

Therapy Concepts:

Based on the ideas of Joseph Sheehan:

TECHNIQUES

Does the technique

1. Lead to approach behavior or avoidance behavior?
2. Lead to honesty and acceptance, or false role?
3. Lead to behavioral expression or behavioral suppression?
4. Lead to dealing with future setbacks and regressions?
5. Call for "control" over something that is not there?
6. Lead to independence of the clinician?

BASIC CONCEPTS

1. Stuttering is a false-role disorder. You will remain a stutterer for as long as you try not to be one.
2. Just as you have stuttered most of your life up until now, you will probably continue to stutter somewhat, for the rest of your life.
3. You may not have a choice as to whether you stutter -- but you do have a choice as to how you stutter.
4. Stuttering is largely the tricks and crutches you use to hide and conceal and cover it up.
5. Stuttering is like an iceberg. 80% of it is beneath the surface. Getting it to the surface makes it easier to deal with.
6. Stuttering is what you do -- not what happens to you.
7. Working on your stuttering can be fun
8. Your stuttering won't hurt you and your fluency won't help you
9. The more you run away from your stuttering, the more you will stutter.

And also --

1. Use the language of self-responsibility
2. Learn to resist time-pressure
3. Maintain a safety margin for disfluency and stuttering
4. It will take you a while to adjust to your new fluency