a stuttering student of his clinic she will refer the student to anyone involved in stuttering. That's nice. But where turns the teenager to get help? Probably he pays a visit to the district hospital for medical attention. There, he will first discuss it with a phonetician recommending any of the department's speech therapists. He may not be an audible stutterer - in stuttering circles, he goes under the name "hidden" stutterers.

He may have other problems as well, pain in the palate, the jaw locks up, the tongue is tense and painful, or that his lips hurt at the slightest exertion. Maybe he has tics. No matter where can he find help? Maybe he goes to a neurologist who can prescribe some relaxing pills. If he isn't helped by this he can go to a psychologist or try some other treatment that may seem more or less suspicious. When he has joined the team around and tried the society's healthcare system in all its stages, he gets into a pure stuttering therapy or in a stuttering association.

Who am I?

I myself want to reconstruct a case based on my experiences. The password is security. How to be safe and peaceful? Security can be on different levels. When the security feels dull it is left. A period of uncertainty arises in connection with the daring to do new things. We can call it development. Those who always live in insecurity are permanently insecure. Are you aware of reality and have some selfawareness you know what situations that houses security. For the vast majority the basic security is

probably best back of the home and workplace, the most important thing. During adolescence you pose the question "Who am I, and who can give me answers to all questions? The issue may recur on a regular basis in life.

Increased confidence

The youth who break away from their parents will undoubtedly be in crisis. His or her goal is to seek protection again. It functions in the same way that he tries to do well in many different situations that result in increased self-confidence.

They seek out groups where they thrive and become accepted. It is a must. The option is not often there. The same is true for those who stutter.

Positive experiences of speech are a good idea to collect many stuttering in stuttering associations bear witness about. Ordinary measures should not be too great an obstruction. The goal is successful-often with advantage.

What I'm saying is to be clearly seen and confirmed in my new role as almost an adult. Achieving this for the stuttering both the mental and the physical symptoms diminish. Examples of secondary physical symptoms that are stamping your foot, switching feet, posing in a cramped position, snapping your fingers – above all, any movement which is to distract the convulsive blockage.

Many young people in puberty have a hard time. New experiences make them hardened and the need to keep a straight face increases which then solidifies.

A soft and sympathetic approach to their environment may be the opposite. The need to be natural can be the underlying flow. The prerequisite for this is the tenderness and love from the environment but also have a functioning social safety net of close friends. This may be the alternative to the destructive tendencies to smoke, drink alcohol, or try drugs. Drug use is common in adolescence. Finally, we will not forget how important it is that young people have a deep relationship – a person who can get involved in their problems.

The social network?

Most people are included in one or more groups, such as a family, working community or peer group. This causes some social control of the individual. Groups make demands and develop rules for how to behave. This social control in all its various forms restricts the individual's behavior to more or less regulated procedures. If for any reason you are excluded, the risk of a self-destructive development increases.

The prognosis is good

Youth in puberty is difficult. Sometimes it lasts for seven years. Are young people also difficult stutterers, they are in one sense fixed. We must rejoice that so many people make their way out of their stuttering at this age.

Youth Therapies

The established stutter therapists often have therapies tailored for young people.

**A GOOD WAY TO INFORM THE CLASS
PRIVATE TO MY CLASSMATES**

Joel, 13 years old, did not write to the journal *Communication* himself and talk about the letter he wrote to his class teacher, but I, his speech therapist, was happy to do it.

The reason for the letter was that Joel's friends sometimes filled in words or otherwise interrupted him, and he thought it was tough. This is his letter to his class teacher:

Hi, this is what I want you to say to the classes about my stuttering.

Anyone can start to stutter, it's not anything you are beyond the control of. I find it hard to stutter sometimes. What is the hardest is that it takes time to get the words. Sometimes I might be silent because of it.

I want people to wait until I've finished talking, even if it takes some time and I do not want them to go away. That they should listen to what I say, not how I say it.

If it is difficult to hear what I say sometimes, tell me in a nice way and I'll repeat it. I also do not

want them to fill in the words for me. I go to a speech therapist to help me stutter less, I get to learn different tricks, but it is quite difficult. If anyone is wondering something, just ask. (PS.Tell both classes. DS)

/ Joel.

In advance, Joel had made it clear that he wanted to go outside, when the class teacher had to inform his comrades.

After a while in the hallway Joel heard applause!

When they had a break there were several children who came up to him and spoke.

Now, none of Joel's classmates fill out or otherwise interrupt him.

/ Lennart Larsson

Speech Therapy in Falun

(This notice is put up additions in 2007).

CONSEQUENCE

DESCRIPTION

The problem is deeper than can be expected

The title may speak for itself. What I have heard since childhood that Stig stutters a little has been discussed a million times, especially when I came up in years. Admittedly, I have probably been successful, despite my disability. Presumably, life had not been better without the handicap. I must thank Mother Earth that I was born in a decade in which everything became better and better. Wealth grew strongly and jobs were abundant. Employers were prepared to employ people with defects, only I did a good job in fast tempo. To do piecework was an ordinary wage form during the sixties.

The stutterer in the workplace

The situation today is very different. When our government in 1999 strengthened the situation of handicapped persons in employment the employers got the opportunity to get rid of them. They wanted to be sure that they would not bite remain in the workplace.

Today it is much harder. It is not enough just training and doing a good work, skills and three-year high school grades. Furthermore, it requires good Swedish in both speech and writing. We've found that the employees work harder if they have influence and control over production. It also increases the claims of competence. When you want to recruit new staff the candidate's tone, commitment, desire and charisma is taken in consideration just as the applicant's perspective on humanity and social life and how knowledge is defined. What they want are people who are independent and who can make their own decisions and regardless of if they work on the factory floor or in a management

group. Experience is not estimated in the same way any longer in Sweden.

Now a new concept has appeared - self-managing skills, which is the ability to grasp context and be able to set your own actions in relation to the whole. The trend seems daunting. In July 2006 the multinational enterprise Eriksson announced that staff over 37 years were offered a large sum of money to if they resigned. The idea was to replace them with younger engineers.

With the aforementioned application criteria, it is not easy for a stuttering person to be accepted in the labor market, especially not if there is an older person. When he finally has entered the labor market, the next difficult phase is to keep your job.

Stutterers testify

In a therapy group I asked a stuttering person why he did not let out his stuttering. "*It doesn't work* to be stuttering," he replied. Since I for many years had been involved in a stuttering club and knew how they reasoned this person was an "unspoiled" stuttering - I was concerned.

Another example was when an employer was tired of the stuttering and let him go. Once outside the company, he was sent to a psychologist. His task was to strengthen the faltering self-confidence so that he could get a new job. If this is put in relation to therapy for adults as something that should be about the present situation it is frightening.

Cure is not available for adult stuttering

Nowadays there are no therapies that cure stuttering. Once a stuttering receives stuttering therapy is often an introduction to help oneself. The therapies must also be repeated periodically. This means that some form of symptom relief can be offered from the community.

The speech is not automated

The question is what it is that makes the stutterer cannot get his speech automated. My answer is that they require different forms of distraction for it to work, which is the opposite of exercise. This all know stuttering authorities because they have all run into "the wall." Sports elements do not work well. They go out with that it's like to practice golf - the more you practice the better you become - in this case to speak. All of this is "wind" for the simple reason that it does not work in practice. All those who exercise get a positive effect, but it does not depend so much on the training itself but is a result of which could be anything, which means that whatever you try the result is that you speak better. The problems will appear the days, hours, minutes when you get tired.

Would those words be said by the first stuttering doctor named Ferenc Albert, he had probably described this as an empirical insufficiency.

The impossible handicap

Labor market situation has changed. When the employer is looking for people, he handles it carefully. Before advertising a requirement's specification on what the candidate must possess regarding skills is done. Once the candidates' application forms are on the boss' table a coarse screening is done after which a few are selected for interviews. Personality is considered as very important. As there are usually many applicants on each place someone is chosen who seems to be free of negations.

This is tough for those who stutter only now and then. In my and others' experiences this is likely to be one of the most difficult speech situations that exist - there is so much at stake so it must not go wrong. The manager who interviews you is asking questions about what you can while he examines you from head to toe. He may even challenge you. In the 70s, I applied and got some work.

It was at that time that it was pretty easy to get a job, the easiest time in living memory, probably the easiest time ever. As the 40-Generation and young, I could find work even as speech handicapped. The attitude at that time was that the speech was not as important in some occupations. It worked with the argument that my stuttering made me work more than any others. We lied at the time too. A person confined to a wheel chair was able to work with what he could by e.g. sitting at a switchboard. Today the world of work has changed in character, the population is multinational, which means that employers attach great importance to allow everyone to express themselves in speech and writing. In addition, white-collar sector has increased substantially by computerization and other structural measures.

Today you do not even have to have a handicap to make it difficult to get a decent job. Even the young people have a hard time. The elderly are the hardest. Many jobs also have a trial period before a permanent job is offered. The elderly are offered various forms of pension arrangements, which in turn opens the way for the young.

Do you stutter yourself?

A stuttering handicap is impossible in many different ways. Sometimes or rather quite often things happen without my possibility to put my finger on it. They call it "the personal chemistry" and say that it is not correct and it is interesting because either we are too different or we are too equal. The latter happens when two "hidden" stutterers face each other.

None of them strains that much but they both can feel, sense or symbolically smell that they work equally. It was good because then we understand each other may seem, but it's not that way. The signals sent out grow worse and influence their speech. Suddenly I too am reminded of my stuttering speech. I have noticed that the stuttering I got to know outside the Stuttering Association and where acceptance exists from both sides the rules of the normal speaking persons are valid.

Be taken seriously

Assume that all but Superman and his likes at the unsafe and insecure or negatively charged circumstances can stutter. We are therefore all stutterers, the fake and the "true." Do you remember in school when someone stuttered and the schoolmate said "You stutter" or "You cannot speak plainly." To stutter is thus no big deal for anyone, it takes the edge off the message and all people want to be taken seriously.

Often the "fake" stutterers are excellent and have great positions in society. They are soft, timid and generally pleasant in their purposefulness. The weakness may be that they are in need of some measure of security, which even exists in the narcissistic type of person.

The real stutterer has unfortunately no chance to assert himself against the normal speakers in the

world of work for you are not let in in that position. *It may be harder to make a career for me with a stutter. Then there are those who have developed a compensatory drive, and they're really talented.*

Stuttering is deep in the mind

Stuttering can cause memory loss. The stuttering may destroy the brain overall. It may be what you call "blackout." These things I have encountered a number of times in life. It's scary when it happens. In the Intensive Stuttering Therapy one knows about the problem, as well as Ferenc Albert. Not even in stuttering circles, this is something people talk about. And neither do I. Full stop.

Imagine that the mind is like a basement. Far down there dwells the devil, the parasite that should not be in the body. Starting position is the severe stuturer who wants to get rid of his monster. This creature can even take the liberty and life of his own, stammer when it pleases, or rather come out and show himself as his "master" least expects it.

There is no control, firmness or anything else that is carrying the speech. Just knowing that you will never know if it is possible to complete a conversation can be incredibly frustrating.

Suppose that stuttering is an incorrect way of learning that has lasted for several years, perhaps very many even, which has led to that the speech has been automated in the wrong way. I think that if there are too many things that have been trained in a wrong way, it becomes too much to correct during the speech. The assumption is based on the thesis that it is going too fast for the brain to keep up.

There can be many things in the depths that are

irritating. Events that do not seem so difficult or that in their gender role are expected to be done can subsequently develop into a severe traumatic event.

If you got your stuttering in the speech development at age three, it is also where the root of evil is. To get there and work on the trauma is not easy. Primal Therapy has made attempts, unfortunately, it will be as wide as the whole person becomes involved in a relapse that is unparalleled.

You will never be completely free of your adult stuttering, accept it as chronic. but make the best of it.

Friends on the Internet

A stutterer told me that he has all his friends on the Internet but would like to have "real" friends. He wishes he could break the habit but do not know how it would be possible. "It feels odd to talk to a real man," he says. He does not like his disability.

40 years without success

The clearest sign of that stuttering is chronic, I find when I look at my stammering friends that I know since 40 years. They stutter in the same way as 40 years ago. There is not one iota of change. I cannot say anything about the stuttering frequency because the contact with them today is not as extensive, but it ought to have become somewhat better, given that there are studies showing that stuttering diminishes when we are elderly. What I notice is that their voices have grown darker.

These people who I'm talking about have been in Stockholm Stuttering Association, which means that they have in an excellent way had access to all kinds of literature and all the activities undertaken in association management, also appeared on the

association's therapy evenings at least once a week.
I cannot understand how this has happened.

I write about very intelligent people. Is there no practical connection to the pursuit of knowledge? What causes it?

Changing the pattern of speech is almost impossible in adulthood.

Perhaps it is safer to have a problem with speech instead of many other problems. They participate rarely or never in stuttering therapy. They are content to discuss and become experts in therapies and priorities rather than the delivery of intelligent content. The answer may be as simple as that they are now talking as they always have.

You do not learn to play an instrument by simply reading books about it.

Frightened people

It's not just the content of what people say that has the power to intimidate. It may be that I perceive the person as threatening.

What he stands for is important.

Is he a friend or foe?

What is it that hides behind the mask?

A sensible person can see what kind of feelings the other person has especially if you've got to know the person. Then you know the symptoms. Is he angry, has he shown emotions that can be frightening? If you cannot read the person you have in front of you it also scares. "Vibes" - vibrations tell us whether we like the person or not.
If someone in front of me looks nice and gives me

a nice message, it affects my speech for the better. If he looks unsympathetic I immediately feel uncomfortable and I wonder at once if I can trust him.

"When it was at its worst with stuttering, I was very afraid of people." (Beppe Wolgers)
The stuttering person may stutter more when speaking to a person that he emotionally is not attuned to in a positive way.

Other frightening things

The world is scary for a stutterer. The words that are said have different intrinsic meaning. They have a purpose. How we perceive the world depends on how we did in our childhood, how we interpreted our parents and what we brought into adulthood.

In some form there will always be the father, the influence fades, but in the dim memory he recurs in the role of the "boss." It is he who decides and controls over you, even when you think something else.

The manager has control over you and it worries of course. It was important to do the right thing to get his approval. As a child you got to know your father. You knew when he was angry, sad or happy. You read his mind before you acted.

Your relationship with your parents' anger has influenced you significantly. If you got scared and moved away from your Dad, you probably do the same regarding your boss as an adult. On the contrary if you had a fight with him you have probably received a not insignificant choice into adulthood. Where you came in the hierarchy is surely depending on your innate skills and your social development. They might even be shaped in the sandbox. My wife Louise wanted to teach her playmates so they became students of her first class. As a classroom she used the sandbox. Believe me there have been many classes over the years. She never left the school world.

One way to get away from managers is to become a manager yourself, the higher up you get, the more managers you avoid.

Fun treatment: Put a picture of the manager's head on the dart board and throw darts at him and let the aggressions hail him. The head has dad's role. The philosophy is that it is enough and that one does not attack the boss in real life, but it's a philosophy that didn't work for me and perhaps for others as well, so, some caution is good.

Dishonest signals

The situation often requires the right signals. It does not look good if the priest has a smile on his face at a funeral. That does not mean that he doesn't wish well he probably does even too well.

It is rather a question of what he has learned, in other contexts this smile had probably been an asset. People do not understand stuttering persons who send out signals that do not match. It may be in the workplace or among friends and acquaintances.

Stuttering as a phenomenon seems to be well-known, most of them have stuttered themselves or been in contact with someone who really is stuttering. I always had a smile or was not very far from laughter, plus humor, unfortunately, sometimes at the expense of others. This was my way of surviving, my way of dealing with this super-human problem. Now that the laughter has died away I have become more normal, probably as boring as everyone else.

Employers and others had trouble reading my body language. They were simply confused and in some cases also angry. I was sensitive and did not want to show you all of me and therefore I put out the smokescreens as a protection. The managers thought that I wasn't serious enough in what I was doing, but it was not the case, quite the opposite.

I just didn't want to show how vulnerable I was. My joy and positive attitude was sometimes false, but this superficial method really worked with people. Then there are those who are in a different way and feel really bad about this behavior. One person who took offence was a woman in the Stockholm club - she wanted to know what I had to hide. I also took offence and wondered what was wrong with me, because even if the behavior was false, I wanted everything to be so well. When I look back on my different therapies it is probably no one who has influenced my choices as much as she.

She would just know how much she influenced me. I took her words seriously and really changed into a person that people could both read and take seriously. Presumably, she had confused the private and public life. After a few years of therapy I was so readable and credible, that I even got a ten-year relationship with Elise, and then I married Louise who now has been my wife for 15 years.

However, the night life hasn't worked so very well. It does not work to show the naked Stig Lindh. His smile and laughter has currently been toned down and I can now work on building new powerful walls against the outside world's viciousness. *Stuttering as a disability is greater than we stutterers would like to acknowledge.*

Infectious stutter

The reason for my suspicion is that on numerous occasions I ended up in speech situations in which the defendant began to "strain." The other party is an adult. I get an uneasy feeling that it's me that has affected his speech. Is it not so that it is very common among normal speakers to mimic the other party, which in this case would mean an imitation that is not in his favor. In the end it's not any advantage for me either.

In my film "Is Stuttering Something to get Hung Up On?" I interviewed my doctor and he said *that we were more alike than different.*

I interpreted it that for many persons the step to stammering is short, which could mean that these people find it uncomfortable and want to protect themselves.

Stuttering Association's President, Anita S. Blom said that there were those who could mate stutter for a while, but they don't take it home with them. Furthermore, we talked about comic "Bamse" which in a text bubble had the text: "Stuttering is not contagious." It is certainly true, I would not be surprised if stuttering children have playmates. Children can be as responsible as adults. Adults can unfortunately have the lack of accountability, which means that they say things they do not have

reasons behind them.

When I was a child I had as many play-mates as everyone else. Moreover, the fact is that stuttering is not contagious because it is neither a virus nor a bacteria.

What is at stake is probably an impact on the communication transmitter and receiver. A non-stuttering person can fall into a stuttering person's speech caused by the stress factors that occur in speech situations. The consequence of this is not for long, but due to the circumstances of the moment.

Why do some adults imitate the speech of the counterpart is the issue?

Stuttering children have playmates – Adults are without playmates. Sometimes stuttering affects the other party but that does not mean that he carries it home.

Stuttering as a disability

Within the Disabled National Organization one does not estimate the severity of the disability, but do it at the individual level. For example, a blind man was born without sight, another may have gone blind in one phase of life which affect their lives differently. There is something similar with stuttering people. Anyone who got his handicap in language development with severe stuttering versus those who began to stutter as adults also have

various disabilities. The latter can be cured by the speech therapist while he who started straining in speech development is a presumed chronic stuttering, which is virtually incurable. Here the speech therapist is aiming on different types of problem alleviation.

Stammering is not a homogeneous group. Some can get by with a little stuttering, others survive poorly and are feeling too bad and it does not have to do with the frequency of stuttering, but there is nothing said about it. Today there are even stutterers that are homeless and even without having a drug problem.

Seen in the light of other disabilities

The word disability means "hand in cap" and was originally used in the sports world. Severe physical handicaps as spasticity, congenital malformations of the limbs, facial defects such as cleft lip and palate-splitting or birthmarks are perceived almost always by the wearer as a severe handicap, so serious as to characterize him or her mentally, often greatly.

And if we consider the invisible handicaps such as mental abnormalities, language disorders, deafness, stuttering these groups of disabled people are also different in relation to the so-called normal. For these groups communication with others is difficult, perhaps impossible. This leads to exclusion and isolation. Seen in this light stuttering is a disability.

The whole truth probably does not exist in this observation, but it touches something very important, namely that the disabled person's experience of him and his situation very much depends on the surrounding setting. Likewise, the means that the society makes available to remedy the handicap is of great importance.

Karen-Marie Hauschild writes in her article "Stuttering

as handicap" that "Unfortunately we must admit that much is lacking in terms of recognizing disabled persons as full citizens, equal to other people and as long as it is so and as long as society does not have realized that under no circumstances keep on tools that can reduce or possibly eliminate the disability, so far, disabled people, including stutterers, have reason to feel discriminated. "

Many stutterers adapt to the situation and choose silence. In school, you can also choose to be quiet if you speak with the teacher about it but then life is also a silent existence.

SYMPTOM RELIEF

Man is rational

The stuttering therapist Dan Mogren often returned to my assertion that man is rational. At this time it was really the feeling I had of life - you are doing and come to terms with what suits yourself - and it often occurs at the unconscious level.

Don't you think then that there is also an obligation?

There are so many things that are associated with stuttering therapy. As soon as one has to do with stuttering the "whole life" is on the agenda. Just the fact that I'm sitting in front of a person named Dan Mogren committed to the difficult task of treating a stuttering person. Isn't it rational to admit to myself that I did not manage to talk to people but that I dared to seek help.

He repeats my assertion that "Man is rational."

"What is he looking for?" I wonder.

Is it an instrument to get me

where he wants me, or is it so bad that in my behavior are found irrational elements, which he wants to be rational?

The strange thing about humans is that they adapt to almost everything. Once she is "adapted" it is good if it came to anything good. A negative adjustment can unfortunately take a lifetime to change.

Me and my vibrator

Probably I am the only one who massages the jaw muscles if necessary. Stuttering can be painful. It happens sometimes when I speak is that the interaction between the different muscle groups do not match. Tensions occur and become a resistance. Here I have three options - to stammer and lose control of the speech - stop and try again soft and easy - or force it's coming from the mouth like a normal speaking. Often I choose the latter one for the reason that I want both to be and feel like a normal speaking. Perhaps the most important argument is to get the correct reflexes so that I reduce the problems in the future.

My chewing gum degrades the situation significantly. They make my jaw muscles even softer. I have talked to my dentists about the problems, but they do not seem willing to understand. I also told them that I had unusually high wear in the mouth but they blame the grinding of the teeth so that they can produce mouth guard for the night. One day, I managed to convince them. I had a temporary denture which they thought that I had squeaked a lot.

Then I told them I did not have it at night so that the wear of the prosthesis came during the day. The gist of it all was that they could not produce any protection for the night.

If I remember correctly Dan Mogren told me about a man who was even worse than I - "he stammered," his teeth so they broke.

The other day I bought a new vibrator. Amazingly, I've worn out one. Who could believe that the way to a massage device could be a technical aid for a stuttering person? The trend is really ahead. My new device generates heat from nine small lights while it vibrates, which is similar to what the masseurs are taking when they want to give the best treatment they have.

Meditation circle is closed

Early on I realized the value of the positive impact of meditation. To and fro, I have twice a day devoted myself to this, in the morning and in the evening. Meditation technique is a TM which is an abbreviation for Transcendental Meditation. When I came from work, it felt like starting the day again without stress. This has been done regularly. The exception is when I have been engaged in some advanced therapy.

Church Meditation

In 2005 a new kind of meditation called Zen meditation came into my life. Together with others we sit in church and meditate.

A remarkable event occurred when the meditation moment was interrupted due to a funeral. Outside was the hearse with the coffin, which was put in place. We walked out of the church to a nearby cafe. Suddenly, I had landed among a collection of special people. They were very verbal. They were looking for something, they sought God, they sought the meaning of life, they sought healing, they wanted to grow as people, they knew what relationships were and they did not want others to be "codependent" - a new word for me and they followed something called the "Twelve-Step program."

The best relaxation technique:

Transcendental Meditation may be number one as relaxation techniques. The reason is that there is a technique that works where ever I go. As a stutterer I maybe accumulate tension and it can be good to have access to a relaxation technique. It may not necessarily be meditation. Personally, I cannot stand the traditional relaxation exercises.

What is it the pictures say? Am I young 46-year-old or am I an old one?

Personally, I think the first alternative and would say it's because I devoted myself to meditation and Identity Therapy for many years. Once I stopped the therapy and my stay in the sunshine on the Spanish Costa del Sol gained momentum age began to appear. Decide for yourself. One study shows that parts of the brain don't age as fast among meditators as among those who don't. It was great to read this because I have meditated for over 30 years.

What I wrote 31 years ago is true today

After the TM introduction I became so involved with meditation that I wrote an article in Plus.

As a lecturer I was a member of the Nordic exchange in Finland. I was even referenced in the Swedish-speaking Huvudstabladet.

My article from Plus - edited and shortened.

Is Transcendental Meditation beneficial for those who stutter?

The value of the beneficial effects of meditation I realized at an early stage. I have devoted myself to this twice a day in the morning and in the evening. Meditation technique is TM which is an abbreviation for Transcendental Meditation. Guru Maharishi Mahesh Yogi from India who died in 2008 left half a million grieving supporters. His name figured at the most when the rock group The Beatles sought his support.

After work and after a meditation it felt like starting the day again but without the stress. It was like taking a shot, the difference was that it was not poison. This natural biological schnaps has now been going on year after year.

Transcendental Meditation

I give the first place to relaxation techniques. The reason is that there is a technique that works and that I always carry with me.

One thing is certain: If everyone started to meditate, society, or the world in general, would be different from today.

Those of us who meditate experience that something is happening in the body. What happens physically is oversimplified as follows: Oxygen consumption is reduced by sixteen percent during the peak period. (In a sleeping human being it reduces by about half.)

Even the metabolism, respiratory rate, blood flow, the concentration of lactate (lactic acid) in the muscles are reduced. The electrical skin resistance between two points increases significantly (high skin resistance involves mental relaxation. EEC-curves from the brain's micro-waves are different from those encountered during normal waking state.

An overview of various studies published in the U.S. American Journal of Cardiology shows that meditation not only reduces blood pressure but also can prolong life. The studies included 202 men and women with an average age of 72 years. All had been diagnosed with high blood pressure. Some were given the task to practice transcendental meditation in a group, while others practiced various relaxation techniques.

Participants were followed for eight years, some for nineteen years. Two studies found that meditation lowers the blood pressure significantly. Those who meditate have 23 percent lower risk of dying prematurely. The researchers also noted that they have 30 per 130 cent lower risk of dying from cardiovascular diseases and 49 percent less likely to die from cancer.

Transcendental meditation is an effective relaxation technique that provides very profound effects. It is simple and involves using a mantra, a word, without associations and that leads you in a state of deep rest and relaxation but with maintained wakefulness.

You begin to "think" or "hear" your mantra. The mantra has the function to act as a means of transport "down" to the subtle levels. This is done without effort, without concentration, only through a simple automated process that we all

have built within us. As easy and as natural as breathing.

The only way to find out how to do is to test the technique yourself. The technique is used morning and night and the periodic relaxation allows the nervous system gradually to release from the stress and tension.

Housecleaning in the nervous system is my personal parable. Or, as Gunnar Edman refers to a leader of relaxation technique: "When the bugs were at their worst in the old poor-Sweden one had to devote one evening a week for debugging." Today the vermin is of the mental nature. The thousand and one small stressors, irritations swarming with influences from morning to night bite and scratch in our veins. The itch excites our breathing, disturb our digestion, eating into our emotional life.

Our mind is daily exposed to various forms of stress. We have suffered from this ever since we were born, creating blockages and tension in our nervous system. Our patterns of behavior coarsened and we are prevented from acting in a sensible way in every situation. We often take for emergency measures.

The primitive reaction is to flee or fight. In the past it could be appropriate and useful. In our civilization, we certainly react but may not let it be an outlet for those primitive impulses.

These reactions are those that underlie the ever increasing mental and psychosomatic diseases. If we are very tense or stressed, we can lie down for a while and relax. Rest is invariably in all treatment of diseases. Also for stress disorders we are recommended rest - relax, unwind. The most common rest we get through sleep. It has an important role to defuse stress. There are two different stages of consciousness. One is when you sleep deep and dreamless, the second is dream sleep. During the deep sleep dissolves stress and tension up and you get both physical and mental

rest - they always go together. But the resolution also creates stress activity.

In my sleep thoughts are activated. Dreams are thoughts during sleep that were created thanks to the stress resolution. The reason is that sleep processes the thoughts that we have repressed when we are awake. When you process a lot of nasty things you dream nightmares. To sleep and to dream is a natural way to get rid of stress. We utilize all that way.

And it occurs spontaneously, without us doing anything about it. But just sleep and dreams are not enough to free us completely from all the stress. We always have a lot left. The negative effects of TM in general is usually occur in the form of anxiety, that you dream horrid dreams, or that you are reminded of the old events. That's because you have repressed many unpleasant things.

A parable is that when the ice melts, the suppressed matters press and penetrate and want to get to the surface. The more the ice melts, the more you can experience and recognize of the unpleasant states that you once thought you had passed.

On the other hand, the mental state gradually improves and the negative effects are experienced less than they once did before you started with TM. For most people it is the almost imperceptible. The technique works. A person who lifts weights hundreds of times, do not necessarily believe that he will gain more muscle mass and get stronger - he gets it automatically.

Another meditation technique that I am dealing with is a meditation technique based on the Buddha. Buddha was not God but more like us. He lived 2500 years ago and the name means "awake." The goal is to live more in the "present." Zen meditation technique is a powerful method for personal development - a way to grow and thrive in a way that suits you.

The meditation is based on increased awareness and presence in the present. Meditation leads to inner stillness and increased energy that you can take advantage of before the day's activities.

Assistive Technology

Stutterers aren't immediately associated with the technical means, but it happens. A few years ago when the little tape recorders were exclusive, I got one prescribed for me. It was really a dictaphone. I tested it for some time.

THE SPEECH ACADEMY in Linköping has worked extensively with tape recorders in their therapies. Video has been tested in several stuttering associations and in intensive stuttering therapy. In Stockholm it was tested already in the 70s, as well as the DAF unit that delays the speech and which, among other things has a distracting effect has come round again.

The computer age has meant that some speech therapists have the support of the computer with speech adjusted software. The treated person may be practicing for real speech and the computer corrects.

To train your speech with a tape recorder or a computer can be OK but in general I believe that training should be done with people. Over the years all sorts of strange devices for stutterers have arrived but after a time they have been relegated to becoming museum pieces. Periodically they are dusted off and used again. The computer development will mean that they are becoming increasingly sophisticated.

Speech Easy

Marita Rydå says: "The Speech Easy method has not removed all the stuttering, but it has increased the proportion of fluent speech and made it possible to increase the Speechspeed." When asked if she could recommend the device to others, Marita says: "If a stutterer expects a technical gizmo to solve his problems, it is not a Speech Easy that is the answer.

On the other hand if you have tested most things of the time, worked with yourself and made it clear to you that this gadget might help you in a limited number of years and then you are back again - then you could well test. It's wonderful when the speech is floating on and goes faster. Assistive technology can be a nice job for some time - it can evoke or support the work of a stuttering treatment. My view is that stuttering therapy should primarily be directed and carried out against living persons.

Speech service

Speech service is for those who have speech and language difficulties. It is the Stockholm County Council who will go out with this offering to its residents. Here a stuttering person gets the help he wants for free. Before the first mission they want to meet you once or twice. How frequented this service is in our circles I do not know, but it feels good that it exists.

Adapting to the symptoms

Several stutterers adapt to the situation and choose silence. As already mentioned above you can in school also choose to be quiet if you talk with the teacher about it, but then you live in a silent existence. Another obstacle existence is that stuttering is always present. During all the years I have been involved in the stuttering movement there has been focus on that how much and whatever big the problem “stuttering” is, it is not a problem. When we are going to say something we should in addition to the sentence that is to be said have a number of precautions in mind of HOW it should be said.

Many stutterers indicate that it feels unsafe not to know in advance when the speech becomes strained and choppy. The stutterer is usually unaware of when it happens. His sense of time may be wrong. A long block may feel short and a short block can feel long.

Then the shame comes trying to cover up and hide. You hope that the listener did not hear the stuttering. What can be easy for others can be difficult for you.

The classical methods did not measure up. There were too few people who could bring the learned and practiced methods from the treatment room to the reality outside.

Stutter voluntarily

Stockholm Stuttering Association came into contact with ideas from the USA and Canada by Viktor Bloch in Denmark that was to revolutionize the perception of stuttering and its treatment. With “the accepted method” everything that was called stuttering and its related problems was played down. The method was to practice in real situations. The idea was that by setting the uncontrollable stuttering with controllable stuttering a softer

speech was produced, but still it was a stammering speech that flowed better than before. It proved to be a tool that was effective. Sometimes the mere thought of stuttering voluntarily presented itself as the fluent speech.

Learn to stutter!

The request came from Van Riper. "Instead of that at all costs try to get rid of your stuttering you would accept it. It was realized that an important part of stuttering was cowardice and fear to reveal your stuttering. However much and for how long you work out to get rid of stuttering, there is always a risk that stuttering is found. Have we given the impression of being a normal speaker, it can create anxiety and fear at the thought that I at any time can reveal that I stutter. Fear and anxiety are keywords. It was recognized that anxiety and fear of stuttering increase the propensity to stutter. By accepting your stuttering you reduce fear and anxiety and stuttering is diminished." It was a linchpin in their approaches. Van Riper went so far that he gave stutterers the piece of advice: Learn to stutter!

Stuttering is what stutterers do to avoid stuttering (Blood Stein 1975, p. 35-36)

During the Nordic Stuttering Congress in Kisa in 1970 this technology caused a sensation.

The Finnish theater company made sure we all sang the song that's on the next page:

TO STUTTER IS NECESSARY

To stutter is to talk with moderate speed

To stutter is to light the amazement in the listener's eye

To stutter is healthy,

it increases the oxygenation of the brain's blood vessels and sharpens the senses.

To stutter is here to stay.

To stutter is refusing to make its contribution to the perfectionism.

To stutter is to resist the requirement that all speech should go quickly and smoothly.

To stutter is not to unnecessarily erode the surrounding persons' scant amount of patience.

To stutter almost learns to pay regard to others.

To stutter is therefore necessary.

The ways were many that made us really feel that what we did when we dropped the stuttering more free "was right." Other types of adjustments you can read under the title: Respect Your stuttering symptoms, and Pension Solutions.

Misunderstood accepted method

The question is whether those who sang this song knew what they were propagating for. I interpret the song as it was only to stammer uncontrollably.

Then I think the song is questionable. They have distorted the accepted method for the bearing of that was to stammer voluntarily dissolved and easily.

Acceptance of Technology Advanced Course

Intensive Stuttering Therapy NNT which stands for Normally Slowing Down Speech with modification in the end really shows what you can do with acceptance.

Less demanding environment

In my active time in the Stockholm Stuttering Association I was also a member of the Stockholm Disability Organization. Besides that I watched the stutterers' interests, I became interested in the various handicaps. I trained to become a disability informant, with the result that I went into the schools and talked about various disabilities. Sometimes we could be two informants.

Stig as the "Gomeo" in the play Gomeo & Hjulja.(Wheel)

The Wheel Theatre

The commitment as a disability informant continued after that I stopped as the President of the Stockholm Association. I got the lead role as "Gomeo" in play "Gomeo & Hjulja. The play was performed for over ten years.

Lifetime membership

This group, which for me was less demanding was very important. They were special and like me disabled but in a different way. The account taken was impressive. The uniqueness of the group is that a withdrawal takes place only at death. To me this is worth gold.

Sex and stuttering

Sex stands for something nice

What has happened was a change of attitude giving access to it without losing face. I grew up with the forbidden words and it was ugly to utter them. Today it is fully accepted that everyone can have sex. We have noted this problem in the disability movement. I do not know if they have been discussing the situation of the stutterers. For the stuttering person it may involve an oral or written context that cannot be overcome. The small "insignificant"

stuttering has suddenly become a disability.

Personal advertisement or singles club

The most common way to get in touch today is probably via the "network." Here the stutterer is relatively safe until it is time for a "date." Single Clubs are a great way to break your loneliness.

*There are those who claim that life is a journey.
Who will be your companion is the question?*

TIPS AND THOUGHTS

Stutter neatly

Stutter neatly is something I created myself. It was created in my brain like so many other words. Stig Lindh's word workshop has followed me through life. I simply like playing with words. I even take them into my mouth and taste them to feel whether they are "right." The concept of stuttering neatly puts me in a few other things as well. You're treated the way you are. If you are regarded as uncomfortable you get problems of various kinds and regardless of what you have to say.

If for any reason you feel that it is comfortable with a faltering voice, the piece of advice is to stammer "neatly." The issue is perhaps new. Are there really people who cannot cope with my stuttering? I'm inclined to answer yes to this. I think that we as stutterers perceive ourselves as weak and non-stuttering as strong. We take it for granted

that they must be able to listen to our speech
stammering as long as we think we need for
implementation. *For some reason they cannot.*
Soft repetitions of words or syllables can be OK,
but noisy and cramped hooking where ticks are so
severe that your face is contorted in spastic disfigurement
can be daunting.

*Good eye contact is a must. You see him and he
sees you. You observe him, but how does he react?
Is it positive or negative? Learn from what you see.*

Our basic needs

As human beings we have fundamental basic needs
such as food, drink and sex, which may surprise.
Today it has become increasingly available as people
have started using just the word sex instead of
other less "nice" words that also sound badly.
Arne Jarric, a professor of history has thought
about the issue and read all the literature that he
has come across. He concluded that there was
something more important that was missing "The
need to be needed." In the past you were needed
automatically because you worked on farms and
had to survive there. Today we work half as much
as 100 years ago because the studies and other
circumstances are reducing the number of years
significantly. Upper class women often had no
work. They devoted themselves to charity, which
was a way for them to be needed.

*Food, drink and sex are necessary for human survival.
To feel good is also to be needed.*

Security is necessary

I remember the book "Love yourself," a book that
portrays the American conditions. Studies were
done which showed that the success of the "pick"
depended on how safe you were yourself.

At that time I thought everything was possible to change if

the will existed. In my solitude a few years earlier I had analyzed my situation and decided that I was safe in my insecurity. It was just going on in the wool stockings. Now I wanted to have success on the dance floor. The problem was to be safe when you really aren't. Then I took out my acting skills and played safe. One day I stopped with it without really understanding why, but it did not work any longer. It was only when I worked on it all in the Identity therapy that I got the answer. Don't we have the right to safety as stutterers? Do we always have to go at full speed?

What happens when we are not able to correct everything that happens in the speech organs in the moment of speech? The questions are many. I imagine that security can mean different things for different people. Social and economic security is concepts that are more understandable and concrete.

Internal security is probably what I think of first. What is it? We who never have experienced it do not know what it is. I myself experienced it for the first time in Mallorca in the 60s. Suddenly I spoke freely with an unknown girl. When I think of that incident, I curse all work units. The work has no boundaries and the stress that in my case triggers stuttering can be really unpleasant.

Job security is a rare luxury. Having the "back free" is difficult. Torment and stress may each one handle after his or her ability. Stress management can help some. To my knowledge it is a subject that people do not talk about at work.

When it comes to stuttering therapy, two maybe three conditions are valid. One thing is to leave the security and try new fields the second one is to have the support that may be needed and, finally,

an aid to lick your wounds and to get new forces. What I mean when I talk about security is the security that some children in their youth receive from their parents. If you don't have it as an adult it is difficult to usurp it. But one can always have it as a goal. If you do not know very much about the subject you should have guidance from someone knowledgeable in the field.

Security is not something that just comes. Expect to fight to get it. In addition, you must be purposeful.

Get To Know Yourself

Find out who you are and what you want to do with your life. Does that sound pretentious? That is exactly what it is. To confront yourself with yourself you don't certainly do in a hurry. A crisis may be the triggering mechanism. Begin by learning to put into words what is happening.

Once you have decided to find out who you are, you will find shortcomings. But you should know that you will do as you are with all your faults and shortcomings. Furthermore, you can always work on your shortcomings at appropriate times. At first glance it may be difficult to see what the real assets are. Take out a pen and paper and list what you are good at.

You will discover that you are good and capable of more things than you could imagine.

Take yourself seriously

Here is an example of thinking about something when the psyche wants something else. If you are talking on the phone, you must convince yourself that you both want and will speak with this person.

The opposite is to wish but not be able to. In this case it means that you have decided to speak to this

particular person. Once you have dialed the phone number and are waiting for someone to answer at the other end you feel uncomfortable about having to talk to the person in question. Here I think you should keep talking tough on the principle - have I put my mind to call it will be because I want to do it for some reason. I mean that if fear starts to take over you must take yourself seriously - push away the doubts with the thinking and be serious and say that you are here to call and do not want to be in another place in life, otherwise drop the hook and go there immediately.

My discovery is that one can call and have emotions when talking on the phone and believe it or not - it works. The best thing is obviously to remove the split and become concentrated. One should avoid being a slave to one's emotions. Nothing could be further from the truth. If you have however gained a good life and have trust in your feelings, it is a great asset. Control your emotions to do what you really want to do. Concentration can never be wrong. When you take yourself seriously in the situation above, you can, over time, avoid the internal tug of war.

Taking yourself seriously is to respect yourself.

Who owns the problem?

When you strain or feel ashamed the feeling of wanting to gloss over stuttering arises. The cat purrs not always as a courtesy. A smile that is interpreted as nothing has happened means that it has not happened, at least not as much as what really was happening. Now we have come to the conclusion that what has not happened has become a problem, at least for those who "happened" to stutter. Has the other person had the right idea about me, does he think the right things about me, is grinding in the head?

What is happening now is that the stuttering person takes on the responsibility over what the other person will think.

This was just one example, but there are certainly a number of them. The inner dialogue may be wise to consider whether there really is my problem. To be generous and share the problem is not a good solution because then both persons have problems. *The moral is: Do not wear problems that are not yours.*

If you are you looking for knowledge you will find it

In the stuttering literature you write about everything except the feelings that might be considered "fuzzy" in the research context.

It's also very much about the fact that everything you need to know is recorded in different contexts.

It's "only" to take in adequately. Speech therapists can help you in different contexts.

Scientists are good for the riddle's solution, and more research is requested than they do today.

A person who truly embraced what speech therapists told him I met in a therapy group at "The South Hospital" in Stockholm - he had realized that the way he lived his life, it was not surprising that he stammered. I mean that there is a lot of knowledge on the subject. The problem is to assimilate it, take it seriously even though there may be diffuse. What if it would be so bad that the "riddle's solution are countless factors that can each be

of great importance.

Maybe there's something for you to consider in this book in your search for understanding, help or relief.

Do not be a victim or a scapegoat

It is complicated to live and it's easy to fall outside the usual norms. In the end it's always the group you are in or want to enter that is the norm. Rules always exist some of them are invisible, and this can go wrong properly.

When it's something that goes bad there will always be a good reason and it may be at first, but is the solution over time there is a vacuum. The most experienced know that the situation is dangerous and ultimately unsustainable. No shadow must fall over me so what's best is to ignore the problem.

You don't want to be concerned with it and refer to others. It's not long before there is a scapegoat who is not just anyone. Usually it is a person who for some reason finds it difficult to defend himself or

it is a strong character person who wants to be firm as a God. Once the boss, in its way, endorsed him as "bully victim" he becomes everyone's game. Mankind has sought his scapegoats since time immemorial. They become "the solution of the problem." There are always the minorities who suffer.

The scapegoat unfortunately serves a useful purpose in mankind. Much misery is channeled through him.

To Establish Your Borders

Ability to put an end to things is the key to a sense of dignity and self-esteem. You are somebody, you have identity but also integrity. Live your life like everyone else. Go to work and home to the family. If your life looks in a different way it isn't wrong either.

How strange it maybe sound it is up to you to decide over your life, what you do and what you plan to do. In order to feel as good as possible, the starting point is that you know how you should manage your life. Make sure the distance to the person you are talking to is convenient when you speak to him. Look at his face, his eyes, what do they say? If you don't dare, you can watch his mouth, but it is not as good.

The question is how much the person communicating with you shall have the pleasure to experience you. In the actual communication, it is common to read one another.

The question is how much you dare to show.
Where is the limit?
And are you the one who decide upon it?
At home it is perhaps easier to set limits on family members.
If you are tired take a nap. If anyone is too eager to
get your attention you have the ability to say no.
But if this is the case then meet again some other
time later in the week.

Do you get tired?

However, when you are at work it is not so easy to walk away.
Ideally speaking you should not get tired at all giving the chance
for the ghost stutterer lurking and wanting to come
out.

In view of your disability it may be wise not to
place assignments requiring a lot of talking during the
"tired" conditions - so cancellation may be an option.

Consider what is important to you when you set
limits in your speech. What do you need to feel
good about yourself? You grow when you dare to be clear.
Setting limits and saying no is to create space for what you
want and need.

The responsibility to set boundaries is yours - it is
about learning about your surroundings so that they treat
you well. If you're respected, you feel calm and
secure.

STIG'S TOOLBOX:

- Establish your own comfort zone.
 - I stand up for myself!
 - I do what I want, but only when I feel it's right.
 - I take myself seriously
 - My value remains even when I say NO.
 - You are welcome to consider about things but choose the right one.
 - Stig Lindh's silver bullet "**Respect yourself**" - is recommended in difficult situations.
 - If it is too difficult **just accept the situation**
 - Who owns the problem?
- DO NOT BE MAD at everyone and everything, because if you do not become angry, you need not process the anger.
- "WHEN YOU ARE ALONE behave as if you have honored guests, like when you have honored guests behave as if you are alone."
- A clear identity is very useful.

Bad habits?

Unfair exploitation

I don't like taking advantage of stuttering to get time to think. It is a time that the normal speakers do not have. Then the stutterer has got an advantage that is questionable.

Uninvited socializing on the phone

Is it so that the length of the call suggests that there is an interaction via the handset, both parties shall be aware of this and accept it.

The film "Is Stuttering Something to Get Hung Up On?"

The title is taken from my award-winning film from 1989.

The content of the movie is about my social net work. I let them answer the question: "Is Stuttering Something to Get Hung Up On?" The camera that I used was purchased in Florida.

The film is based on my innermost circle, my mom, dad and brother. All are unfortunately deceased why the film has greater significance for me than what you believe. When my family and partner had said what they thought was worth saying I widened my network with the doctor who said we were more alike than different, my dentist that I still go to, my workmates at the Swedish Construction Firm. The most sensational meeting was with the playmate that I had as a child and that I had contact with after 35 years who told me why I started to stutter. The movie ends abruptly by the sudden uncontrolled accumulated stutter.

My creative movie title has for some time been used by the Swedish Associations Organization's home page.

Everything in moderation

The title could be the book's title but was eventually rejected by me. But I really think it has much to do with trying to be a little bit right. The word moderation is very Swedish and it is only we in the world who knows what the word actually means.

In stutter context it could be to not stutter too much, have your own tolerance, not demand too much of yourself, do not require too much of others who, in turn, can backfire on yourself. Important is not to be too extreme, equally important is not to be too pale in your image.

Presumably, a lot of insight is required to live as "Mr Moderation" and the honour you have to get yourself.

Everything in moderation is the best

Anger is the most dangerous feeling. Freud argued that all people have an inborn inherent anger that occasionally must be let out. If we don't we get physical or psychosomatic symptoms such as chronic stutter. We may be the quiet type, which we sometimes read about in the newspapers, who finally explode by anger and make the most bestial crimes one can imagine. There are psychologists who believe that anger must be channeled.

Football and hockey are sports that most people accept for letting your anger out. Here research has shown that it does not reduce the anger, on the contrary, most active sports men are more aggressive the days after the matches than before. To live out the anger that we see it on film, a little scream or throw something in the floor, it would make us more prosperous? There is no indication that anger reduces, rather the reverse. Everything indicates that the anger is getting worse. To live out your anger often does not result in anything. If you never share your anger, you will eventually have even bigger problem. Moderation is best.

The anger is playing a significant role in our lives according to psychologist Jenny Jägerfeldt. It sounds a warning that something is wrong so that we are not indifferent to a situation that we need to change and it marks for others where the limits are so that we will not be treated unjustly or are offended. In the choice between becoming angry sometimes, even though it could have negative consequences, or that never get angry, can have even worse consequences.

I have actually encountered people who show too much anger. What the reason is for their anger I can only speculative in , it can be inherited but also socially conditioned - to them, I would like to give

the this piece of advice:

Do not get angry at everything and everyone! The advantage is that anger not awoken never needs to be processed.

Everything is not just black or white, there is actually a grey area. When you are there you need not be or feel badly - it works all right

METHODS OF SPEECH PRACTICES

Stutter therapies, courses and methods of speech practices

It is sad to have a title called methods of speech practices. It would have been better if it said "stutter therapies." Stutter is so much more than a method of speech practice. It is also sad that so many have a fixation on technology. My experience is that the technology we use is only for a certain period. It is often during the period that I go into treatment. If I have used the technique for a long time it can degenerate into a gimmick and then the forces of the technology are forfeited. There are also many therapies that do not use any methods of speech practices at all.

Intensive stutter therapy

Technology NNT (Normally Slackened Speech) is part of stutter therapy for those who wish. The goal of the therapy is to become an expert in your own stuttering. You get the means and tools to take yourself working with your stutter. It is a long-term work that continues at home. The goal is to be able to say what you want when you want and in a manner you enjoy.

The working form is the personal conversations with your speech therapist, smaller and larger group conversations. By exercises of drama, oral

presentation, interviews, video, elocution and roleplaying you try to change your stutter. The goal is to make it smoother and easier.

This is stutter therapy at a high level. Speech therapists are working in teams. The technology NNT can be used for personal preferences. Time for treatment can be reserved in their "Technology Laboratory." The staff group as such consists of people with advanced training and often with experience in individual therapy or earlier Intensive stutter therapy. You need a letter of referral from a doctor which makes it difficult of access. After three times therapy the course in the group is closed.

“Evaluation of intensive stutter therapy

“To understand that the stuttering is something that is possible to handle” is a questionnaire answer a participant, with problems of stuttering, gave after participating in the Intensive stutter therapy for Youths.

The therapy means that patients have the option of having their stutter, their communications and virtually the entire way to relate to situations and people. In the course of the therapy the youths play a part in different communicative contexts and have opportunities to take up and possibly pursue various adjustment and stabilization processes applicable to stutter, attitudes, acceptance and self-confidence. I have learned to accept my stutter, to dare to defy it. “What do I care if someone remarks that I stutter” says one voice. The project has been able to establish that the treatment method has had positive significance for the participants.” // *Working for Intensive stutter therapy.*

The Academy of Stutter Free Speech

The Academy of Speech is a non-profit organization that offers 3-4-day courses at cost a few weekends a year. The course is located to places with access to buildings with large rooms and possibility to stay overnight.

Stutter-free speech activities are led by the speech Therapist, Åke Byström and his team in the Academy of Speech in Linköping.

The organization is smaller but more fuzzy than the established organization. They have managed to develop a classic therapy for a modern therapy.

The downside of their success is that they have brought back classic flotation therapy. The therapies which were the original reason for the first stuttering association were to see the light of day.

Åke Byström considers his courses as introduction to further studies. He believes that a major training effort is required for several years. Moreover, it should be in the group because it is too difficult to take on the task alone, given that it is about to acquire a new behavior of speech. It is like learning a new language. By comparison, there is a study showing that it takes at least 600 hours before a beginner can speak a little English.

The three foundation stones

Foundation stones for developing fluency in speech is control of tempo, co-articulation and tempo shift.

The Academy of Speech's ten points:

BASIC SKILLS: Breathing, Pause, Relaxation and Phrasing.

THREE ASPECTS OF THE VOICE: Voice Quality,
Voice Mode and Voice Strength.

THREE ASPECTS OF THE SPEECH: Pronunciation,
Tempo and Rhythm.

For some, these ten points seem to be a collection
of words that do not go together - just too much -
but over time exercise provides both knowledge
and skills.

Has your speech improved by The Academy of Speech?

The result of Gunnel Andersson's survey is: Surveys
were sent to 46 people and 18 answers came
in return. Most of all I found positive opinions.
The exercises are easy to train. A soft, social image
is noticeable, being together is appreciated. The
attitude is that it should be fun to work with the
speech.

One of the survey questions was about to describe
to someone what The Academy of Speech is about.
“What would you say?” One person replied: "To
learn how to speak.” Another said: “I meet stutterers
from the whole of Sweden. We live in nice
places. The social relations are good. Nice drills
and leaders. Relaxed. Positive is also that the cost
for the participants is reasonable.”

One participant estimated different therapies' efficiency
on a scale of 1-10:

Speech Processing 2,
Speech Academy 5,
McGuire 10.

Most felt themselves to achieve improvements. It also showed
that there were those who felt the course's positive
impact as a fresh product - a criticism shared by

other therapies. The participants were overwhelmingly positive for the therapy. The investigation is more fully described on the Internet.

A woman says she learned belly breathing - basically - pause often, have eye contact, get the listener to understand that I am not ready, there will be more. Voice technology is used and "rest breathing rhythm," then you feel calm and decide to speak in two words phrases, three words phrases etc. We are working in pairs. These repetition exercises we say in rest breathing rhythm. The partner controls the other by the hand to take it up and down - normal to below normal tempo pace. We know that we have control of our speeches. If recurrence occur workout at home is recommended.

The course covers Speaking circles, where participants form a group of 5-6 persons and they are working 10-12 passports a day. We talk for two minutes and then we get applause. It is only positive feedback.

The Academy of Speech is a welcome but limited therapy in the course form "in the moral management," which means that the stutterer without consultation and in a relatively easy way can participate when it is offered.

McGuire program

Record of Michael and Kenneth lectures:

David McGuire is American and "father" of the technology with the same name. The cornerstone of the technology is the breathing. Being targeted by his "program" you can get rid of your stutter in a few weeks, he said at the World Congress in the town of Linköping.

Another cornerstone is not to avoid anything. The method is tough. The stutterer who stutters on a word will be prompted to write it up and then use

that word in all the contacts until it feels safe. Anyone who goes to bed without having worked with his problems can easily get into a downward spiral.

McGuire is a complete solution, which consists of several parts. One part is that we ensure that we can breathe. We practice a breathing that works even when we are afraid. When there is a blockage we interrupt and start all over again. The reason for it being so important is that the reflexes for the new pattern of speech become fluent speech. Situations that we fear we are looking up. We regard the speech similar as a sport, if it is not good, we try again. We are also working with the mental part.

McGuire is a course in 4 days - just breathing - 14 hours of work per day to break the behavior of speech that everyone has within him.

On the third day you have to make 100 contacts in the city. The results have not failed to appear, the difficulty is to keep it after the end of the course. A coach is appointed to each one. If you have participated for a long time yourself you must become coach. To get more power for the coming day's trials exercises by breathing for 10-15 minutes are recommended.

Mikael concludes by saying that the method is not suitable for all people. And everyone is not cured. Those who sign up are usually pretty chastened people.

The cost is a one-time cost the lives out of about 10 000 kr. After that follow-up programs are arranged with a low fee.

Mikael has suffered from his stutter since he learned to speak. Before he joined the McGuire program the problem of speech affected all his life.

Now he has got self-confidence back, but healed, he is not. Kenneth says that he is working at a major company as project manager, which means that he must

talk a lot. Last year he stopped to stutter after a McGuire course. He starts the day with 10-15 minutes of breathing exercises. At the slightest tendency to stutter, he stops and tries again.

"Sometimes I have to raise the comfort zone," he says. The previous experiences of stutter therapies extend to the "3-4 therapists" where one is a female therapist.

Here's how it works:

Blow out the remaining air. Resist the pressure of time. Clarify your feelings about each situation of speech. Establish eye contact or look for a focus point. Full, fast and quiet inhalation, perfect timing. Start talking. The first sound is decided, please do not hesitate to continue talking, deep voice, articulation, blow out the remaining air (to be able to start again).

The method exists in Norway and Ireland, but other users are also in Sweden. The Stockholm Association has members who diligently practice the technology.

McGuire method judged by the M-L Lundgren:

She says that it is an important addition to the usual stutter therapy and recommends it for the people who are dissatisfied with their fluency of speech and has a stutter problem, but a strong will to get rid of it, taking full-time responsibility and be prepared for change and a lot of hard work after the course and regularly participating in the "Refresher" courses. My positive judgements might appear provocative. What happens for example with people who do not succeed? - Do not know! Longterm effects? - The program has been going on for about 5 years, evaluations are in progress.

The academy of speech and McGuire

"After the three days' course I was almost free of stuttering," says Akbar. "The difference was significant, moreover, I had a better voice. It was tough because I was only 17 years old. Then I practiced every day but quickly fell back. It was like something was missing. TV4 showed a program about McGuire that I was interested in so I put myself into it. After I had passed the McGuire course, I made a speech in my class. "But with hindsight he says that the McGuire method was too hard for him - a disaster." I and some other young people have stopped using the method. We were probably too young - this he says after five years.

Star Fish Project

An English McGuire similar technology for all ages but especially it is adapted for young people aged 12-16 years who have parents in company. Organizers are Anne and David Blight and voluntary "refreshers" - technology trainers. All courses are taken place in England for three days. Operations are conducted non-profit taking a one-time cost for all time of £ 250 not including food and accommodation.

Anne pays attention to the participants that there is no real cure to stutter so that the stuttering does not disappear completely, but by using breathing techniques, you get a better control of your stutter.

Parents also learn the technology. Once back at home the idea is that they become the child's most important aid.

Intensive non-avoidance

All the talking about stutter and stutter treatment is inspired by non-avoidance. The difference is the program's effectiveness. Exercises in town have usually been preceded by training with a special

breathing belt. Then the technique is practiced in the stores, they ask people on the street, or make telephone calls to any familiar or unfamiliar person.

The technique is simple and the contents consist of:

Give yourself time.

Don't stretch.

Breathe out.

Believe in yourself - keep self-image.

Prepare yourself for what you want to say.

Keep good eye contact.

Make a deep heavy breathing, so that you notice that the ribs give way to air in the lungs.

Speak immediately after the inhalation with intense voice, 3-4 words per out-breathing. Let out the remaining air.

Most people who have undergone the course have made progress and don't want their former stutter back.

Do you want to know more or watch a film about the project, visit www.starfishprojekt.co.uk

The DAF-system and T Wolf

(Delayed Auditory Feedback)

Reduce your tempo of speech.

Do not think of words or sentences in advance.

Speech is here and now with rest breathing.

Do I want to work with the problem to get rid of my stutter?

DAF - I teach myself with delayed tempo of speech.

You have to say no in order to gain time.

The device helps me to keep a low tempo of speech.

You are practicing one hour per day.

This device helps you to receive the tempo of speech.

I want to be a person who will be able to speak without stutter.

Dr. Fluency project

Computer based method of speech training is available from the therapist Helena Wästlund. The program begins with a three-week intensive course with board and lodging. You borrow the computer program and practice for one hour per day for a year with frequent feedback to the course management as well as with more meetings during the year.

The idea is to strengthen your control over the speech and the situation of speech by a number of fundamental technologies: the extension of syllables, breathing rhythms, practicing soft approaches, reduced air pressure, soft transitions between syllables and words and repeating the word instead of fighting through a blocking. During the treatment the speech tempo will gradually be increased again when the new technology is learned. The computer training and training of speech is taking place in a group.

Stromsta's technique

This therapy means that we will prepare the second sound, and prolongs the first one, then combining the two sounds while maintaining air flow.

Prepare the other sound

Courtney Stromsta believes that the stutter mostly consists of repetitions and that the stutterer is not prepared for the other sound. It means that he can not do the transition from the first sound to the second one. The normal speaker is preparing for the second sound automatically. Also stutterers do but not all the time. As you know most stutterers usually have more fluent speech than stuttering. Is the ambition to speak fluently, he must also learn to always prepare for the second sound. According to Courtney Stromsta extensions, blockings and all the other symptoms of stutter are reactions to the

basic stuttering.

What I like very much is that he has the same view as I have regarding what is triggering the stutter "The circumstance that generally several people are required for triggering stutter behaviour - not many stutterers have difficulties in private - turns attention to the interpersonal relations and thus the relationship between stutterer and listener. What distinguish situations of speech with stutters involved from normal speakers is that stutterers tend to disparage themselves in relation to the listener."

He wants the client to acquire a lighter form of stutter. In doing so the following elements are observed: Lift the pressure of time by adding optional breaks, reduce the tensions in connection with the stutter, do not require fluent speech but have some margin of safety, go on and say the word you are afraid of instead of stuttering, adapt to the more fluent speech.

After Courtney Stromsta's visit to Sweden Stockholm Stutter Association practiced the "Stromsta therapy" in the form of a circle activity for two years. The technology is popular because it is relatively user-friendly. Anyone who wants to work with the technology must go to the United States of America.

STUTTER TREATMENT

In Sweden, it is mainly speech therapists at the phonological departments who are engaged in stutter treatment. Usually it is the most significant hospitals in the region we talk about as the Karolinska Hospital, The Hospital of Sabbatsberg and the Hospital of Sahlgrenska.

Here we find the speech therapists and psychologists who are

specially trained in stutter. In Gothenburg they are responsible for the national Intensive Stutter Therapy, which is taken place in boarding schools. Privatized speech therapists are also available. Some speech therapists specializing in stutter show up at regular intervals. In addition to this there exist therapy and training courses which can be useful for stuttering people to participate in. Sometimes a stutterer returns from the U.S and brings with him a certain type of therapy. In the 80s when I was chairman of the Stockholm stutter club we had at most three events each week. The fact that we had much activity made it possible for us to practice the therapy we found useful as e.g. systematic non-sensitivity, Stromsta therapy (2 years) and Creating Drama. There are other clubs which practice stutter self-therapy. A successful club is the Linköping Club, Academy of Speech under the leadership of Åke Byström.

Stutter Treatment is difficult for those who perform it. The patient often speaks about finding the "last straw."

Early treatment

Lidcombe for stemming preschool

Stammering children are treated early today. The Lidcombe program is a relatively new method which is tested increasingly in Sweden.

The origin is from Australia. The method is aimed at allowing children to achieve fluent speech. The program is based on a behavioural approach where the child's natural fluent speech is encouraged and the stuttering is corrected.

It is the parents who carry out the treatment and parents in the supervision of speech in how to treat the children. The treatment is done daily and parents can also estimate their children's production rate on a scale of 1-10 every day. The program is divided into two stages. In step 1, the goal is to

achieve fluent speech. In step 2, the goal is to keep your fluent speech. Contact with the speech therapist occurs once a week in step 1 and more sparsely in step 2.

Evaluations in Australia and England have shown very good results. An evaluation of the Lidcombe program in Sweden have been started by the speech therapists Lovisa Femrell, Danderyd Hospital, and Marita Åvall, Alingås Hospital. The Lidcombe program is available at most Speechreceptions in the country.

Criteria for searching speech therapist

"1.If the child is embarrassed.

2. If your child shows signs of avoiding words or is struggling with the speech.

3. If the parents are worried."

Only one of these criteria is enough to seek help, says Lovisa Femrell. (DN Lofors.)

Criteria to search for another treatment

If the child has one parent who shouts at it. That is to say that the child is used by the parents for outbursts of aggressions. Everything comes from insider source.

Children or parents?

P Strang: "From a psychoanalytic point of view it is important to begin as early as possible with treatment. The question is whether you should treat the child or the parents. In the case of adult populations, treatment must be tailored to the patient's grade of motivation, an understanding of the possible causes of the stuttering and the degree of open and hidden stuttering."

Sheehan's vision of the stuttering of children

First, he prefers to work with parents, and secondly, directly with the child. Parents must first of all fill in an observation schedule for the child. If this proves to have large demands on the child attempts are made to reduce these.

Target therapy and development

The traditional therapy has the objective to talk more with less stutter. How much and for how long you train to get away the stuttering there is always a risk that it shows up again. If you have pretended to be a normal speaking person, it can create anxiety and fear at the thought of that you, at any time can be unmasked as a stutterer. The biggest obstacle is to get the speech to work in real life.

The problem with therapy is that what we learned in the treatment room and what we were so good at does not work outside treatment room.

The Accept ideas were implanted in Sweden by Viktor Bloch. The Clinic Chief Ernest Douglas operating in Canada was the one that inspired him. They realized that an important part of the stuttering was the fear and anxiety to reveal your stutter. Instead of that at all costs try to get rid of our stutter, we would accept it. The idea was that the stutterers would repeat stutter voluntarily resolved easily. In fact, the technology was an integral core production-moment which was to dare to show that you are a stuttering person.

Saying that the treatment would be "far more than the cause of the disease." In Europe you meant that the stuttering was a symptom of a neurotic condition that was necessary to treat "far more than the symptom." Viktor Block believes that whether it is a symptom or not the stuttering itself keeps itself

alive by the well-known circulate cycle "stutter - anxiety - more stutter - more anxiety, and so on." Although the underlying causes would be cured the stuttering can continue.

My experience is that stutter can vanish if the underlying causes are minimized. It takes at least six months, a minimum of time in the most favorable of circumstances.

The attitude of the stutter club was that information would be disseminated to selected groups in support of the stutterer. As the information emanated from the stutter clubs was one of the target group speech therapists, but also the school teachers. Through newspaper articles and other media, we wanted to teach people to take account of our disability. They would be aligned as far as possible to us.

Stig in speech practice in the Academy Bookshop in Stockholm.

I myself have been a great supporter of the Accept ideology and tried and received both positive and negative experiences of the technology. The positive considered. When I was in a Nordic seminar for stutterers the primary impact showed up. It showed that there were 50 % of the participants who had embraced the technology. The question was whether it led to improved speech?

What scared me were all those persons who misunderstood or abused the technology - all those who continued to stutter on with their old habitual stutter.

Intensive Stutter Therapy

In Intensive Stutter Therapy some participants are assigned a "toolbox" to assist them in the event speech. When the stuttering occurred the first step was to stop, copy the stuttering speech precisely and thereafter was the next step to say it correctly.

The copying of the stuttering speech I understood as a form of voluntary stutter. When maturity was reached you were allowed to remove the copying phase. It appeared that as soon as I worked with the speech in this manner I was rewarded in form of fluent speech because it was a slowed down normal speech. This therapy is a holistic therapy which means that it is based on the individual. Is it the case that individuals do not want, or for any other reason, can not work with the technology, it is OK.

Depending on what kind of person you are and what kind of problem you have, you need a therapy that suits you. If you have a hidden stutter, you may need to work to become more open, daring to stammer and daring to talk about stuttering management. It may be a way to play down your stutter.

Do you have a severe stutter, but with dimensions of psychological problems, you may instead need to do the opposite.

A developed Accept technology like this, and conducted in the manner it does, I regard as a sterling stutter therapy.

Stutter Free Speech

A technique like Stutter Free Speech has managed to unite the opposites that exist between classical therapy and accepted therapy. The reason may be that it is not prohibited to stammer, which diminishes the drama of it all. Moreover, they have succeeded to develop the classical technique to work outside the treatment room. The ground stones to develop fluency in speech are tempo control, co articulation and tempo shift.

Åke Byström believes that the better you talk the less you stutter. Moreover, you must control the tempo to get floating in

the speech. *Once the speech has improved the stutterer discovers sometimes that there are other problems that stand in the foreground and call for a solution.*

Fluency with fluency technology

Stutter Free Speech has taken on the recommendations of coordination by Cortney Stromstad which is certainly to their advantage. The McGuire method is about to make contact with a large number of people on the street. This is reportedly both an active and fluency building therapy with fluency speech as their ultimate goal.

NLP – Neuro linguistique proprogramming

Therapist Lars Gimstedt from Psychosynthesis Forum in Linköping has worked with panic disorder, phobias, jealousy and since four years back trained in short-term therapy in stutter. He argues that a speech blocking is a disturbance of the speech which can be removed. The approach is that whatever we do, it is automated behaviour. He calls it a "trigger" that is an inevitable reflex. Even behaviours that are not good are unfortunately also automated.

NLP may be many things and for Lars Gimstedt the meaning in the stutter context is as follows:

Visualization in deep relaxation – the subconscious mind is reprogrammed. The patient population has typically been stuttering consistently for maximum 5-6 years. Lars Gimstedt means that older stutterers have improved by working with self-images. He argues that what we are fighting against grows, the best is to let go. Go on stuttering, after that step into another state. Examine what happens when you speak fluently. It is much about the internal state - that is not enough to work with only the behaviour. A multiple diagnosis complicates everything.

If I am depressed by the fact that I stutter, the depression must be dealt with first.

The treatment includes:

Basic elocution and breathing technique. Analysis of internal states for floating speech. Analysis of triggers and avoidance behaviour. Stress management, control of less resistance. Perception positions. Work with self-image - self-confidence versus self-esteem. Work with internalized trauma. Visualization exercises. Develop and produce new permanent reaction patterns. Everything is according to Lars Gimstedt.

He carries out visualization of deep relaxation for subconscious reprogramming. The goal is "Position 1" in which you are present, can act directly be authentically visible with both the environment and yourself in your feelings. Therapy ten times. Check-up after six months.

Unfortunately, no representative response exists from this therapy. The time of treatment is remarkably short.

This therapy is new. New therapy that may give new possibilities. A new therapist also means another chance. The question is if you become permanently stutter free.

Classical therapy versus acceptance to float technology

The stutterers' manifesto in China

"For too long we have tried to hide our stuttering, while we participated in the usual mis-conception that stutter is a defect, a disability, a disease. Too long have we lived in sorrow and fear, and we did not want others to know that we could not speak fluently. Our attempts to improve have sometimes meant that we have lost our supply opportunities

and our jobs when we have submitted to the idea that "stutter can be cured and must be cured!" But despite of all the world's therapeutic professionals, trainers and researchers, serious and honest attempts no completely successful "remedy" has not yet been found. On the contrary it is the stutterer's self-esteem which has prevented his course of treatment, his aversion to his own speech, his non-acceptance of his own ego. And too often it has happened to ordinary stutterers that they have moved away and fled from an active and responsibly filled life, and put all their hopes on the date of the magic remedy will, but not all!

Many ordinary stutterers live active, positive, successful and happy lives regardless of their stuttering. For ten years, the Stutterers' Association for mutual help and friendship (the Stutterers' Mutual Aid and Friendship Society) have devoted themselves to encourage stutterers to live joyful and positive lives. We invite all our fellow stutterers across the country to: Stop looking down on yourself because of your non-fluent speech! Devote your energy to live constructively in society rather than to daydream about a life without stuttering! Break yourself out of the mind that is bordering your inherent ability!

The first step is to meet and openly admit our situation as stutterers and when we have done it to continue to establish a way of life that accepts this situation.

Who knows better than us how bitter it is to be put aside by others because of a minor or less perceived inability! By taking advantage of our own experiences we will strive towards a society where people are equally worthy and allowed to fully exploit their personalities and opportunities. We must do this manifesto as stutterers and when we have done it, we will put it aside so that we can live vigorously, creatively and constructively with

all other members of society. This is our manifesto, we who are stutterers.”

Zenkoku Gen'yukai Renrakukyogikai

(Confirmed at the ten-year-jubilee meeting in our association, the 1 May 1976).

When I read this in the Plus Magazine, I was greatly astonished. For sure it has affected me too. What I did not understand then was that it was about ordinary classical therapy. Now when the American therapies are established in China, the results will also improve. This shows how it is in China, and also how important it is for them to have stutter organizations.

Stammer voluntarily

With the American therapies the view came that it is better to anticipate no stuttering by stuttering voluntarily, an approach which I very successfully used when I stuttered the worst. The effects of this are many. What I know of is that no one has mentioned them. It can even happen that just the idea of stutter voluntarily make the stuttering disappear.

The weakness of this is that when you are not able to prepare yourself then you speak normally. It also appears that the technology is "abused." It is not only to release the stuttering uncontrolled and claiming to work with your stutter. In all situations they shall be resolved easily.

The advantages are especially good for the stutterers that have total ban. The goal is to achieve stuttering with fluency, a fluency that actually everyone can accept. Moreover there are no based adverse reactions.

Advanced voluntary stutter

Body of the stutter is voluntary Slowed down Normal Speech. Those who can do this properly and who have acquired a new pattern of speech are

likely to have a good speech.

Can we as stutterers move forward?

The chastened stutterers who have been members of stuttering associations or participating in different therapies may have had a desire "to move forward." The question arises: "where to?" Stutter Free Speech could be the answer. Some stutterers begin with the therapy directly. The advantages of Normally Slowed down Speech and Stutter Free Speech is that in the end it is not perceived as stutter. This makes it easier to absorb. The latter I consider the most user-friendly.

The Super technology - can it be created?

Will it work outside the treatment room?

One of the main criteria for a good treatment is that it will operate outside the treatment room.

ALTERNATIVE METHODS

Therapy – a luxury?

Is therapy becoming a luxury?

For me, the above ad with the headline

"The ideas shape your life!" is no surprise. Already 40 years ago, I knew this and probably I have unconsciously benefited from it, but with the words "Just think, but be thinking right!"

I have had numerous occasions to consider these words. Presumably, it has also been one of my guiding lights. I have tried to practice it and hopefully I have managed.

This ad caused such a rush of people. Everyone wanted to get into the building. Outside the street of "Gästrikegatan" in Stockholm there was a queue

of hundreds of people this day, just before the election in 2006, when the right-wing alliance just received a majority for the formation of new government. The reason for this onset by young people, I can only guess but I got the feeling that they experienced negligence and shortcomings coming into the labor market - the market they had been promised a job.

Meet yourself

A course for one week for 27

500 SEK including VAT. In

“Mullingstorp” they have 20 years of experience of therapy for advanced qualified knowledge of yourself. The methods include body-oriented

exercises among others. You may face the most forbidden and inhibiting sides of your personality.

The conditions for obtaining participation are: You

must not smoke, sniff or drink alcohol. Instead,

you process your possible withdrawal symptoms

and find the cause of your compulsive habit. During

the experience and expression-oriented exercises,

it happens that the participants can come in

contact with other people's blood, tears, saliva and

sweat. In order to protect part-holders and staff

they require a negative HIV test and negative hepatitis test.

Some similarities in elucations

There are similarities in the technology that the therapists of stuttering are using. The core of all

therapies is a form of relaxation and reduced

speech rate. A continuous flow is that you link

words and sentences together and avoid the case of

unnecessary stops. There are always great advantages

of avoiding new starters. The speed is too

high for most people. Either you call it Slowed

Down Normally Speech like Intensive Stutter

Therapy does or that the tension is reduced by

application of different soft words: Soft approach,

loose and easy, not tighten or clamp. Other similar definitions can be: Soft starters, light contacts and not too much tension in the speech apparatus. If it is possible to obtain a coherent flow it is the start of the speech which is important and which experienced stutter processors focus you on.

Dan Mogren who used the method of Sven Smith was drumming on a drum on which he practiced the starters and other things in a rhythmic way. McGuire takes a deep breath and then full speed, which makes them a little different. Similarly the Stromsta Method which takes up the second sound.

It is not as obvious with Stutter Free Speech (see page 180) which I see as a classic therapy popped up and modernized to one of the best technologies available on the market. This is classified as a floating method, a method which I think is user friendly. In all these therapies is included a dialogue on the stutter-related problems.

StigLindhGaps

In Dan Mogren's stutter group something happened that as far as I know of is neither talked about nor mentioned in the literature - I had gaps in the speech and it was my brain that was the producer. The gaps replaced the stuttering. When this happens the issue is if the stuttering returns or if it is replaced with another, suggests more buoyancy and more speech. Probably the brain takes the time it needs for adjustment. This phenomenon is denominated by me to StigLindhGaps.

The Stuttering turned to speech anxiety

The Hospital of "Södersjukhuset" arranged therapy for people who were anxious to speak. They turned

to the press and searched for persons who wanted to be participating in the experiment. We were asked to complete a questionnaire both before and after the therapy implementation. We met a dozen times. I thought at an early stage that this suited me because I felt more like a person who was anxious to speak rather than a stutterer. It was a big change I thought when I saw that I in the present situation had turned from a severe stuttering person to a person with anxiety of speech. I could get an immediate confirmation of this because in the group there were two stuttering persons. The relation with those who were anxious of speech was the most conspicuous one. I had no feeling of that I could be a hidden stutterer.

The treatment itself was quite wonderful. We met a couple of hours in the afternoon. Mostly it was the type of dramatic exercises, contact exercises and relaxation exercises.

Then I got the impulse to create the Society for Persons who were anxious of Speaking. PS - the idea is not implemented. DS

**You will not be healed until
"the obstacle" is gone**

Am I as a stutterer an angry person? Am I not a kinder and more modest person than all the other people? The question is whether you are not as angry as everybody else. Perhaps you are angrier than you think you are. Imagine having a monster between you and your spouse. How would your sexual life be?

A partner who you become intimate with demands both respect and trust. A lasting love can not rely on a game you act - who likes a hypocrite who is not himself. Anger clears the air and gives way to

warmth and closeness. Sooner or later burst, the relationship which is not based on true feelings bursts. There was a girl who said to me: "We have your stutter between us" before she left me forever.

Presumably she could have said it in another way: "Your internal emotional life is blocked and disorganized. You are not in touch with your true emotions."

If you are never angry, you have problems

If you don't stutter you may belong to those who take pills for headache or migraine. The problem over removal makers will make it a little easier for themselves, they hand over their anger to someone else, someone who is a "safer" person. Are you not good at ducking or defending yourself you will get into problem and will get an unreliable telling-off.

Do you have this person close to you for a long time, you may soon be a mob victim. Some people "dilute" the anger and intellectualize it - common in some circles - what may be neglected is the spontaneity, sensitivity and creativity. The person who believes in calling a spade a spade gives his "knife-stabs in the back of his fellowmen - all of that may stem from the smothered rage.

Severe anxiety and severe personality disorders, phobias, obsessive thoughts and compulsive eating, with or without obesity, are some of the symptoms which can appear. Food is probably the most common "drug" we have. Another "drug" we don't talk about is hard work. There are many other ways to salve one's feelings.

Insomnia and too much sleep as well as muscle tension with constant fatigue can have its explanation in a narrow anger. If you consider all the psychosomatic illnesses that exist these problems are probably bigger than expected. What I have

learned is that many stuttering people are tense. How they handle this, I do not know. My "method" is in all cases Transcendental Meditation.

Process your feelings

Begin by accepting yourself - with all of your emotions. Experience that anger is a valuable part of you. I know no more dangerous place to show my frustration than in a stutter club or towards my boss. In the club you can at least call a spade a spade that you are mad at one or the other. If you do that you've come far. Now both you and your partner know that he has irritated you. More outburst of feeling is not required in the situation. To come to blows is not an alternative for a civilized person. Moreover, it is unacceptable. Are you on the other hand irritated at the head, it is probably better to go to the bathroom and cry a splash and talk to him calm and collected at any other time when the worst emotional storm has settled.

Healthy anger is hot. You can choose to see all of your emotions - and eventually none at all.

Identity Therapy is a way to dare to work with your anger in the therapy room

As a child, I was not allowed to show anger against my parents. I harbored inhibited aggression. I realized eventually that it was not good to be so kind and docile. The release was Identity therapy. I used to say: "I have been on course to learn to become angry."

The approach of the therapy is intellectual understanding of your own and others' feelings. At home and at work you are equally neutral in your image as you always have been. At home you can tell the family some time what you are mad at. *Affective behaviour takes place only in the therapy room.* You strengthen your identity and your bag of historic

disappointments is emptied. Identity Therapy is for those who want to feel good.

Over a period of 25 years I was involved in the stages of the identity groups of different size. The therapy comes from Daniel Casriel. He has written the book "The delivered Scream." I got experience from both the individual therapy and the group therapy. The therapy was once a week. Those who wanted to achieve quick results could be having on group therapy over the weekend. Climax was the weekly sessions.

Body-oriented therapy

Your own problems were brought out by the lighting and processing. It could be about my thoughts, opinions, attitudes, feelings and actions. Attitude team varied from time to time and acted as a hub for work on the mattress that was performed in pairs. The choice of partner was if he could match the problem, so it was not entirely tied to the other sex. The work was conducted on mattresses which meant that the participants came very close to each other.

When one of them worked to get in contact with the emotions the other person had to be supporting or helping both by talking and touching physically. The emotions that could come were recollections of anger, sadness, rejoice and pain. The anger was often the sense that was processed the most because it is the first one and prevents the other emotions from coming up.

How it works

In the great hall the people were in pairs on or next to each other. The noise level could be high, speaking strings of words, screaming cheers and yelling like sounds that were full of pain is quite normal -

we all knew what it was about. To this day I remember what I felt and thought the first time about these people on the mattresses. One day I was suddenly there myself screaming with a living person on my belly lying like an empty bag. The attitude group was important in many ways - sitting on chairs in a ring holding each other's hands - all are in and participate, but most often it is one person who has indicated his wish to work with the five basic emotions: Anger, pain, fear, joy/lust and love. In the beginning men avoid crying because we are not raised to it. For my own part it took more than a half a year of therapy before the first tears appeared, so far inside they were.

For whom?

Processing relationships was good. If you don't wish to live alone participation will increase your chances significantly. When we want to break the loneliness the biggest problem to solve is linked in ourselves.

The question is: 'Do I really want what I say I do?' Is uncertainty there, actions of strengthened identity must be at hand. All love is a retreat. My wife says that if you are in love it is time to seek help from the doctor. When a celebrity is trying to solve his or her problems, it can be read on the news bills "I want to be in love." It's probably a much pleasant state of mind. In this therapy feelings are in focus. There is no guarantee that you may meet anyone in or outside the therapy, but you probably feel better.

It is definitely not suited for stuttering people because you don't work at all with these symptoms. On some occasions I raised the problem and it was a big relief. There was a big pain to have been stuttering for such a long time. My smiling, that on the occasion, came in every conceivable and inconceivable

situation and was also a burden that I was criticized for. What they did not know or wanted to understand was that it was my defense to disguise my stutter or anything else that was difficult. For a period of time, it was so difficult that I had to join Stutter Intensive therapy for recovery. It was fantastic that they understood my situation and let me in.

Freud failed to cure stuttering people just for the nature of the problem was in the "healing" speak apparatus. My problems of identity therapy were of the same sort, but it does not prevent me from saying that it was instructive. What I had in the bottom of my chest was emptied at least.

To get angry is not a pleasant experience. A whole series of physical changes prepare us to "flee or defence." This residue behaviour of the early history of the human beings gives us the ability to meet the enemy or escape if needed.

There are two very common myths about anger, and both are incorrect according to Wilks in 1999. One is to free to air your anger at any time when

you feel for it and wherever you are. The second myth is that you can suppress the anger so that you never need to know it. It is often in between the four walls of your home that these myths are kept alive.

Today, I know what my own and other people's needs are and they are remarkably similar.

What does the speech therapist say?

Lennart Larsson: "Many of us are rarely or never angry but walking around with tense jaws, perhaps grinding teeth in our sleep, as a result of the restrained anger. A psychotherapist once gave me an

answer on the question on which approach he had to stutter: "Children who stutter were not allowed to be angry with their parents."

"Being moderately angry, at the right person, at the right time, the right reason and in the right way - is not easy." / Aristotle

Gentle gym or "cannon" treatment?

When at last I decided to work with my stutter, the question was what kind of treatment there was and what there was for me? The range is between Qigong, which does not even have anything to do with stuttering but is a form of light gymnastics with 90 % of women as participants or McGuire most similar to tough results-oriented self-therapy.

Identity therapy or physical therapy, also called primal therapy has my great appreciation and where I regularly encountered myself in perhaps the most powerful form of treatment that exist in Sweden During this treatment you are surely shaken up after a relatively short period. This is a real "killer" treatment.

NOTE: Not suitable for stuttering.

Intensive therapy stutter is Sweden's most widespread therapy divided on three occasions in lodge and boarding environment, a therapy which I can recommend with the whole country as catchment area. It has almost everything.

Individual psychotherapy of speech or with a speech therapist can probably be considered a gentle way to increase your knowledge of the problem. *Group therapy* is a way of increasing severity, but also to be confronted with people who tell you who you behave and what kind of shortcomings you have.

Short-term therapies appear regularly in local clubs for stutterers. A membership is not entirely wrong.

Cognitive behavioural therapy is as far as I know not tried in stutter connection. Intensive therapy of stutterers' "stutter in town" would be part in that direction.

Stutter Free Speech. The Speech Academy is based on the cornerstones on three different tempos of speech and ten rules. The easiness of use I think is essential given the nature of the problem. It is a help yourself therapy. In Linköping there are knowledgeable practitioners and teachers of the technology as: Lars-Göran Johansson, Krister Larsson, Henrik Alm, Patrik Jacobsson and Jens Ekman who also have been engaged in therapy in Stockholm. As with all stutter treatment the psychology of all around technique is important, something they can do.

McGuire - you run hard until you fall but you quickly achieve results. Then it is very desirable to maintain the success. It may be a different view of life which means changing attitudes of the essence in your life, a long-term goal or a dream turns into the positive upward wind. Lars Åfeldt wrote to me after the Dave McGuire lecture at the World Congress in Linköping that the method was best suited to the stutterer that has a low level of fear combined with good and quick formulation ability and that the method is only suitable for persons of a small sub-group of stutterers.

Star Fish - A McGuire-inspired technology to all but also youths between 12-16 years old. Parents to the young people are participating and learn the technique.

Multi-technology - can it be created?

The issue has arisen in connection with the celebration of SSRs 30th anniversary. Lecturers from the major technologies showed great interest in each other's techniques. Rumours say that there are components of the various technologies that could be combined as McGuire breathing technology in combination with the Stutter Free Speech's rest breathing.

In common to therapies is that you both pay, do the work and reap the fruit.

Treatment errors

In retrospect I dare say that I have often become treated in erroneous ways. By that I mean that I've spent time and energy on the wrong things.

Any wrong step in the technology learning has lasted between 6-12 months, sometimes years. After that it can take months or years before I understood that what I learned was no good. An ingrained habit shall then be deconditioned which means that it must be removed and replaced with another behaviour of speech which will then become the new habit.

The intermediate stage I have dubbed the Stig Lindh flip, which is a crucial position.

Here is decided if I have the ability to fill the gap with the stutter-free or otherwise modified speech or if I relapse into the old familiar stutter behavior. The absence of condition is both painful and frustrating. The more difficult circumstances are that all this happens while life is underway with all its problems.

For many years the speech therapist Olle Broberg taught me to watch my own mouth in a mirror

when I spoke. This I brought into reality. I learned to look at people's mouths instead of the eyes which is more normal. It was only when I started in the Identity therapy that I realized that my behavior was a burden. To learn another method took many years. I am not entirely free from looking at people's mouths I sometimes think I am still there with my eyes. Completely free from it, I will probably never be.

At that time I stuttered on vocals which is a difficult variation of stutter. I started by putting an 'h' in front of the vowel. It was not long before it became the most difficult starting letter of them all. My speech therapist was worsening my stutter.

Much focus was about breathing. It was breathing from the diaphragm which was trained in. After a few years, I had a marked stutter at blocking and sales. It was so severe that I could get shortness of breath. It was an unusual EVIL stutter, a stutter that I did not even want to give away to my worst enemy.

When I came to Dan Mogren's therapy, I had also a bad habit to always say "sand" instead of "and." He pointed out that during several years before it disappeared. The word you know was also a word that did not really want to disappear.

Stutter treatment can leave marks for life. Adequate treatment is a must. Many times I have been aware of that the therapist has been ignorant and the purpose has not primarily been to help me but it has become obvious that I have been a test object. If I know about those conditions from the beginning, it is OK but not otherwise.

To relearn is a real curse - it should never happen - it is important to learn the right "stuff" in all situations.

Changing the pattern of speech

Erland Engdal told us in 1969 in P-club how he was using a speech technical method and how he on his own worked his stutter away when he was 20-25 years old. He was stuttering in two periods, first in his teens 12-14 years of age, after which his symptoms disappeared, to return and stay when he was 17 years old. Since he had a great interest for singing he began taking singing lessons three years later. As the lessons progressed he noticed that his stuttering was affected favourably. He started using his newly acquired skills to edit his stutter by feeling and thinking about the details of his way to speak and manipulate with his articulation and vocal organs. After hard and lengthy work he could by willpower check his speech.

What can be objected against the above is that he was in a good age.

A well-behaved successful treatment requires inevitably that the stutterer is successful in changing his pattern of speech. It is disheartening that there are so few stutterers who succeed in the feat.

My beginning of a new pattern of speech

The question is what pattern of speech I have achieved after so many therapies? It has been like going into a staircase for it has come gradually. It began with my reading aloud with Dr. Kågen's nurses as a ten-year-old boy.

Healed I was not but I was good at reading.

Even better at reading I was

when I came to the speech therapist Olle Broberg.

I got to learn to breathe with my stomach in a robust manner. It was the same technique that he taught well-known players. You will remember those old movies where they spoke loudly and well articulating; they sounded a little "posh" and noticeable and

more dignified than I am. It felt artificial and oldfashioned so I did not take it in. I failed to get the feeling. I searched for confirmation in all possible and impossible ways. My value came in second place. I lacked self-esteem.

I got into Stockholm's Stutter Club when they were about to introduce accepted therapy - "The American therapy." Anders Edenby, Dan Mogren and Hans Danielsson were the driving forces. The therapy suited me so I accepted it. I did everything to explore it in the different situations of speech. When I was feeling sad or depressed, it was "just" to make voluntary stutter in a store. Swish and did it feel good in your body! This was an effective way to get a "better mood, without stutter."

When I in 1975 had the chance to participate in the Intensive Therapy with Åsa as a therapist there was a structure of the stuttering for now, it would be done in a certain way: Stop at the slightest stutter with the restart in a different way but with the right direction. The explanation why the accepted therapy suited me I received when I went to HCOs week-long course on disability informers in Karlsskoga. The Wheel Theatre got there and played for us.

Since I had just finished as president for the Stockholm stutter association I asked them if I could visit them. It resulted in that I was "one of the gang" and got to play the main role in the play Gomeo & Hjulja. Moreover it was a time of prospering for us who were handicapped because it was "The year of the handicaps." Who could imagine that I would get the benefit of what I learned from all speech therapists. It was just to run on with the breathing from the stomach.

All my life has been a single acting. When I understood that I did not want to play anymore.

I was not different

It was only when I started with the Identity therapy that I realized that I was not more different than anyone else. I saw their weaknesses. I found out what was behind the facades. These people were mostly educated people who wanted to be happier. They searched for love and confirmation. Some of them were real "seekers after truth." In this situation, they were more alike than different. Job perpetual struggle that there is a difference in people e was something that was not true in this environment.

We are more alike than different

There were not so many issues that were problems. The problems, however, looked alike. Relationships and related problems were often the most important and the most common problem to work with. In addition our comfortable and familiar generalizations were put on trial. Here it was necessary to penetrate the atmosphere in the group if it complied with its own view. This was done in a special attitude group. What was the big concern was to "take place," now the backpack would be emptied and the identity strengthened."

For many years I was invariably in a therapy environment and other environment where stutter had no place, that manifestation was seen as a symptom and then it was not interesting.

The perception of internal pain

To move from being a stutterer to be a normal speaker was too much. Sometimes I got the permission from my therapists to work with feelings about my stutter. What happened was that I felt an incredible pain that came from my body's innermost. It was an undreamed force.

Talk to me for twenty seconds and I know who you are

What is there behind the facade? I was able to observe people. I also observed myself. It happens that I even look at myself with the "eyes outside the body." Then I can discover the characteristics of my personality that I don't want to be there. In the body sometimes words sound that the famous Swedish performer Alice Babs said in an interview on television: "There is always something in the personality to work on."

The right tools at the right time

I who have been on the "stutter road" feel a need to move on to something. To return to what I have worked with before was not good. Moreover it may seem trivial that after several decades "nag" about a voluntary stutter or any other similar technique. As a chastened person I dream of the normal speech and normal relations with family members.

All the techniques and therapies which I have been a part of have obviously affected me in one way or another. The tool box is big. It is important to use the right tools at the right time. My tool box today contains so much more than speech techniques. The best result occurs if the speech is automatic. Through various setbacks I have lots of experience but also understanding for shortcomings that most people have. The security chief in a major company told me that one needs to be strong enough to cope with a stutterer. What underlying values he put in that only he can answer for.

Shortcomings

It is important to take into account your own shortcomings. The speech requires its tribute. Is it strenuous, it is not unusual with a subsequent fatigue.

It is important to understand your limitations and be accountable to yourself and stop talking early enough. Equally important is to take into account others' shortcomings.

A new pattern of speech begins to take shape

Years are passing and the process of a new pattern of speech is still proceeding, slowly and uncertainly, up and down, sideways and even backwards.

While this is going on it may be wise to devote yourself to family life or other positive approaches to life. It is important to fill the short time on earth with some kind of satisfactory job. "Now I will have some fun with a little work" I say modestly which often involves too much work.

The aspect of time

Psychological problems take as long time to cure as you've had them. This time frame I share with our Prime Minister Fredrik Reinfeldt. If you have been stuttering for twenty years it will take twenty years to become an ordinary normal speaker. It sounds like a very long time. I agree. If you have been stuttering for as long as that there is a high risk that you will falter for your whole life - this is reality, the reality is cruel. My life has been one long therapy. It has cost me effort and a pile of money. Healed, I am not, there are certainly more therapeutics for me. Today I am an ordinary, fragile and delicate "youth" of 61 who still is curious about life.

Stutter therapy course

Courses on Stutter Treatment are advertised on the Internet. With the foregoing it is understandable that I am sceptical about it. Maybe there are people who have been helped in this way. Usually they are younger than I am - young men who want something,

men who are not afraid to spend physical energy on the heavily breathing every day. "In all cases we have lots of air when we are afraid." It cannot be but good to be able to breathe away your fear, the ways are many. This course is called McGuire, which I think has a given place in life "for people with energy." The rest of us must do something else.

For "people without energy" Qigong is what I recommend for the simple reason that it is not a therapy for stutterers. Nothing happens with your speech, moreover, you do not need to be sweaty or get physical exercise.

Therapy for the lazy person

Sometimes I play with the idea - why is there no stutter therapy for lazy persons? That could take place in the group therapy form with normal speakers, which ensures lively group therapy. The only requirement to be imposed on the tired and poorly motivated person is that he agrees to attend and participate, preferably with a written contract.

The learning process is disturbed continually

A reason for the classic floating techniques is usually impossible to carry out in society is that the learning period is long and must not be disturbed. The new stutter-free way of speaking will never be so established so that it will prevail at the least stress. Previously, there was no stutter physician who gave a stutterer the time he needed to be healed. The stutterer himself can be a tedious person. The problems can be many. In addition to conceive and convey a message, we have to breathe in a certain way. Besides, a number of ideas or rules must be followed to getting the process of speaking be started. A normal speaking person would never agree to "this hassle." The most difficult to control can be your own feelings.

Many of the stutterers that I know are inherently fine people, sensitive but troubled.

The classic stutter therapist swears himself free from any failure patient with the words: "You did not do like I said." Before the words were reversed.

The Accept technology can be useful in a transitional period

One method is to go directly to the fluent speech via stutter free speech. Another way is via a stuttering speech. The advantage is that there is always a way to go back to the recognized situation when the strain becomes too great.

Stutter free speech

Stutter-free speech is perhaps just the speech we want. From the listening point of view the stuttering is gone. In fact, when we use different tempos of speech there is something that happens in your head. Perhaps it is just that the stutter researcher Per Alm means when he says that the two brain halves are working simultaneously but not with the same thing. They disturb each other. When a deliberate act of speaking in different tempos of speech activates the thinking process in one of the brain halves, the other brain half can work undisturbed, which would mean that the conditions to produce and deliver a stutter-free speech will increase sharply.

A demanding society

At an early stage in life my thoughts revolved on why it was so impossible to get a good speech. Why is it so impossible to change the way you speak? Why is always the feeling there that the fluent speech is within reach? Why did I always fail? I am forced to change both myself and the speech?

During all the years I have known that the pace of society has been too high. At the beginning of my

career I did assembly line work. In the evenings I studied to become an engineer. Imagine changing your pattern of speech in the short time left over. This I had to do while I was completely exhausted at work. This is certainly not unique. Usually there is a general speech improvement in the time I focus on the speech.

Stig is Stig and wants to remain Stig, neither parents nor society could change that. I have always felt the need in me to fit into society. The speech was not only speech, it was a part of something bigger. My parents and stutter Physicians agreed:

Stig should be hardened! It proved over time that the speech was dependent on the body and that it had been linked with the psyche. It was not expected that I refused to be someone else but myself, not even me.

To change the behavior of speech is like changing the language

A normal person does not change his language in a short time and nor does the stutterer. Typically is that a new pattern of speech is established. But it takes a long time, sometimes even up to retirement age.

My life has been a constant being in therapy. I am lucky that I have been working during a great era with access to many different therapies, some almost free. Sometimes I have sought funds from foundations and received a smaller sum. The help I got was not recovery but it was a way to survive. Everything that I have experienced has obviously affected me. Learning a new language is not possible for everyone for the reason that it requires a sense of language or a "damn it." Learning a new pattern of speech I think is so much more than the

speech itself.

Like a recovering alcoholic

In current life I am a stutterer that has no stutter problems. Latently within me there is the stuttering language that neither I nor my surroundings want back.

My revised behavior of speech I have partly acquired in environments without other stutterers. My jobs and therapies have finally changed me. For at least 25 years I have participated in the Identity Therapy which is a therapy that in the group reflects society in general. Here it was not specifically accepted to falter. Exclusion was at risk all the time. At my workplaces the situation was the same. We were all equally depressed and wanted to get positive feedback which unfortunately is in short supply. If there was no negative criticism everything was supposed to be all right.

The aha experience is both seeing and understanding how tricky it is for normal-speaking people with all the commitments and requirements to live their lives. Experiencing close at hand how badly knocked about they have become in their lives, it feels undesirable to ask for getting consideration out of the ordinary.

To fix the ground on which you stand can never be as good as a "newly built settlement." Today I am delighted to say there is a pattern of speech in me, which is better and more automated than before.

Some therapies are better than others

Shown in my therapy references I have participated in more therapies than many others. All therapies that I've tried have weaknesses and shortcomings.

As soon as you activate yourself you may achieve an improvement. It may seem positive, but the fact is that certain therapies are better than others. Go for these! Unfortunately, most therapies have a positive influence in the beginning but the improvement wears more and more as time goes. I have coined the word "lawn mower therapies." Today you talk in terms of a fresh product. I interpret it as it is more than I who question the "sustainability" in the therapies.

I would like to see that new methods of treatment saw the light of day, especially therapies that do not make use of technical equipment to assist. McGuire is a healthy element that I myself would like to test. Cognitive behavioral therapy, CBT, has also come like Body Psycho therapies.

Speech at a fraction of a second

"Trigger" is the sequence of things happening before the speech block or a hooking up. You know that you cannot process the speech when it happens for the reason that it is already too late, the speech is too fast. Lars Gimstedt NPL (see page 185) suggests concretely to process the problem with the visualization of deep relaxation, which is a form of suggestion.

It's like hypnosis and systematic de-sensibilisation – forms of therapies which I unfortunately have not had success with.

The problem itself is recognized - Intensive therapy is entering treatment exactly in the same place but with the help of NNT (Normally Slowed Down Speech). Since it is thought that without training, it is too late to process the speech and instead you repeat it like a copy and then proceed with a proper speech.

In order to achieve a certain degree of results in the stutter therapy, it is enough to activate oneself with anything. That does not mean that I think we should be content with it.

Short-term evaluation

My experience is that any repetition of evaluation changes do not occur in Sweden today. The most common is a survey or study at the beginning of the therapy. When it is completed it is evaluated, sometimes even after six months.

Reports about good results for a method must be based on repeated evaluations. (Bloodstein, 1975).

My ideal therapy

Intensive stutter therapy as a whole, but with some new options in addition, is what is on my top priority. What is absolutely essential in this therapy is that you begin every morning with something that they themselves call for CRCD (contact, relaxation, creating drama), after that the activities begin, that can differ for each one. Some activities are also in common.

A single therapist can do wonders if she is doing the right things. I am thinking of a speech therapist in Stockholm, which had a therapy group in the auditorium of the Hospital Rosenlund that was built on drama exercises. It was especially directed to people who were afraid of speaking. In the group there were a couple of stuttering persons.

What is most important?

Drama Workshops are definitely the most important. There are so many things happening. In addition to that there is all the rest that can be talks with the therapist, to speak to the group or other activity. Intensive stutter therapy's drama exercises also provide a great deal for both body and soul in

this positive environment. The only bad news is that one day it will end.

Other things that are missing today in the Intensive stutter therapy

Desirable is to use the therapy McGuire advocate for those who wish to do so. The ID therapy was recommended to strengthen the identity and empty the "backpack" and examine identity as a form of "basic training" would also be an idea, as well as to test more "new ideas." McGuire's ideas about expanded comfort zone also seem interesting. In the 50's this phenomenon was called that "we would expand the stutter-free sector."

Lifetime therapy

McGuire has lifetime access to the technology, which I think Intensive stutter therapy could emulate. That would mean that the stutterer at any time can insist on getting the help and support he needs.

Treatment Guarantee

Guarantees of limited waiting periods to people seeking care are in vogue. For those stuttering it would mean access to the therapy when required.

Pension solutions

Today a defect of the speech is much more serious than before. In former days we could seek jobs that meant that we did not have to communicate verbally other than to the nearest boss and colleagues. Today is required of all applicants to have secondary school education and be able to express themselves in speech and writing which concern all professions, even the simplest, which means that stutterers are excluded from the labor market.

Those who already are in the workplaces are struggling to keep their jobs. In 1999 the authorities reinforced the situation of handicapped persons. It

should not be as easy as before to sack them. The employers did not want to have employees with disabilities, even if it would work with adaptation. Instead they wanted people who could perform other tasks when needed.

Pension removes the stutter problem

Age and pension affect the quality of life and stutter. Stutter problems have a tendency to decrease. Stutter residues are always left, but it will be easier to manage. Retired people have in this way experienced a life without struggle and cramps in the organs of the speech and body they had not previously thought possible. They may help themselves in a worthy manner.

The statistics say that no more than half of the stutterers are working

According to SCB's Statistics Sweden 2006, there are approximately 600 000 disabled people in Sweden with reduced working capacity. 50 percent of them are employed, compared with nearly 80% of the entire population. In DHR, the organization of the Disabled, is just over a third (35%) working, a study from 2005 shows.

All stutterers who wish to get it should be offered early retirement

A complaint that is chronic cannot be rehabilitated - pension should be available as option.

Therapy Favorites

[1] Identity Therapy (ID)

Since I during 25 years at regular intervals participated in this therapy, it must stand for something positive. The therapy works with emotions. Anxiety reduction increased my energy without making me tired. With the right feelings in your body you feel good. The stripped-down form has given me an insight behind the scenes of people. We are

more alike than different. The most positive thing is that during this time I lived together with my present wife for ten years. Today we have been married for 20 years. This allowed therapy to be at the first place.

[2] Intensive Stuttering Therapy

A group therapy which is nowadays well proven and has attracted a very great appreciation among the stuttering. It is an intensive stuttering therapy. It has been operating since the 70's and primarily focuses on stutter in common, and is directed to specialized and university-oriented speech pathology profession as therapists. It has collected additional expertise as psychiatrists and psychologists. A prominent role has the drama teacher who leads the initial exercises. The phonetic leadership comes from the Sahlgrenska Hospital in Gothenburg.

The three residential courses are conducted during a limited period of just over six months. Between and after the sessions, the patient has access to the therapist in its vicinity. Here ends the therapy for the majority, even if there are several other course proposals.

Individual therapy with a speech therapist

The regional hospitals have speech receptions or a department of Ear Nose Throat. They can help you with proper treatment plan. There is also the therapist in the neighborhood willing to support you from therapy components of the Intensive Stuttering therapy.

What is missing is "life-long presence" in the style of what McGuire courses offer.

[3] Starfish. A McGuire-like course in England for all including parents.

[4] Stutter Free Speech (Stuttering Free Speech). Åke Byström leads this therapy both in Linköping, but also elsewhere in the country. Advertising is usually done in the stutterers' own journal Communication. For three to four days' time the technique is trained with different tempos of speech and other "goodies". Usually, he has the others in The Speech Academy with him, sometimes he's alone, but that does not prevent him sounding like a small orchestra.

Åke Byström is a man with a big heart. He is himself a stutterer, Åke Byström's life is SPEECH. He is a speech therapist who taught student teachers at Linköping University to become good speakers. He is also the man who has been involved almost from the beginning of stuttering associations. In 1965 he went to Örnsköldsvik to start a stuttering association, but time was not mature.

Åke Byström has succeeded in highlighting a fluency therapy when the accepted therapy thoughts were dominating. The actual technique of the "three basic blocks" tempo and tempo control with fixation of words is user friendly. It is a technique in time. The manipulations of speech raise no attention while more fluency is created.

[5] McGuire, a technology that deserves attention. A powerful breathing technique that creates security. The practitioner relaxes and let go because he knows that he has a tool that works.

Other Therapies

Other therapies, although they are interesting have not been mentioned by a variety of reasons. This may be due to the lack of availability or that the number of participants are few. It may also be due to the lack of evaluation to a sufficient extent, which means that there is no sound basis for assessing the therapeutic efficacy pins. Another reason may be that technology does not exist in Swe75

den. Are you prepared to go abroad, you can certainly find your "therapy" in this price range.

What Sweden can offer

The inventory above shows **one** pure and functional stuttering therapy. It requires a referral, which makes it somewhat difficult to access. Therapy of speech is also available at the regional hospitals. The Speech Academy with Stutter Free Speech is teaching and training in oral presentation and in the voice and speaking techniques. It is available to all. McGuire is a therapy that may increase in popularity. Those who use it in Stockholm say that it is a holistic therapy. The breathing performed provides security and relaxation. NLP is still "blank cards" but I don't think there will be any "broad" therapy.

This is what a country like Sweden has to offer the stuttering.

New and old therapies must necessarily be able to operate outside the therapy room.

40 years with Stockholm Stutter Association

On the P-club biannual meeting Sunday, Nov. 26, 1967 I was elected to the auditor.

Club career was launched. In 1968 I was elected editor of the magazine Plus and later librarian and secretary before I was elected President in 1977.

Stutter a disability

We searched membership of the HSO in 1973 which was granted. By this our barriers were classified as a disability with membership in the psychiatric group, something that the individual member, if necessary, can have practical benefits from today.

It was a major step that was taken in the history of the Association Club. When I came to the club I

was informed that they worked in an unobtrusive way. "We package the magazine Plus in envelopes, so that no one will understand that this is about stutter." The discussion was about whether the paper's name would be on the envelope as was agreed in the end.

Information meetings in 23 locations

Many stutterers perhaps don't suffer so much of their stutter that they have need for what the club can offer them. Others suffer too much to dare to exploit the club's services since they would be able to update their problems.

A grant of eighty thousand SEK from the Swedish State Inheritance Fund gave us the opportunity for a limited time to make a concentrated effort on the field. In autumn 1977 and spring of 1978 we arranged briefings on the first 23 places. This was part of our program:

GOAL:

that "target groups - like teachers - through information on the concept stutter and the situation of stutterers would improve understanding of this form of disability,
to provide the stutterers themselves, among other things, the explanation for the stutter that scientists today can recognize,
to give the stutterers more advice and guidance in health care issues (therapy, experience, etc.);
to spread knowledge about stutter to people who suffer from stutter as well as the public in general,
to search for stutterers who dare not seek institutions for treatment and to give them inspiration and incentive to systematically begin working on their stutter,
to increase the ability of therapists to assess the correct treatment methods currently in use, and to convey and deepen knowledge of the modern therapies that exist today.

It became a blockbuster for the information campaign
In the autumn of -77 and -78 spring campaign was conducted. In the middle of the period the National P-club (RPFS) was formed. Probably the information project was a fairly significant driving factor here, when requirements for participation in a natural way were raised in the local clubs (Ik). There were 31 newspaper articles, 15 notifications, six radio programs and three radio interviews. The listeners in the 25 meetings were 839 people. *For the Planning Group in Stockholm 1977. // Lindh*

Extensive activities

During the time I was president we achieved premises in Birger Jarlsgatan in Stockholm. The activity increased continuously. The activities covered by most two to three activities a week.

The premises were getting too small so we changed for a bigger one in "Reimersholme" in Stockholm. We could influence both the external and internal environment because of the fact that the buildings were not yet ready.

Therapy Experiments unprecedented

For an expensive cost we had soundproofing in one of the rooms. The idea was that it would be conducted therapy type of Primal therapy with the name of Identity therapy. The stutter specially tailored therapy and association premises were dismissed at the beginning of 2 000's.

The liquidation of the experiment

During this time, we had many experiments with different elocutions. The test of the Identity Therapy could have been the biggest one ever. I was driving through the therapy alone for 25 years. It would have been good if I had had the help of some stutterers. I still wonder what would have happened if I hadn't resigned as chairman. The question is if I had been able to involve the others?

For my own part life changed for the better.

The two legs

I needed my two legs to stand steady. My legs symbolized that I could break my loneliness and both have good relationships at home and at work. After ten years I both divorced and married my present wife.

Association work- A survey done by the P-club Stockholm // Lindh 1979.

Stig Lindh, Kerstin E Andersson and Gunilla Stenberg

As the newly appointed chairman I presented the investigation under the heading "P-club in the future." It was about the circle operations, information operations, the local premises and projects at The Stockholm Stuttering Centre, the film project and the therapy project with Stromsta technique and the video project - but as I said, what was it that the individual member really wanted to get out of the club?

Experimental stutter therapy

It was considered unequivocally that the club should focus on experimental stutter therapy discuss an objective and work out an action plan. Most would consider visiting the club premises on non-programmed days or nights. The club could also serve as points of contact, sometimes with events both inside and outside the club-room.

Why a Stutter Club?

Ultimately it is about informal community - a place where you're accepted by the majority. You hang out in every possible way with the stuttering being the common glue.

We may have different motives for our membership in a stutter club. The stutterer may have a desire to find something in one way or another resulting in a change of the problem of speech.

You may also have resigned to your problem or accepted this and only wish to have contact and community spirit with other stutterers.

What motive can the therapist have for his commitment in the club? As long as the core problem in the stuttering is not resolved and as long as many despite treatments have not been rid of their symptoms, it can be assumed that the therapist's interest is to see what the stutterers can do. There may of course be many other motives than those mentioned above.

Stutter seminar at “Härskogen” 1986

From the left to the right: Gilbert Pettersson, Stig Lindh, Kjell Gustafsson, Roger Jönsson, Thomas Pettersson, Marie Lundell, Gunnar Dahlstrand, Lennart Rosander and Johnny Karlsson. (Photo: Bertil Ferm)

My involvement in The Swedish National Association

Nine years passed before I became a member of the SSR, the union that I myself had been the inspiration of. The year was 1986, I was elected as a member and was given the post of deputy secretary. Given the strong influence I had of Identity therapy I happened to come in at the wrong time. Unfortunately I had not overcome the therapy, nor had the distance required for it to work well, so it lasted only for one year.

Typical is that it was to happen when I was not particularly oriented towards results. The stimulation came when I, together with another person was assigned editor of the magazine Plus, which is the present magazine called "CommUNICation." It happened after I presented a comprehensive plan for the journal development. This was adopted and implemented at the best of our ability, but by others than me. Now things happen that make me impressed. The management of the SSR has understood that the look and readability is important in the dissemination

of information. As a reader, I can only be grateful today and welcome this nice magazine.

Me and. . .

. . . *Charlena Seymour*

. . . *Lars Åfeldt*

. . . *Åke Byström*

THE ROOTS OF THE STUTTER ASSOCIATIONS

P-club, club for ordinary stutterers was formed officially in 1954. (Plus Club).

Specialized people worried

In the 50s phoneticians, psychologists and speech therapists were those who treated stutter. They were worried about that the patients had a compound which also went out to examine their work.

They argued that the stutterers would be affected in a negative manner and not make any improvements.

We wanted to bridge the gap

Dan Mogren questioned the effectiveness of Swedish stutter therapy, both the therapy given at the Karolinska hospital and the rest they could receive in our country. It is he who has taken the initiative to unite the opposition and criticized speech technical treatments designed to teach patients to speak right and more focused therapeutic methods.

"All stutter treatment is unrealistic" felt Dan Mogren, "as long as nothing is done to bridge the gap between the treatment situation and everyday reality. It is a big difference between speaking calmly in a friendly and empathetic environment in a therapist's room and to try to make their views known among impatient and unresponsive people in school and working life." After a few unsuccessful attempts to influence the treatment authority to extend its activities outside the treatment room the opponents themselves took the responsibility and

became their own and each other's therapists. First of all they focused on jointly acquire such opportunities of speech and experience - plus experiences - which they believed was required to widen the stutter-free sector and make the speech-making ability safer and more durable. The cooperation was soon organizational charter in the formation of P-Club - Plus Club." // *Hans Danielsson, Poor me, 1983.*

Plus Club - welcomed landfill

"P-Club had the ambition to act as intermediating link between treatment and daily life. With great eagerness I helped propagate the P-Club activities. I tried to influence my patients to continue their exercises in the P-Club when they stopped with me. As soon as one of my patients contacted the Plus Club, I felt I had liberated from a heavy responsibility. The Plus Club became for me a very welcome tipping-or-relief spot. Or - to put it more positively - Plus Club became for me a valued link in a planned development chain."

// *Hans Danielsson, Poor me, 1983.*

Thanks, Dan Mogren

"You started Plus Club, and thus gave us a forum for a free and open debate about the perception of stutter and stutter treatment. Thanks for all the information you impart on the stutter treatments across Europe and America. Thank you also for all the help you gave me in my efforts to identify my patients' communication problems."

// *Hans Danielsson*

SSRS 30th anniversary of Brunnsvik in 2007. I start talking about the formation of the SSR, also on how it was when the first association club called P-club was compounded in 1954.

National Association SSR formed

National Association was formed in September 10, 1977.

Some of SSR's achievements are the publication of Per Alm's book "Stutter," the start of youth camps and parents' network, the arrangement of the Swedish introduction of Dr Fluency and the improvement of the CommUNICation magazine.

Organizations in the world

From nothing to be formed as the first stutter organization in the world 1954 in Stockholm. Today is the European Association ELSA and the International Organization ISA - International Stuttering Association.

Anders Edenby, Stig Lindh, John Ljungquist

P-club and the therapies

The country's stutter therapies changed on the day the association was formed. It was like a door locked up and opened. Stutter therapists became members and the stutterers began to hope for remedy and improvement.

In 1978 we organized seminars with Professor Courtney Stromsta in Gothenburg and Stockholm.

In Stockholm was presented over five nights Stromsta theory of stutter therapy. During the autumn we formed a "Stromstagroup" to follow up the workshop and to train technology on our own.

It lasted for two years.

THERAPY EXPERIENCES

Identity Therapy for 25 years

1980-1982, 1983, 1988 - Casriel - At least 25 years of therapies. Tufts of hair from my hair are sent to a homeopath for analysis. It began when I started school at the age of seven. My mild stuttering grew strongly worse. I had to fight for myself. One memory that I'll never forget

was when I was in the schoolyard fighting with guys around me, we had an entire leash of kids cheering around. Why we were fighting, I do not remember but coming into the school world was probably the worst thing that happened to me regarding my speech. I could not even talk to my mom. Nothing worked. My speech organs were locked. To loosen it, I came pretty quickly to the conclusion that if I also stamped my foot, I managed to speak passably.

Mom and Dad knew that I was not feeling very well, and my aunts in the North of Sweden told me about a remedy, so they cut tufts of hair from my hair and sent it to a homeopath who analyzed it. The homeopath told me that when I was a kid I had run out on what I thought was grass, but that proved to be tufts in the water. I tumbled from the tussocks into the water and probably got a shock. It was also claimed that I had run into a cyclist - an event that I remember but then I was older so it isn't true enough.

In the Stuttering Association, I have learned that parents of stammering children both look for and need a reason for why their children stutter. According to my parents, the above mentioned shocking involuntary bathing was the direct cause of my difficulties when I started school. And with hindsight, I realize that I was one of the most difficult stutterers that Sweden has ever seen. I have not received any award, however, but I have received an unusually long suffering.

These difficulties that I got when I was seven were an unusually big problem. It has taken over five decades to make me function fairly smoothly. Today I know that I am a sensitive person where small changes in my life can both lead to recurrences and hesitation. Here the story begins of a problem that people generally do not want to cope with, but actually is there for those

who have it - chronic stuttering!

Stuttering Treatment at the Karolinska Hospital

As a 10-year-old it was time for the first real stuttering therapy. I don't remember the background but my parents finally understood that the situation was troublesome for me. They arranged that I was able to come to KS and under the leadership of the phonetician Dr. Kågen I received therapy. It lasted for three months. That meant that I was free from school and that I had board and lodging in a family my parents was acquainted with. On weekdays I went to KS and read aloud from a book to a sister. Over the weekends I went by train to my family in Rimbo.

For me it was a nice break in the ordinary school work, I am sure. It was actually thrilling to come to Stockholm as a ten-year-old. I explored Stockholm on my own.

The bus from Solna arrived in Stockholm at Norra Bantorget.

The streets I traversed were the downtown streets called Vasagatan, Kungsgatan to PUB and vice versa- this impressed some people in my environment at home.

Coming back to school in Rimbo it didn't take long until everything was as before. The impact which was positive on the speech disappeared depressingly quickly but I had nevertheless been trained to become proficient in reading aloud.

The Karolinska hospital again

At the age of 17, it was time again for KS's Dr. Kågen's real stuttering therapist Hans Danielsson. The physical environment was a couch. I was talking to a blind man who also was a stutterer. He was

low-voiced, asking and listening. Even this therapy passed rather unnoticed. What we didn't know was that our ways would cross later again in life a couple of times.

1963 - Hypnosis with triple doctor Björkhem in Saltsjö-Boo

“The last straw” appears periodically. My mother Stanny who worked at the insurance company Responsible came home with advice from the job. I was sent to a doctor with all three degrees, which meant that he was so unique as to be triple doctorate - his speciality was hypnosis. I was also curious to know if hypnosis could really work for me, so I tested immediately at the train's arrival at Saltjö-Boo if I could buy something without stutter. As expected, I stammered. When I came back from the John Björkhem's house where I had received hypnosis, I did the test in the kiosk. It turned out that I stuttered as much as before. In this way I kept on all the times I was with him.

He was internationally recognized. He went to America as he always did. When I met him on his return he looked tired, shortly after that he died. He could not help me. In the case of hypnosis, it is said that one must be receptive, which I interpret that you have to be extra sensitive. To test reality in the way I did was probably a sign that I was not.

Therapist Per Olof Broberg

He meant a lot to me. He became my friend, he was my support, he became like a second father to me. Our relationship became very good. What brought us together was just that he treated stuttering individuals. He did it his way: Thorough as he was, he studied the problem in Germany. When he then practiced his knowledge in Sweden, he discovered that it didn't work - then he did exactly the opposite of what he learned in Germany,

so it became his method of treating stuttering individuals.

When I met him for the first time he was already an old man but nevertheless boasted loudly of his youth and vitality. I was in my twenties and felt pretty powerless in his company. Many famous actors trained in a working Chest Support using diaphragmatic breathing and emphasis in the right places on the basis of his technique. It was controlled by putting my hand on my stomach. I had to sit in front of the mirror to see what I did. When I spoke, I was looking at his mouth. He pointed frequently out that it was important not to tighten and squeeze. We often practiced on different alliterations where all words started with a B. What I could think of was complete relaxation, hay bag, air in the stomach, moving his lips. Look in the mirror in gymnastics.

Always watch the other party's mouth, never replace the words or change the sentence! The tongue should always be loose and soft. Never squeeze or stretch. Concentration was an important word. In front of the mirror was a young man named Stig, who looked in the mirror without the slightest narcissistic feeling, a shy, nice guy with love problems who didn't want anything else but be loved by Christina and everyone else.

Per-Olov Broberg had been a traveling therapist of stutterers. He advertised in local newspapers and then came to the city's hotels to receive stuttering patients. Maybe there were also other types of patients because he was involved with homeopathy as well. I have a letter from him stating that he is speaking and psycho-educator with specialization: Speech disturbances (Stuttering), obsession, fear of speech and inferiority complex.

Even this treatment and the accompanying techniques were difficult to transfer to the precarious

reality that most of the time is outside the treatment system.

When non-avoidance came I accepted it.

The furniture store

I think I was twenty-five years old. One of the most unusual therapies began when I and my partner looked at the sofas in a furniture store. We bought a sofa set. The furniture salesman was interested in my stuttering and wanted to help me. It took some equipment I could buy from him. It consisted of a glass container to be filled with water and also a glass tube. Now I should practice breathing and stamina by blowing bubbles for as long as possible.

The salesman visited me at home two or three times. I experienced it as a hassle. It was not long before the equipment was shelved and forgotten. Now, some decades later, and during this writing, I think actually that the idea may not have been so stupid. Why could not the furniture retail dealer have said that speech sometimes requires effort and that it is good to say the whole sentence in one breath. There will be no interruptions then. Speech can be stressful in other ways as well. It is not just to talk but also to know what you are talking about and to whom. He may have said all this, but at this time in my life, it did not work.

Systematic desensitization

At age 26 it was time for Bengt Edgren and Gagindra Persaud trying to do penance (1971). They shot the gun but what they really needed to shoot was a cannon or an instrument with even heavier caliber. The organizer was the P-club.

With the help of desensitization technique people can be helped to overcome their fear of spiders for example. The training is to teach the patient to

touch a spider and let it crawl over his hand.

Creative drama

1974 the course leader was actress Inger Juel.

Probably she was one of the pioneers in this genre.

The organizer was one of our educational associations.

Drama

1978 and 1984. Dramatic exercises. The circles were arranged by the P-club, association for stutterers.

Sabbatsberg - Speech Therapy by Eva Foyer

Traditional medical therapy, where the treatment consists of half hour sessions. The therapy is based on the patient who decides what the conversation should be about. The length of treatment was one to two semesters. This and many other treatments that are about stuttering usually have the intention to give the opportunity to speak with a competent interlocutor. Understandably, then, is that stuttering associations make sense.

Psychodrama in Torsgatan

In 1977 Somehow I came in contact with psychodrama.

Sten Larsson, the actor who worked with Karl Gerhard was the leader who directed his patients. The patients were mostly those who had different phobias. He described this with the phobia as a conflict between the emotional and intellect, which in turn manifests itself in various forms of terror. Phobia is, strictly speaking, not a disease.

I was only participating for one semester. It felt new, large, and magnificent but also demanding.

We were divided into groups, actors versus audience.

I got to feel what it is about to act on stage.

What we did was to play what we talked about earlier in the group. We played our own problems.

The idea was that the operator would be aware of the problems. The stuttering problems were too severe and blocked my actions on stage because everything inside me was untouched and unaltered.

KS again with Dan Mogren - more terms

Group as a sole therapy. We drummed on with the Sven Smith method. Voluntary stuttering and voice exercises, control of speech rate, variations at different rates, everything to gain control of the fluency of speech.

4.5 times intensive stuttering therapy with Rune Stenborg's and Anders Lundberg's speech Therapists

Referral from phoniatician Dr. Rolf Leandersson. -75, -77, -83, -86, -87. Sweden's largest stuttering therapy.

The technique is called NNT which means "Slowed down normal speech".

When I think of how I speak today in 2006 I discover that when I'm about to stammer I stop and start over in a new way. The listener has not noticed this stuttering - I am very satisfied with this way of speaking. I do not know if I'm unique, but I've never been able to take my techniques in a positive way during the actual therapy sessions - that will come later or much later when I can be permanent in my pace.

Stromstaterapi

1978 in P-club's premises. We worked for two years.

The Speech Therapists in Old Town. 1986 - 1987, 1991 - Gun Scollin o Anita Franzen. They were good for they introduced something new in the stuttering therapy.

Eilert Thorsell - Hypnosis and affirmations –

1988. Speech therapist and an engineer, specialized in relaxation tapes, relaxation and voice care, Johanneshov, 20 times.

Identity Therapy

1980-1982, 1983, 1988 - Casriel - At least 25 years of therapy.

"Stutter Free Speech" – The Speech Academy.

Anxiety of speech. Successful drama exercises were taken place in the auditorium at Rosenlund Hospital.

Qigong - Easier movement gymnastics where the movements are thoroughly but gently.

Grief Recovery. Completion of pain caused by loss makes it possible for us to let go and move forward with renewed energy and joy.

EST.1980. Group Process with the USA as country of origin. It all comes down to 200-500 humans get together over a weekend and are concentrated in exercises during the two days. It is approximately 15 hours per day and only breaks for meals and sleep. During the exercises, it is a leader who instructs participants to think about and imagine certain things. The purpose of the exercise is that you must learn to know yourself better.

WHAT GOES RESEARCH INTO?

Who is doing the research and what does it say?

In recent years research has been done to some degree in the world. Most of the literature is written in English, which in turn gives the opportunity to take part of the knowledge more difficult but with the help of others everything goes. In addition some research has been reported in the book "Atmosphere, psyche, the environment," which is written by Wendell Johnson. In Sweden, research is sparse. The reason it is so little research may be that we are a relatively small group. It may also be that there is an unusually difficult task in that we as a group are unusually well-behaved so the problems are literally below the surface.

Stutter Research

1920 – 1958

The result of Wendell Johnson's extensive research shows that people who are stuttering are NORMAL. Moreover, he came up to that "The stutter is fear of stutter" or "Stutter is what the ordinary stut106 terer makes for not falter again."

Below is a statement of research under Wendell Johnson's leadership:

No physical defects of stutterers: Travis, L, Edvard: Iowa, 1920.

The speech mechanism is normal: Strothern, Charles and Louis Kriegman: Iowa, around 1938.

Calcium and blood sugar is normal: Genevie Stearns, Iowa, 1933

Calcium and blood sugar is normal: I.W. Karlin and A.E. Sobel, Brooklyn, 1940.

Cardiac activity, blood pressure and metabolism - are normal: Carl Ritzman, student, Iowa, 1943.

Biochemistry and physiology is normal: Harris Hill, Journal of Speech Disorders, Dr. Hill's final conclusion of the possibility of a natural cause of stutter was: "**One factor in the form of a single state . . is still as far from detection as 4 000 years ago.**" 150 physiological and biological studies, 1944.

Right-handed or left-handed or brain dominance - not detectable: 100 surveys, not detectable, 1940.

Right-handed or left-handed or brain dominance - not detectable: Harry Heltman, Syracuse, and EJ Spadino, Columbia, and Wendell, in cooperation with King Arthur, 1940.

Differences in personality - not detectable: Wen107 part Johnson: "The difficulties and humiliations that the stutterer is subjected to influence his social use of standby and self-esteem, but some essentials of personality I could not find." 1929-1921.

Differences in personality - not detectable: Leonard Good Joseph Stein and Sheehan, the same position as, in 1958.

Birth Injury and stutter - no relation.

Stuttering children's development is normal.

Heredity: Despite extensive scientific studies no such link was found.

ADJUSTMENT IMPACT (Adaption effect)

During the 1930-1940 inquiries were made of this adaptation effect by Steer, who was the first. Then followed Wendell and John R Knott came with the results publication. **A stutrer is speaking better and better the more he "repeats the speech task" in 1937**

MORE STUTTER

More stutter at the long words: Spencer Brown, in the 1930's.

Meaningful text meant more stutter: Spencer Brown, in the 1930's.

More stutter when the sentence begins with a consonant: Spencer Brown, in the 1930's.

More stutter in the first three words in a sentence. Spencer Brown, in the 1930's.

More stutter where the words provide meaningful content sources. Spencer Brown, in the 1930's.

More stutter when reading meaningful text. Spencer Brown, in the 1930's.

More stutter when reading meaningful text. Jon Eisenson and Miss Esther Horowitz, in 1945.

More listeners - more stutter: Wedell and Mrs. Harriet von Kraus Porter, 1939.

A stutrer's doubt and tension for a person depends on what his feelings are for her or him. Wendell and Mrs. Naomi Berwick.

LESS STUTTER

Sing - not stutter: Wendell and Leonard Rosen, in 1937.

Speak slowly and whisper – the stuttering varies: Wendell and Leonard Rosen, 1937

Speak in pace with the metronome or monotonous rhythm - not stutter: Wendell and Leonard Rosen, 1937

Change of the rhythm of the speech: Very loud, very low, shrill voice, whispering or very slow, even to talk faster. Wendell and Leonard Rosen, 1937.

Some form of support: For example, two stutterers are reading a text in unison, in chorus etc. Wendell and Leonard Rosen, 1937.

Distraction. One of Wendell's colleagues Virginia Barber Simmons heard less stutter through reading loud at a walking pace, friendly claps on the shoulder, with flashing lights (one word for each clap, pace, tap or blink). They could even read really good at strong noise.

Talk in loneliness: stutterers often speak excellent when they are completely alone. (p 61).

Reading with loud sound in the headphone): Wendell and Mary Lou Sternberg, 1946.

Reading with loud sound in the headphone: Colin Cherry, England, 1956.

The experiments show, according to Wendell, that the stutterers have a basic ability to speak normally.

To stammer "on purpose"

In 1928, the psychologist Knight Dunlap expressed the idea that one way to get rid of a habit is to practice it on purpose. He tested the idea in Los Angeles, California, on some stutterers and found that the results were promising.

The idea was almost immediately taken up by Bryngelson, Minnesota, who developed it further. He instructed the stutterer to freely and voluntarily repeat the first sound of the first letter in some

words a number of times before he started to say a word. Sometimes he asked the stutterer to read aloud a few moments with each word spoken in this way. On other occasions the voluntary stutter was carried out only occasionally in speeches or reading aloud.

Encouraged by the initial results Bryngelson brought the idea with him to Iowa when he arrived for taking his doctor's degree in 1931. With him he had a young man, Charles Van Riper, who was a severe stutterer. For one year he worked intensively with this stutterer. Dr. Bryngelson insisted on that Van Riper would stutter voluntarily for some time each day. The results were really encouraging. Charles Van Riper continued to take doctoral degree in speech pathology and became one of the leading specialists in the United States on stutter and other speech disturbances.

Accept yourself - Van Riper's last two pieces of advice.

Devote much more of your attention to your normal speech than the one you think is your stutter. Show more interest for the feelings, attitudes and thoughts that are associated with the normal speech. Accept without reservation your speech and yourself as a human being.

Work to become a normal speaker, says Van Riper.

Feelings and personality

As a basis for this book, I have gone through all the literature that is written in the literature list. I think I find support in the research on stutter that it is also about feelings. Van Riper's recommendations are that you should show more interest for the feelings, attitudes and thoughts associated with the normal speech. It can also refer to his research on the fact that "The stutterer's doubt and tension for a person depends on how he feels about her / him." (Ref above) Likewise Frederick P Murray, Ph.D.,

has given the advice: "Remember that our speech reflects how we feel at a given moment."

Animal experiments have shown that if a small monkey kid cannot be near his mother and get her or other's love he will not survive. This can surely be implanted in human beings. I would suggest that the most important thing on this earth is just feelings and contact with other people. All our efforts lead to just that both in the family and at work. I think the emotions give life a meaning after reproduction. It is probably just what is the ultimate meaning of life to bring up the next generation.

After writing these words, I read the evening newspaper and there Thomas Zengotita from New York expresses himself:

"One of the greatest human needs is to get confirmation and today all have access to the technology required to appear. Happiness, however, is an equally difficult-defined word but I suspect it has to do with feelings. According to Bengt Bruölde who is a person doing research in happiness money has nothing to do with it after a certain "limit." He means however that it is important with good relations, a job that you enjoy and meaningful recreation.

An experiment

According to stuttering researcher, Wendell Johnson, a stutterer diminishes his stutter when he reads a paragraph several times in a row on average the decrease amounts to around 50 after reading through five times. After the fifth reading through Mrs. Berwick put a photo of the person the stutterer had said to be difficult to talk to in front of him. She asked him to read the paragraph again - to the photo. The decrease trend ceased and was reversed - now the stutter increased instead with an average of 20 percent. What is in a picture? Whatever influenced Mrs. Berwick's stutterers must

have been put in by the stutterers. It is the most important conclusion to be drawn from her data. This study shows in a simple but dramatic way how the stutterer's hesitation and tension when he speaks to a person - even a photo of him - depends on how he feels about the person. Wendell Johnson affirms that the stutter's feelings for a person can increase stutter frequency by 20 percent, which I interpret as a difference of 70 percent.

Swedish research

In Sweden there are a few theses on the stutter. *Abstracts of lectures on heredity and environment by Martin Ingvar, Marie Åberg.*

Sensational research on Heredity and Environment

"Heart or brain, so you become mentally ill?" Lectures on November 6, 2006 in The Culture House in Stockholm .The most interesting point program for my part was Heredity or Environment. Research shows that when you are growing up you are not affected by the genes during the first period of your life. We believe that environmental factors are added to the factors of heredity then there are the vicious circles which consolidate the problems so that they become chronic. The environment, however, shapes the individual. Everyone is hurt by various forms of abuse or to stay in a bad environment.

This and several other circumstantial evidence makes that I would not have become a stutterer if I had had other, more harmonious parents. And parents we cannot choose who you know. Martin Ingvar and Marie Åberg spoke about an Australian study showing how important it is to be loved and looked after by your mother. It was done in rats: How secure the rat is depends on how much love it gets by the mother that shows that by

licking her kids differently. Those who got licked the most were those who dared to go out farther than the others and dared to be in the unprotected area.

Stress like in war

In the CS- group in 1966 with Bengt Edgren, Rolf Leanderson, and Lennart Levi at the Laboratory of clinical stress research in Stockholm, where I participated in one of two groups, one group received medication and the other group placebo pills. Fortunately I ended up in the placebo group. For another participant from the association club it was much worse when he ended up in a pill addiction. One of the most sensational discoveries was that the stutter caused abnormally high levels of stress. The noradrenalin was as high as measured by the belligerent soldiers.

In 1972 Steen Fibiger was researching on external stutter symptoms such as mouth movements, EMG research of the lip movements of stutterers at the University of Technology in Frescati, Stockholm.

The two brain halves

Per Alm: "Heick's hypothesis is that those who stutter have developed Broca area in the two brain halves, which leads to problems. The situation can be likened to having two captains on the same ship - they can not agree on who should give orders and the result is chaos."

Elisabeth Sederholm gave a lecture in Härskogen in which she referred to a study where attention is specifically drawn to the fluent speech among stutterers. "We have compared this with non-stutterers speech and found differences." she says. Thus, you can often find overflow movements in the vocal cords before the start of a fluent word. In the EEC (brain) film-studies resynchronization has been

found between the two brain-halves that could indicate errors in the interaction between the halves.

Joachim Trettin explains in Plus: "Most of us have surely heard that our brain has two halves and the halves perform different tasks. The left half is considered by many to answer for "intellectual" functions while the right half handles the emotions. The two halves do their job, however, not completely independent of each other. There is a vivid signal traffic between them - through the so-called gate. But generally considered is that each brain half has its own sphere of influence even if the overlap between the spheres is common."

Brain halves and memory

Per Alm: *"To understand how stuttering may arise and develop, it is important to know something about how the brain works. Much of today's stutter research suggests that the key to the stutter conundrum can be found in the brain's functioning. Stuttering may be in the first instance regarded as a problem with the control of the speech. We still do not have much knowledge but we are on track. A major problem for the stutter research, however, is that the stutter is so incredibly complicated and influenced by so many factors. But it makes it an exciting challenge to try to understand how stutter works."*

The memory of fear

Memories of emotional events engrave themselves and have been important for human survival in prehistory. It is important to remember that a particular animal is dangerous. If you have been chased once by a dangerous animal the scent and image of the animal has become strongly associated with danger. It is precisely the fear that makes the memory stuck so strongly. Next time you feel the smell of the animal fear awakes directly and you run away.

Research has shown that there is a small almond shaped part of my

brain, the amygdala, which specifically has the ability to connect memories with fear and danger. When the amygdala has been removed from a rat it doesn't show fear of anything - it can without hesitating go up to a sleeping cat biting the ear ...The amygdala communicates with the rest of the brain and seems to have the ability to add an emotional coloring in our memories and thoughts. In addition, it has the signal lines to all the nerve centers that trigger the usual symptoms of fear - from heart rate to diarrhea. Baring: "

It is amygdala that is haunting you when you as a stutterer almost can feel mortal dread before making a phone call. You have previously had a strong negative experience when you called, and any thought of calling the person, or just to use the phone arouses strong anxiety. Fortunately the amygdala can also forget - if it repeatedly discovers that there really was not anything dangerous, the fear can disappear. "

The amygdala has been highlighted in the TV program Kobra. They showed pictures of where it is in the brain.

Per Alm: "The brain has thus moving memories, reflexes, stored for all the sounds and words we should say. These patterns of movement are learned when the child learns to talk."

"The more we stutter the more amplified is the stutter reflex and the easier it is therefore to falter again - it's hard to accept."

If you repeatedly expose yourself to situations you are afraid of and nothing dangerous happens the fear is reduced. It is the effect that therapists use in the treatment of fears and phobia.

**Per Alm's thesis for a doctor's dissertation –
What causes a stutter**

A press release 2005-12-04 published in Medicine, Care and Health. Per Alm Ph.D. thesis with the title: On the causal mechanisms of Stuttering.

"Stutter is one of the most common problems of speech and occurs throughout the world. Various theories have located the cause of stutter either to the reactions of those closest to the stutterer or to stutter and the psyche and to wrong relations in his or her brain."

Per Alm at Lund University has now written a thesis in the neuropsychology of stutter. According to Per Alm the stutter seems to be about a problem with starting signals of the speech. Every syllable needs a signal that tells exactly when to start - if it becomes a problem here you get caught up in the speech. It may be difficult to get started or repeat what has been said.

One known fact is that a stutterer often temporary gets rid of his stutter when he sings or is imitating a dialect, is speaking in a choir or otherwise alters his voice. Per Alm explains that it is because of the brain's "second system of speech," which is then connected. According to his model there are two parallel systems of speech that cause problems for the stutterers. Singing, speaking in choir and otherwise altered speech seem to go through the other system and usually run well even in those who stutter.

Per Alm's model could also explain why many stutterers may have better fluency if you distort how they hear their own voice on their headphones - the changed sound leads to a shift of control for the speech. Research is going on, particularly in the U.S., if the possibilities to use the changed sound of a hearing aid can be used as an aid of the speech by the stutterers."/ / *Björck*

From DN's series of stutter 2007

When the signal system gets out of order the speech is Stuttering

Per Alm has written a thesis on stutter, published two years ago.

He argues that the human brain has two systems for the start of the speech: "The middle system" located at the centre line of the brain and dominates in spontaneous speech. "The side system" which includes parts of the cerebral cortex and is dominating when it comes to, for instance, singing and drama. When usual speech changes in song or poem-reading the brain rapidly switches between the systems. It is probably the middle system that ordinary stutterers have problems with, according to Alm. They have difficulty in getting ahead in the speech sequence.

-They know what they want to say, but cannot go on, said Per Alm.

The side system, however, that we use when we sing and play the theatre, can make use of external assistance for start-up signals - a guitar chords, a rhythm or a rejoinder. Exactly what the cause of the disturbance in the brain would depend on we do not know. But there are parallels with Parkinson's disease, some researchers say, among them Per Alm. A person who suffers from the Parkinson's disease has a lack of neurotransmitter dopamine in the middle of the brain. Dopamine is a substance that can be put in motion the body's movements.

Stutterers who on trial received medication for Parkinson's disease have been either better or worse in their stuttering. It suggests that the medication has an effect and that it might be possible to

stabilize the system.

But it does not, of course, mean that we have the Parkinson's disease only for the reason that we stutter, says Per Alm. And there is no medicine that can be recommended for stutter today.

Research focused on the effect of the dopamine for stutter is going on mainly in the United States, but research facility is still in its infancy. The disagreement within the scientific sphere is great. A solid clear explanation for the stutter is not yet available.

In The United States there are aids of speech for stuttering people who delay or alter their own voice. With the help of "headphones" the brain gets help to switch system. But there are few people who have access to them because they are so expensive. A model the size of a hearing aid costs almost 50 000 SEK. // Alm // Lofors

Discussion

It is fantastic that Sweden has two persons who have taken a doctor's degree in stuttering. Ferenc Albert was the first, and now it's Per Alm, who also continues to do research. There are rumours that my friend Steen Fibiger in Denmark has a doctorate in the subject "The history of stuttering."

Åke Byström in The Academy of Speech is probably happy about Per Alm's research. His work is confirmed and he knows that he is talking about the right things. I who have been in his company a few times know how forcefully and intensively he tries to get stuttering people to do their utmost to get started in a stutter-free speech. Per Alm's theories about words starting signals make sense given that it must be the brain which by one of the two systems of speech is sending out signals that control the speech.

The feedback of the speech goes through the auditory meatus which I guess works as the steering control of the speech. Having changed the sound by a hearing aid, I assume that this is a DAF device that provides a delay of the speech. My experience from these devices is that stutterers speak better. The question is whether it is persistent or if it is for a short time. The strange thing with this is that normal speakers who have tried these devices have got difficulties in speaking.

The Swedish DAF sets are affordable. Negative is that some experience them as inconvenient, it is trying with the cables, the big headphones. I myself have not used it for a year, says NN. "It shows that we have a problem." "We want to be free of means."

Two different nervous systems

What Per Alm means by talking about two different systems of speech I do not know. But for me it reminds me of the two different nervous systems we have - the ordinary and the other which automatically controls the various organs. In everyday speech it is expressed with words like: "It is deep-rooted in the spinal marrow."

One nervous system disturbs the other

For me it feels natural if it were the case that one nervous system disturbs the other. The usual nervous system sends out signals that are impeccably fair. The other that has stored historically inaccurate information retorts. This conflict results in stutter.

Summary of Ferenc Albert's book

Stutter from the psychoanalyst's point of view

"Ferenc Albert's lecture" An empirical study of stutter," an attempt to interpret the origin of the stuttering and treatment according to psychoanalytic theory. The matter was taken from the lecturer's

recently published dissertation. Empiricism means knowledge gained through experience. Ferenc Albert has systematically gathered an extensive experience for about ten years and presents findings in his book.

Initially Ferenc said that he has no solution to stutter problem, but some thoughts on the subject. Since the whole study is organized according to a psychoanalytic model, the thoughts are of course coloured by psychoanalysis.

The stutterer is, according to Ferenc, not more neurotic than other people, but the stutterer resolves his internal anxiety by stuttering. Internal anxiety is something that (according to psychoanalysis) all people have in specific situations and it is not specific for stutterers.

The normal development of speech goes from 1) prattle over 2) imitation with deficiencies 3) to a stage where you speak automatically, without thinking about what to do. The development of speech for a stutterer on other hand goes from prattle to imitation and stutter which is a disturbance of the automatic fluent speech. . . you make the stuttering to a part of your "normal speech," by overlearning.

Is there any clear cause of the stuttering? Psychoanalysts believe that there is no single circumstance, but it is probably a number of components that together contribute to stutter emergence. For example, stuttering varies widely among different cultures, which could indicate that socioeconomic factors play a role. Similarly, the scaring experiences during childhood could provide a trigger for the stutter.

In psychoanalysis, one speaks of various psychosexual phases: the oral stage (depending phase), anal phase (independence aspirations) the phallus

phase (the child becomes aware of his sexuality), etc. According to Ferenc "may, but need not be" an unresolved conflict over any of these stages express themselves as stutter.

Ferenc Albert also presented a model of how stutter might affect personality. He stressed the primary profit as an important part of the stuttering problem. "Stuttering binds emotional tension and reduces anxiety. The internal anguish (which all people are carrying on) is in itself a threat to the ego, that is personality.

By stuttering, the individual contributes to consciously/unconsciously reduce the anxiety and protects in that way himself.

The basic identity of the stutterer is important. Is the "I-identity" strong the "stuttering identity" will not be so strong, but you realize that you are a person, a whole. The stuttering is just one part. The expectations play a large role. The stutterer has negative expectations for the listener: "You don't have time to listen when I stutter" and at the same time he believes that all normal speaking people are eloquent. The expectations can become self-fulfilling if we do not do anything about it. Some stutterers feel hypersensitive in the environment. They think everyone is listening (critically) when they speak and stutterers are very attentive to the listener's reactions. Therefore the telephone creates much anxiety among some stutterers as you cannot control the reactions of the surroundings when talking on the phone.

The treatment: Ferenc has no panacea, and stresses the importance of individualized diagnosis and treatment. The treatment should include different methods depending on the patient's stutter and back-ground. It is important to have a thoughtful treatment plan. The stutterers are very different to

each other in many respects. It should therefore be planned so that not a component of treatment counteracts the effect of another.”

One more abstract of Ferenc Albert’s book:

Psychological theories and treatment - excerpt

*"The subjective experience of blockings of stutter usually is that the organs of speech are locked:"
The tongue is stuck in the palate, the throat is constricted”
or “the lips are convulsively held together”*

Stutterers also experience tensions in other parts of the body and a general malaise usually accompanies major blockages varying from mild discomfort among some to the extreme panic amongst others. There are stutterers who report that they more or less lost contact with the outside world under certain hung ups. At least the stutterer is much more concentrated on how he / she is speaking than in the rest of what’s happening at the moment. The case is also true that for most stutterers it is actually the above mentioned expectation of the coming hung ups which are the worst. There are theorists who have taken on this fear to the extent that they speculate in if not this anticipation is the true cause of the stutter to actually occur. By fighting against an expected blocking the stutterer strains himself so that stutter occurs.

The idea is that if a stutterer, for example, has an open and vigorous stutter, which is a direct impediment to effective communications, he is best served by a treatment which modifies the fluency of speech, while another individual, who suffers more from the social effects of stuttering, is likely to have more use of a psychotherapeutic treatment.”

.....

"Most stutterers end up in humiliating situations, which possibly for a few serves as a masochistic satisfaction."

.....

"Stutter should not be considered as an isolated disturbance of the mechanisms of speech but as an external expression of a more fundamental character disorder. An effective treatment must focus on helping individuals to understand their specific neurotic difficulties, with associated neurotic solutions and to come to a solution of the underlying fundamental conflicts."

*"The aim of psychotherapy for stutterers must focus on the primary benefits of stutter in an indirect manner. The therapist should not focus on the stutter symptom itself - not even in the group of stutterers.
.."*

"The early development"

The literature I been through about stutter and my clinical experience has convinced me that the original conditions of stutter in the psychological sense are unique to each stutterer.

The conditions under which stutterers are growing up seem to span across a widely field. There are found early insecure environments in the form of threatening adults and generally unstable upbringing conditions but also relatively conflict free youth environments. Sometimes it has been found disturbances in the relationship between family members such as lack of contact, fear between the family members themselves and other threats to disrupt a full and continuous relationship.

Something that is often described are high demands from the parents' side, which is likely associated with the fact that stutter is more usually found in "career families." Furthermore, mothers of stutterers are often described in the literature as controlling (Snyder 1962) and overprotective." // *Johnson in 1966*

....

"Here we see examples of how the requirement to"

hold back "unacceptable impulses and the need to articulate what you feel will result in a conflict, which in this case might be projected on the organs of the speech with a conflict between talking and to be silent as a result. This conflict is manifested itself as a stutter."

.....

"It may sound as if people who somaticize internal psychological conflicts more than others are living in the body, but the trend is rather the opposite. They are often heavily intellectualizing also regarding emotions and bodily sensations. They imagine that, so to speak, they can conduct both thoughts and feelings as bodily sensations with the intellect, which leads them to a mutual contradiction instead of complement of each other."

.....

"One can easily conclude that speech is one of the most complex co-ordinations of muscles' activities that human beings can devote themselves to. Such activity requires harmony."

.....

"The speech is used to exchange thoughts and feelings with other people."

.....

"Stutter in the adult life situation"

"Regarding secondary benefits it appears that to adulthood their importance have been modified in the sense that, although some benefit from their stutter, one has come to realize that just limited changes would come about in one's life if stutter ceased. At one point - in terms of their careers - probably most stutterers agreed that stutter has been and is a clear obstacle. Indeed there are various professions and positions represented among stutterers, but it is realistic to assume that the labour market in today's society does not always make room for a free choice for someone who has a disturbance of speech."

International research

Here I only mention some researchers' results, which I think are especially interesting.

Sheehan:

No measurable deviations

Sheehan insists that it is based on scientific evidence that no systematic deviations can be discovered among stutterers in comparison with the normal speaker.

Sheehan sees stutter as a dual approach-avoidance conflict. The stutterer wants both to speak and be quiet. Both options have a positive and a negative effect.

The therapy should not seek to teach fluent speech – it is already there in some situations - but to reduce fear of the stutter. To accept the stutter must not be a sign of resignation, but a means to reduce this fear and also reduce avoidance tendency.

Stutter is something that is very dependent on strong attempt to avoid it. An illustration is the following parable: It is more difficult to walk the tightrope on a narrow plank high above the ground than on a board situated directly on the ground. The challenge is the same, but the fear of falling down is added and makes it more difficult in the previous case.

The emphasis in therapy is thus on non-avoidance of stutter and to examine how you stutter, not in what situations you stutter more or less.

Frederick P. Murray, Ph.D.

Toward freer speech

"Your ultimate goal, no matter how you reach it, is to convince yourself that you are capable of speaking in oral communication situations."

Before starting work on improving your speech, I would suggest that you begin working with some constructive and positive thinking. If you want to achieve good results in terms of fluency, it is vital that you are motivated to work towards the goal of better speech. In this regard, I wish to recommend you to use all possible resources you have within you, and the resources that religion, friends or books may be able to contribute with. It is also very important to believe in yourself and to cooperate with others.

Don't expect rapid changes in prolonged confirmed stutter. Many stutterers have made the mistake of believing that if only the cause of the stutter was found this would result in a rapid cure. Would a fire in a house be extinguished by itself, if you found the match which started the fire in the yard? Stutter in an advanced stage, maintains itself, much like a fire. Fear of words and speech situations serves as fuel to intensify it. It is quite clear that YOU have to stand up and confront your problems.

From your point of view active efforts are required, because "conditioned motor responses" are amended by action, not by thoughts. Many of you have heard about the miracles that hypnosis can achieve, and perhaps some have hopes for a quick profit with this technology. Progress with this method, however, is almost always only temporary. The method does not build up any resistance to the many dangers that now threaten you in terms of your oral communication.

A change can come about only gradually, as you change your behavior of speech, your personal attitudes and as you adjust yourself to the new role itself as an improved speech forces with you. The situation is similar to when a very overweight

person should lose weight of 100 kg. In order to do it in a safe manner, he must do so at a pace that his heart and body can tolerate. If he is on diet too fast, he can at worst collapse because of the rapid change his body undergoes. The body needs a chance to gradually adapt itself to every level of weight improvement. In the same way the stutterer must gradually adapt to better fluency. So I would urge you to have patience as you make progress. Do not demand the impossible first! There is no law that says you have to lift the heavy end of the stock each time.

Commented so far, it may be appropriate to say something about the likelihood of overcoming the stutter. Judging from my personal acquaintance with several dozen stutterers, who have achieved good results, I can say that none of them claim that they always are quite fluent. Each of them has moments of non-fluent speech or remaining stutter. On the other hand, there are stutterers that have made so much progress that their ability when it comes to talk is greater than the average speaker. So keep your head high!

Your ultimate goal, no matter how you reach it, is to convince yourself that you are capable of speaking in oral communication situations. This is the statement to say to yourself, you can not stand these situations because you can not speak. It is important that your belief is so strong that it is automatically reflected in your feelings. Remember that our speech reflects how we feel at a given occasion.

Here is some advice that may help you in your work towards your goal:

The first concrete step you might take is to get acquainted with your stutter behavior. This may

seem extraneous, but few stutterers know what they are doing that disrupts the normal fluency of speech.

To do this effectively, you must first learn to keep in touch with yourself during the moment of stutter. This is the opposite of that run away from yourself and do everything you can to try to avoid stutter.

Different kind of feedback helps you with this self-study job. For example, you can look at yourself in a mirror and try to get an idea of what you do when you use the phone, a situation that is likely to appeal to the stutter. Is it possible to record your voice on tape in a stressful situation, and then play the tape for careful analysis?

This may be tough, but it is a good way to get a grip on your problem. If you can arrange sufficient number of these behavioral experiences, you discover that your stutter is not a constant or fixated behavior, it rather show wide variations. You discover that parts of your stutter are not disabling.

No matter how serious the long deadlocks are, each stutterer also have easier stutter in his speech. These lighter stutters represent an end in itself. If you can get down the harder stutters to the same proportions as the easier ones a lot of your problems have disappeared. This also leads to the realization that there are countless ways to falter on.

Even if you do not have a choice when it comes to stutter or not, you have a choice in how you do it. It is also necessary to develop awareness about the feelings you have in relation to stutter. Often your problems of speech are so great that you cannot in an objective way effectively assess them. Usually there is a connection between anxiety, shame, guilt

and severe blockages in the speech and it is necessary to some degree be able to distinguish these forces from each other.

Your basic task is twofold: change your behavior of speech and try to bring about a positive change in terms of your-image and your emotions. There is a psychological principle that means that one way to affect emotions is to work directly with the external behaviors that these feelings are associated with. If you can modify the more serious interruptions of speech by replacing them with amore relaxed, forward-liquid movement of speech, you will translate this psychological principle of reality.

One way to achieve this is to carefully make plans for some experiments of speech. Your first goal is to allow yourself to stutter openly, without tensions or struggle. Don't try to speak as fluently as possible! By deliberately allow yourself to extend the first sound of a number of words you will go on the psychological offensive. This allows your fear to disappear, instead of gradually be building up inside you. Moreover you give your neurological system an opportunity to work in better harmony. You are confronted with, rather than avoiding your problem. Your habitual avoidance of situations of speech and dreaded words will lead you nowhere in the long run. The sooner you give up your "hold-back" behavior, the better.

The following advice can help you on your way from the stutter:

1. Stutter handicap consists mainly of learned behaviors.
2. Stutter behaviors can be changed. Remember, you can choose the way you stutter on, even if you

can not choose not to falter.

3. A person may stutter in many ways

4. Moods can be changed by modifying symptoms that are associated with them.

5. Fear and avoidance procedures decrease as you confront your stutter.

6. Sustained improvement is not likely to occur in a scientific laboratory environment. Create your own portable laboratory, and use it in real life.

7. Progress towards your stutter will likely occur during a long and gradual process. Have patience and respect for yourself.

This sums up what I have found to be efficient in achieving improvements in the behavior of speech as well as to maximize the chance to reach a solution to your problem.

From "To the Stutterer. Speech Foundation of America. 1988: Toward Freer Speech." Translation: Lars Åfeldt. Bloodstein, 1975

To choose method of treatment

The method must be effective on a large number of stutterers.

Improvements must be demonstrated by objective and subjective measurements.

The stutter needs to reduce in frequency and the speech has been improved.

Reports of good results for a method must be based on repeated evaluations.

The stutterer's speech must be natural.

The stutterer must not only speak better, but also change his attitude to the stuttering.

The method must be shown to be effective by more than one qualified therapist.

Reports of good results for a method must be followed up.

We must show that the improvements are greater with treatment than without treatment after the same time.

The method must provide a durable result even after “the charm of novelty.”

Scientists disagree

WHO's definition of stutter reads: "*Stutter is a disorder of the rhythm of speech, where the individual knows exactly what he should say, but at the moment is unable to say it because of involuntary repeating, extension or disruption of an entire sound.*"

The only fact that scientists have agreed on is that "stutter is a disorder of the rhythm of stutter." Otherwise they are much disunited. The reason for their disunion can be the basis of their training and approaching the problems from different angles.

What is the cause of the stutter?

Someone claims that it is genetically caused. Another person that it is mentally reasons. A third that it is a learned behavior. The popular cognitive therapy has been around problems similar to those by ignoring them.

The solution is:

To take note of what is happening by carrying out the practice. I am afraid I am looking gently for what makes me afraid.

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