

Neuro-Semantics

"If you can speak fluently in one context, you can learn to speak fluently in all contexts."

University of Wisconsin – Stevens Point

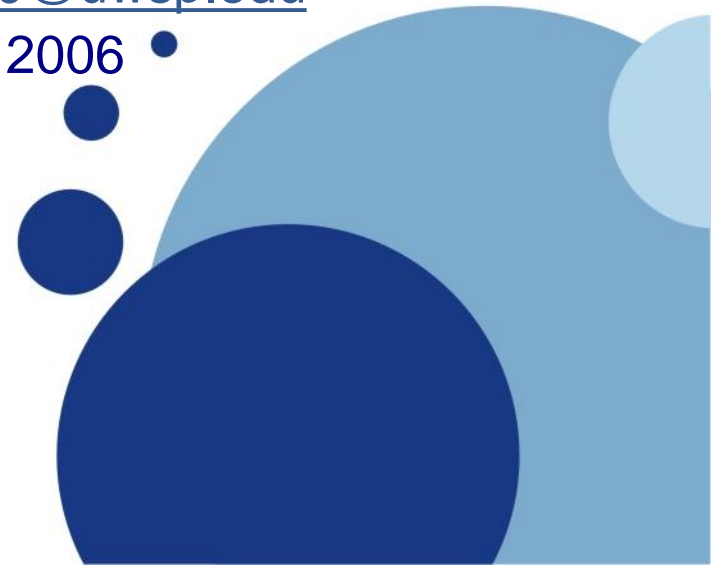
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What is Neuro-Semantics?



- Neuro-semantic is a model that describes how we make meaning through classifying, associating, and evaluating what we experience – the meanings we make determine the actions we take
- Neuro-semantic was created in 1997 by Michael Hall and Bobby Bodenhamer.
- Neuro-semantic is about pooling together one's cognitive resources to realize his or her self-worth
- Neuro-semantic is a meta-discipline approach, meaning it is about being aware of your potentials

Overview

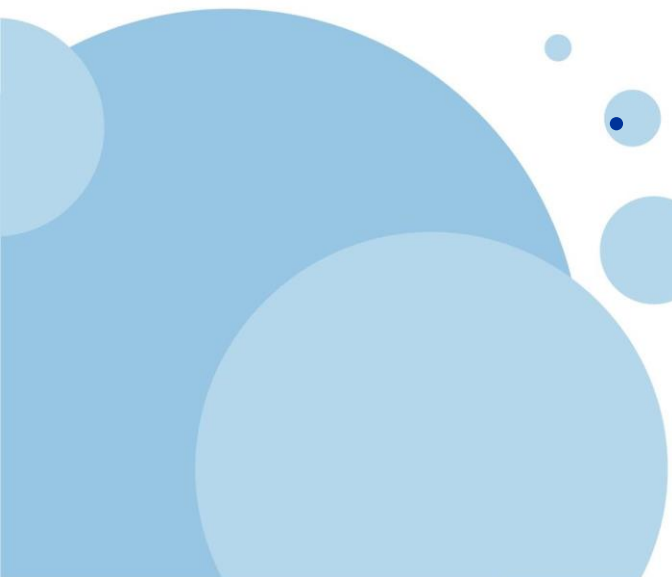
- Though Neuro-Semantics is not effective for everyone who stutters, it has proven to benefit many people who stutter
- The Neuro-Semantics approach is not a “cure-all” for stuttering – those who are successful must work hard to obtain fluency

Principles of Neuro-Semantics



- Cognition explains why most people who stutter can speak fluently in some contexts but not in others
- Negative views toward one's self increase stuttering behaviors
- Once a strong sense of self-worth has been developed, the person who stutters gains control of his or her speech
- Gaining self-worth empowers the individual to not care what others think of them because of their disfluencies

How Neuro-Semantics relates to Disfluency

- For disfluency to be viewed in a negative way, it is given unwanted labels such as: “bad, flawed, or wrong”
 - Negative views are learned in childhood and are carried over into adulthood
 - These negative views later determine our concept of “self”
 - These views develop into an external locus of control, determining whether you have the power or resources to control your speech
 - Specific events and environments may trigger disfluency because of associations made with past negative encounters
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The 7 Matrices of Neuro-Semantics for Fluency

Our sense of:

I. Self

II. Power/Resourcefulness, Self-Efficacy

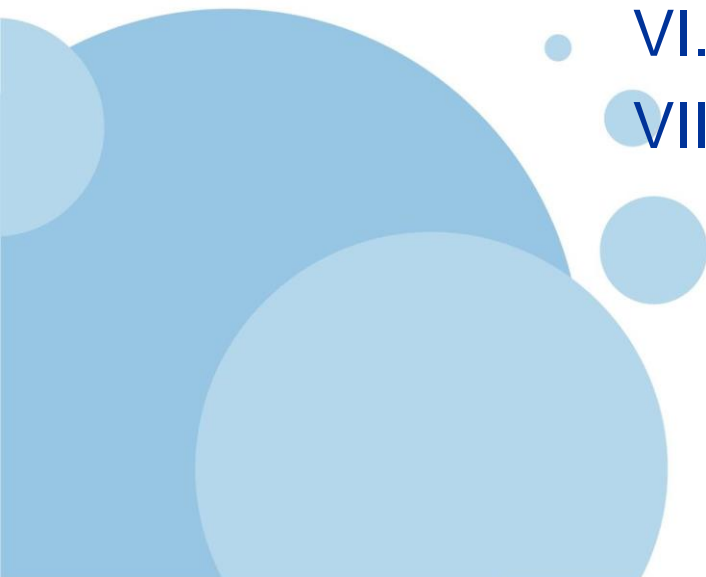
III. Others' relationships

IV. World

V. Time

● VI. Meaning/Value

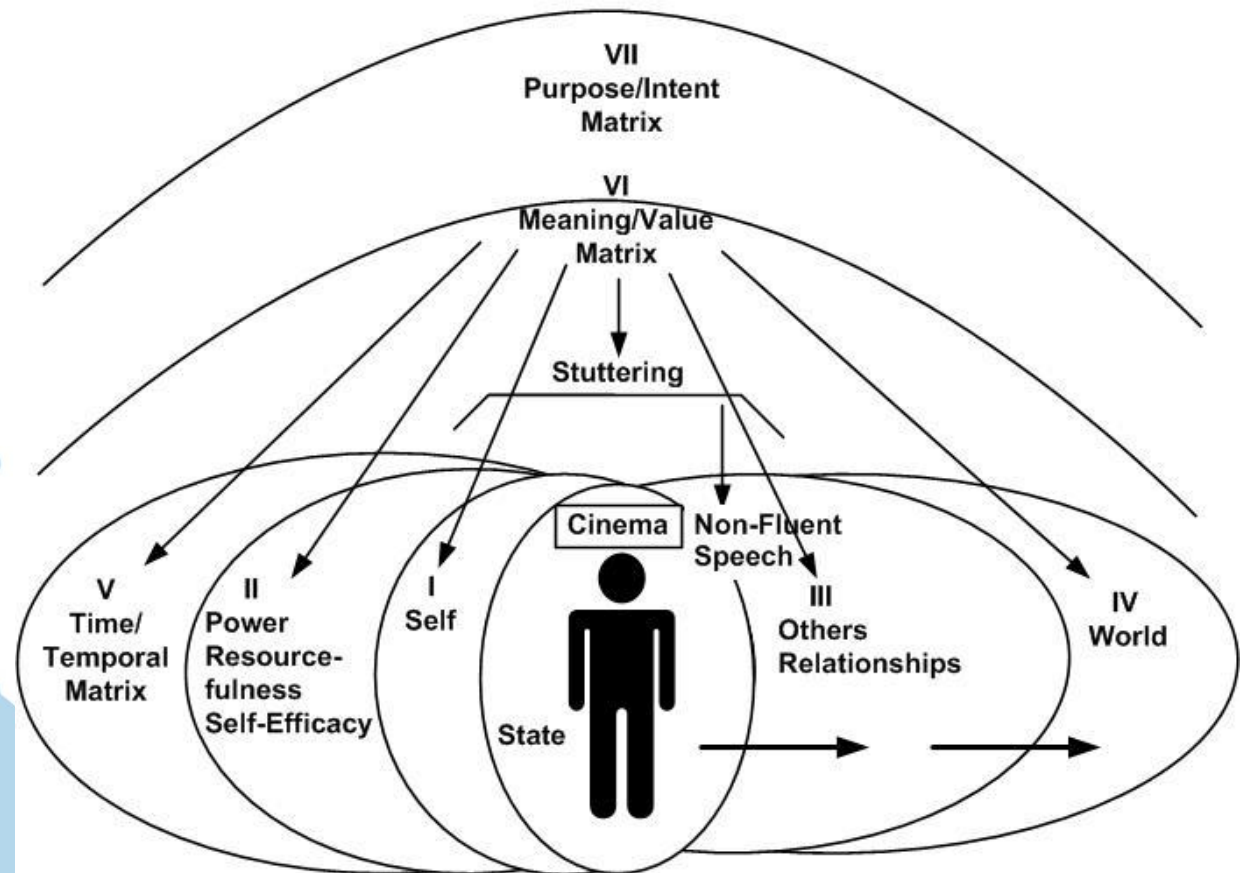
● VII. Purpose/Intent



Learned Patterns and Frames of Mind

Bodenhamer, Bobby G. (2006). What We Believe About Blocking And Stuttering. Retrieved December 11, 2006 from www.masteringstuttering.com.

The 7 Matrices of our Neuro-Semantics for Stuttering




Thinking about Thinking

- We continually think about what we are thinking
- This is how we create self-images
- Negative and positive thoughts are processed in the same way
- Thoughts override previous thoughts (second thoughts change first thoughts)



Cognitive Treatment “Perceptual Positions”

Borasky, M. (2005). *New Hope for People Who Stutter*. Retrieved December 11, 2006 from <http://www.contentmart.com/ContentMart/content.asp?LinkID=29528&CatID=327&content=1>.

- First Position – seeing the world from your own point of view; “How does this conversation affect me?”
 - Second Position – feeling empathy for others and taking their perspective; think about how they view how you are communicating
 - Third Position – dissociating yourself from the entire conversation; being able to appreciate both perspectives
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“Perceptual Positions” (continued)

- Fourth Position – allows us to understand all of the surrounding contexts (cultural, linguistic, business, family, etc.) in our world
- Fifth Position – highest level of perspective; taking on a universal and spiritual view point
- The ability for a person to freely move from one position to another is key to controlling stuttering.

Pros and Cons



Pros

- Helps the individual develop a positive self-image
- The individual gains control over his/her speech by developing an internal locus of control
- Skills generalize to everyday life because Neuro-antics address life-changing behaviors and thought processes

Cons

- Lacks research
- No guidelines on implementing this approach into therapy
- No clear description of how change is measured

References

- Bodenhamer, Bobby G. (2006). What We Believe About Blocking And Stuttering. Retrieved December 11, 2006 from www.masteringstuttering.com.
- Bodenhamer, Bobby G. (2005). Mastering Blocking & Stuttering with Neuro-Semantics. Retrieved December 11, 2006 from www.masteringstuttering.com.
- Borasky, M. (2005). New Hope for People Who Stutter. Retrieved December 11, 2006 from <http://www.contentmart.com/ContentMart/content.asp?LinkID=29528&CatID=327&content=1>.