



# Samvād

# संवाद

30 Oct 2011

Vol 6

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Happy  
Diwali

## Let Us Glow Like The Lights

Dear Readers,

We sincerely hope that all of you had a very happy, joyous and fun-filled Diwali. This quarter has really been festive for the stuttering community. Along with Diwali, we had another reason to celebrate- The International Stuttering Awareness Day (ISAD) on 22<sup>nd</sup> October.

In this special 'Diwali' edition of Samvad, we have a worthy contribution from a Speech & Language pathologist from Sri Lanka, Dr. Thushanie Jayashuriya, who writes about her unique approach of therapy. The Samvad team congratulates her and wishes her best with her innovative therapy approach.

A lot of us have heard about 'Transfluency', the concept introduced by Cristóbal Lorient from Spain. The concept in itself is new and calls for radical change in our views about stammering. Dr. Sachin explains transfluency in a nutshell and a simple way, in his article - Transfluency : A New Concept of Stammering.

Stuttering cure is a subject of research, but for now there is no cure. Dhruva Kathuria from Chandigarh puts some light into the concept of 'no cure'. Dhruva also enlightens us with some useful information and opinions in his article.

This quarter's personal story features 20 year old Rajesh Bhandari of Dehradun. Read his wonderful story of ups and downs and living with his stammer which he refers as- "The Monster in my Mind".

A special feature on the World Stuttering Conference recently held at Argentina. Matias Duca, the Congress Secretary shares a few testimonials of a few participants at the event.

In the Hindi section, we have Amit Singh Kushwah's inspirational article in which he writes about how we should live life by glowing like the lights. Get your musical ears ready as Vaibhav Talegaonkar and Amit Singh shares a few poems thereafter.

Lets also gear up for the first ever National Conference on stammering in India at the year end. Samvad team appeals all the readers to spread the word and register for this event. With Best Wishes.

- Samvad Team

प्रिय पाठको,

हम आशा करते हैं कि आप सबने खुशी, उमंग और उल्लास के साथ दीवाली मनाई होगी। हाल का समय हकलाने वाले व्यक्तियों के लिए वास्तव में पर्वमय रहा है। दीवाली के अलावा २२ अक्टूबर को 'इंटरनेशनल स्टटरिंग अवेयरनेस डे' मनाने का मौका भी हम सबको मिला है।

'संवाद' के इस दीवाली विशेषांक में श्रीलंका के वाणी और भाषा रोगविज्ञानी डॉ. तुशानी जयसूर्या ने अपने लेख में थेरेपी की एक अलग विधि के बारे में चर्चा की है। संवाद टीम इस अभिनव चिकित्सा विधि के लिए उन्हें बधाई देती है।

हममें से बहुत से लोगों ने 'ट्रांसफ्लूएन्सी' के बारे में सुना होगा। इस अवधारणा का प्रतिपादन स्पेन के क्रिस्टोबल लोरेंट ने किया है। यह अवधारणा नई और खोजपरक है, जो हकलाहट के बारे में हमारे विचारों में क्रांतिकारी परिवर्तन लाने में सहायक साबित हो सकती है। डॉ. सचिन श्रीवास्तव ने एक लेख में इस अवधारणा को बहुत ही सरल रूप में प्रस्तुत किया है।

हकलाहट को पूर्ण रूप से ठीक करने की बात आज भी अनुसंधान का विषय है। चंडीगढ़ के ध्रुव कथुरिया ने अपने लेख में इस पर विचार किया है और उपयोगी जानकारी व सुझाव भी सामने रखे हैं।

देहरादून के २० वर्षीय युवा राजेश भंडारी के जीवन से जुड़ी कहानी इस अंक में दी जा रही है। इसे पढ़कर आप जान पाएंगे कि एक युवा हकलाहट के साथ जीवन में किन उतार-चढ़ावों से गुजरता है।

वर्ल्ड स्टटरिंग कॉन्फ्रेंस हाल ही में अर्जेंटीना में आयोजित की गई। कॉन्फ्रेंस के सचिव मेटियस डुका ने प्रतिभागियों के विचारों और अपने अनुभवों को इस अंक में साझा किया है।

हिन्दी सेक्सन में अमितसिंह कुशवाह ने अपने प्रेरणादायक लेख में बताया है कि कैसे हम दीपावली के दिए से सीख लेकर अपनी जिन्दगी को रोशन कर सकते हैं। इसी क्रम में वैभव तालेगाँवकर (मुंबई) और अमित द्वारा लिखी गई जिन्दगी से जुड़ी तीन कविताएँ भी दी जा रही हैं।

भारत में हकलाने वाले व्यक्तियों का राष्ट्रीय सम्मलेन आगामी दिसंबर माह के अंत में आयोजित किया जा रहा है। हम आप सबसे सम्मलेन का पंजीयन कराने और अधिक संख्या में शामिल होने की अपील करते हैं।

शुभकामनाओं सहित!

संवाद टीम.



## The 3-sided Story

**Dr. Thushanie Jayasuriya, a Speech & Language Therapist from Sri Lanka writes about the therapeutic relationship between the therapist, the client and their family. Dr. Thushanie shares her innovative approach of therapy by involving the client's family, which in her opinion is best suited for Asian Culture**

A client who walks in to the speech and language therapy clinic suffering from any type of speech and language impairment has to establish a therapeutic relationship with their therapist. This relationship plays a major role in the succession of the intervention process and the outcome of the therapy process. Admittedly the development of the therapeutic relationship happens over time. The level of impairment of the client and level of commitment of both the client and therapist, establishment of trust in each other are also important factors contributing to the development of this relationship. Each individual client and the environmental circumstances he/she presents with always bring in a unique experience to the therapist no matter how many times the therapist has encountered clients with the same type of impairment. My practical experience as a generic therapist has given me the opportunity to interact with many clients who present with different types of impairment, but in my own experience I think the therapeutic relationship with a client who presents with stammering is unique and challenging in its own dimension.

In a typical therapeutic relationship the therapist derives information from the client for the purpose of understanding the level of impairment of the client and his/her circumstances. An assessment of the client's skills is carried out to understand the level of impairment. The information that is derived is always used in the best interest of client and is treated with respect. Sometimes the family is also an important part of this interaction. The family also plays a role in the therapeutic process as well as the intervention process and the family is a strong component of the client's support system.

This article is about the relationship the speech and language therapist and the client who presents with stuttering share, be it an adult, a teenager, or a child. The facts on this article are personally shaped by my experiences as a speech and language therapist working in an Asian culture and the types of clients I've had the opportunity to work with. I consider it a privilege to work with all these amazing people and all what I share is what I have

learnt from them and with them.

By now we all know that stammering is just more than a speech impairment in a person. It's beyond what meets the eye. By now most of you reading this article would have read and over-read a lot of information about the stammering condition. Some of you may have lived with this condition, some of you could have a relative/family member/child/ friend who have a stammer and some of us are reading this article simply to gain knowledge.

There is a lot of information, books, websites that carry information about stammering condition and tools and techniques. In my personal experience most of these approaches that have been introduced and currently being used has a sound background of knowledge and a level of success. The success rates of these approaches are high in western cultures and in western countries as opposed to Asian cultures.

The most obvious reasons for this could be the fact that these therapy approaches are systematically developed in those countries and extensively applied. When I mention the term systematically developed I mean the fact that the approaches have been tested, modified and continuously evolving in the context of these cultures, to suit the needs of the culture. The more scientific term for this would be that all the recent treatment approaches are grounded on evidence based practice, hence the treatment approaches are tried and tested.

One obvious reason that the success rate is poor in Asian countries is the fact that the western approaches are not adopted or evolved to suit our Asian cultures and another reason is, if I take Sri Lanka for example, where I live and work, therapist in my country have little opportunity to be open to these so called approaches to an extensive extent. In a personal point of view I never felt confident enough in these approaches; my perception was I always felt that my culture has not been open enough to accept the concepts in the western approaches. Probably the fact the success rate of these approaches have not been systematically studied in my work context hence the lack of confidence in them is justifiable.

*One obvious reason that the success rate is poor in Asian countries is the fact that the western approaches are not adopted or evolved to suit our Asian cultures*

*As a speech therapist the involvement of the family in the therapy process with the clients (young adults/ teenagers) with stammering is a key element as I have come to understand.*

This article also tries to address or understand the one of the highlighted reason's for the poor success rate of the western approach in Asian context. The therapeutic relationship in a speech therapy process mainly consists of 2 parties, the client and the therapist. This is usually true even in an Asian culture, but in my past ten years of experience I have come to understand that our family is an important 3<sup>rd</sup> party. So the therapeutic relationship involves 3 parties. As Asian's our identity is deeply embedded in the relationship that we have with our families. Our family plays a big part of our psychological, physiological and emotional support system. This is very evident to me as in the past 10 years of my work there are only a handful of individual who have visited my clinic alone and approached for help.

**Through out this article the term Family is used to refer to a client's family or someone the client would consider close that can be involved in the therapy process. It can be more than one person at a time. As my experience primarily is with the young adult population, in this article the stammering client population in reference is the young adult population. The age range in reference is between 18-25yrs.**

When it comes to preschool and young children the involvement of the parents is obvious in the therapy process. As therapist we work with the parents, as many therapy treatment approaches developed for this age range involves the parents directly. The level of involvement of the parents is the same in all cultures as we Asian therapists also tend to follow those approach guidelines in treatment process.

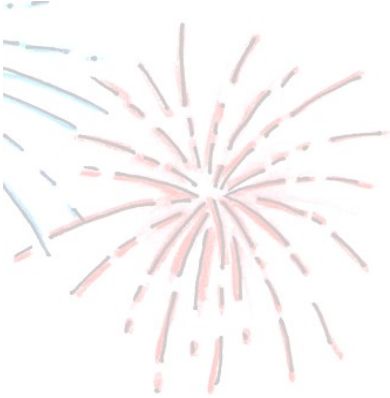

As a speech therapist the involvement of the family /3<sup>rd</sup> party in the therapy process with the population of clients (young adults/ teenagers ) with stammering is a key element as I have come to understand. For me the family is a useful tool and a support. I must say that there are a few independent young men/women that I work with who might disagree. But my observation is on a the bigger collective. I would like to refer to the element of family in therapy just like salt in our food. Too little or too much will make it inedible, just the right amount is all that makes food tasty. But then all of us curry makers know that we constantly need to check if we have put the right amount that is added for different curries (especially if you are an amateur cook like me).

Let me take a few examples and highlight. As a therapist I have had to act as a media-


tor between the client and the family when it comes to the conversation about stammering between the two parties. As Asians we have a lot of expectations on our children, and even from a young age these expectations are piled up on our children, when it comes to stammering the story is a little different. The child obviously senses the disappointment of the parent in him/her due to their stammer hence most parents report that their child stammer with them the most as opposed to other people or children. This is a common observation between young adults and kids among the stammering clients. In my observation this is probably because the parents and children rarely have an open conversation about stammering or about feelings and anxieties they have about stammering. The therapist is the mediator in this conversation, in my experience this is the first time both sides get to spill out the anxieties and concerns and many more. In my perspective this conversation needs to take place if prejudices about stammering needs to be broken and new views about stammering are to be built. If the stammer need to be viewed in a different perspective, developing new insight is curtail, but this has to happen with both the young adult and at the level of the family as well in my experience.

Young adults are mostly people who have just finished their schooling life and entering the secondary level of education or someone hoping to enter in to employment. A transitional stage where the parents want to give power over to the young person to see an empowered young adult, the young person also needs to feel the same. Stammering in my experience takes this opportunity away from the young person. Part of the therapist's work is to let the young person feel the sense of empowerment and the parents to see their child beyond his/her stammer. One of the very simple example would be growing up and living in an Asian culture we never rarely walk into a hospital alone, always someone or family accompanies us. It is the same for my clients, the parent or the family member is usually the first one to tell me why they come to the clinic, way before sometimes even telling me the name of the client. In my therapy process I always create and make space for both the client and the family to air their concerns individually to me to have a conversation. At the beginning or on the initial sessions most of them even the parents are not used to this





concept but I find at the end of their turn, they begin to be more understanding and trust is established as their individual concerns are heard and respected. Parents find this very comforting; the young adult finds it as a mark of respect and importance. I maintain this throughout the therapy process. This has resulted in the fact that parent grows in confidence with the young adult that they let them attend therapy sessions on their own and just some times make a odd visit to air their concerns and developments.



What's the role of the family and the therapy room, as I mentioned earlier, family is a major source of our identity as an individual and in the society, family also is a big part of our support system. Apart from the fact that family members can be used to practice therapy techniques, family can also be a source to identify and work with the covert aspect of stammering with young adults in my experience. The attitude that a parent holds about stammering is automatically transferred to a child over a time and the teenager and young adult is also influenced by these views. Due to this it is not just the teenager the therapist works with, also changing the parent's attitude and feelings about the stammering. As mentioned above information needs to be shared, the parents need to be reassured that they have a bigger supportive role to play but the key player is the child. This is the child's journey that they need to take and be empowered. As parents they all like to be in control of their child's life but this situation is a bit different.

Apart from seeing stammering as a big speech impairment that can hinder a lot of opportunity in the life of their child the fam-

ily really does not realize how difficult it is to be interrupted while talking, or to have the sentences completed or simply to be stuck for a few extra seconds in a word. Part of my work also focuses on making the family feel or rather have atleast a pretend experience at what it means to stammer. I have found this as a big eye opener and it has always help family feel empathetic towards their family member for a few seconds in their lives. And it helps opens up conversation about stammering in the family.

A young man reported one of the best results that I ever got out of speech therapy was my ability to travel alone and use public transport with out any one accompanying me. Another parent also reported the same when her son volunteered to travel in the train alone to help his brother in an emergency situation.

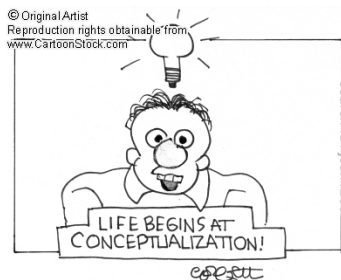
All of this needs to be done with a lot of trust and respect and mutual understanding from all 3 parties. I have not seen this much focus on the family being placed in the western approach. In my perspective may be family involvement could be the missing element in these approaches for them to be successful in our culture, as I said I am still learning about stammering from each new client I meet and their families. So this has been an important learning experience that I have found useful and happy to share.

My approach is still at a very developmental stage and I am still understanding the right blend of family interaction, but I strongly believe that the family has a much significant role to play in the Asian context rather than in the western context.

**Dr. Thushanie Jayasuriya**

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## Transfluency : A New CONCEPT of Stammering

A novel term introduced by Cristobal Loriente in 2009, it defines stammering as a manner of speaking which is neither normal nor abnormal. What good will it do to the stammering community? How will the concept help the people who stammers? Dr. Sachin Shrivastava gives an insight...

Transfluency is a new and challenging concept- both for the stammerer as well as the therapist trying to help him. Simply put, it means a manner of speaking which is neither "normal" nor "abnormal"; a kind of fluency which does not sound like the average speech and yet, is not a "disease or a condition" to be cured or modified; a fluency which transcends current concepts of "fluent speech" and "dis-fluency"- a human expression of diversity. Okay, so it is a challenging new concept- but what good is it to an average stammerer?

Trans-fluency offers a new and liberating way of looking at our daily brush with stammering and integrating this whole aspect of ourselves with rest of our inner "Self". It was introduced by Cristóbal Loriente from Spain in a paper submitted to ISAD on-line conference of 2009.

Many stammerers often worry about the nature of their problem- is it a disease? abnormal condition? Disability? or just a difference? a normal variation? They are often led to believe by the society that their speech behavior is abnormal (because it is so rare, just 1%) and a medical problem or condition (because "therapy" is available).

Medical science has done the same to many other conditions or variations for questionable motives. For example, over last half a century these normal human states, processes or social conditions - birth, aging, menopause, alcoholism, obesity- have been turned into "medical" events. The current version of *Diagnostic and Statistical manual of mental disorders* (DSM IV), lists impotence, premature ejaculation, jet lag, and caffeine intoxication as medical disorders!

Who benefits by such 'medicalization'? Not the sufferer always. Many scholars believe that over-medicalization actually benefits pharmaceutical industry, doctors and other capitalist state institutions- at the cost of the sufferer. In fact, the sufferer gets largely dis-empowered because he is neither the expert, nor does he control state welfare agencies. He is not supposed to help himself because his problem is a "medical" problem. Only experts can help him!

A good example is that of child birth. Pregnancy by itself is not a disease. Child

birth too is a social and normal physiological event. The woman needs the security, privacy and familiarity of her home and presence of friends and relatives at this time of great stress. But a hospital set up will often restrict or deny all this to her. She would find it easier and natural to squat and give birth but in the hospital she would be put on her back and will be asked to strain down!

Where a natural birth was possible, cesarean operation, epidural anesthesia etc. will often be introduced on some pretext or the other. While these interventions do benefit a small number of pregnancies, they are harmful for the majority of women and their babies (read more [here](#) and [here](#)). No wonder that a counter movement of "natural birth" is gaining ground - in the west particularly.

Coming back to stammering, what is the need or justification for this new concept of Trans-fluency? Here is the reason as offered by Loriente:

If it was a disease you could certainly cure it or modify it successfully. But you cant. Relapse always happens, after any and every therapy. This shows that stammering is not a graft on us but part of our nature-like hemispheric dominance (left handedness).

So what can be done? Come out of the closet & dignify the stuttering. Coming out means eliminating lies, secrecy and silence. But yes, a lot more could be done by the society in terms of its own education and sensitization.

On the other hand, has any condition been de-medicalised so far? Yes, Homosexuality and masturbation were considered "diseases" to be "cured" till 4 -5 decades ago but are now accepted as a diversity of human expression of sexuality in the case of former and normal physiological process in the case of latter. The society is learning to accept gay community now instead of "treating" or "curing" them. Stigma is lessening. Same can be expected regarding stammering.

So, what happens to SLPs and others "treating" stammering? They can educate the society and promote acceptance. Here is the "honest" answer Loriente gives to a SLP:

*Many stammerers often worry about the nature of their problem- is it a disease? Abnormal condition? Disability? Or just a difference? A normal variation? They are often led to believe by the society that their speech behavior is abnormal and a medical problem or condition.*

“Of course a speech -language pathologist (SLP) can help stuttering. Many people -not only professionals- can help stuttering, as for example, a normal person who listens carefully and is patient with the stutterer. The problem is that SLP's receive money and the normal person does not. SLP's and stuttering researchers will never be able to transform **REALLY** the stuttering speech pattern. They can make some changes, but never substantial and permanent changes because stuttering has taken roots in the stutterer's mind. The stutterer brain is totally different, is made of a different stuff, all of it, the whole mind. Like left-handed. Stutterers mind is irremovable. SLP makes real some changes, but never change the stuttering roots, which constitute a different brain (see PET tomographies). SLPs don't have effective treatments, as this study demonstrate: [http://www.juntadeandalucia.es/salud/servicios/contenidos/aetsa/pdf/Executive%20SummaryTartamudez\\_def.pdf](http://www.juntadeandalucia.es/salud/servicios/contenidos/aetsa/pdf/Executive%20SummaryTartamudez_def.pdf)

SLP's sell fluency and that is a very important merchandise for stutterers. They pay all they have to get that merchandise. So because, never promise what you can never really offer: fluency. Thanks for your interest Cris”

So, what is our take on Transfluency? TISA thinks that it is a novel way of looking at ourselves and our speech. It promotes Acceptance. We can be at peace with ourselves and full of dignity. For many of us, all these changes at the level of self-concept, would lead to easier & efficient communication. Even if it does not, being at peace with ourselves is a gain, big enough for many of us. TISA congratulates Loriente for a ground breaking contribution to Trans-fluent community! Read the original paper [here](#). And dont forget the bonus- the questions and answers at the end.

**Dr. Sachin Shrivastava**  
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### ***First National Conference on Stammering in Orissa !***



Rush in your registrations for the First National Conference on Stammering early in order to help TISA to serve you better. Please check <http://stammer.in/publications/BrochureNC.pdf> to register, or email us at [info@stammer.in](mailto:info@stammer.in). Do not let go this opportunity. This is your chance to stand up, speak and be heard!

#### **1. Last date for online registrations**

**(along with accommodation): November 20th 2011**

#### **2. Last date for online registrations**

**(without accommodation): November 30th 2011**

#### **3. After 30th November, Registrations will be done ONLY at the Venue.**



## No Cure?

People who stammer have often met with disappointment when they realize there is no known cure for stammering. Dhruva Kathuria was no different. But he continued to explore more on stammering. With all the knowledge he read and researched, Dhruva writes about how the people who stammer can misunderstand the 'Concept of No-Cure'.

For the first 20 years of my life, I was made to believe that my blocks, my repetitions, my stuttering were all bad habits which I had developed myself, and through practice, they would magically disappear in no time. All that was required was hard work. But no matter how hard I tried, how many speech therapists I went to, this bad habit of mine never disappeared! The cure always evaded me. Then a year back, I made a life-changing decision to research about my condition and eventually came to know about the hard-hitting truth that I would probably never be cured. This bitter realization almost made me lose all hope in life but nevertheless I never stopped reading on this topic. And after my association my TISA I began to see this disability in a new light.

Hence this article is dedicated to all the PWS who think that this **philosophy of no cure** means that they can never be successful or happy in their life. In this article I am sharing the views of many PWS who have managed their stuttering successfully and are now living a normal (not to forget successful) life.

First allow me take an example of another condition called diabetes that also doesn't have a cure. Millions of people are affected by diabetes around the globe and know that there is no cure for their condition. So, do they give up and leave everything to fate. NO!!! Absolutely NOT!!! Rather than giving up, they work hard and manage it to live a successful life. Jim McClure, a PWS, rightly says—"Of the many disorders that cannot be cured but can be successfully managed, stuttering is more benign than most. As a matter of fact, my brother has diabetes and I stutter. I think I got the better deal."

According to a recovered PWS Gunars, the problem lies more in the secondary symptoms and the excessive struggle of speech in a bid to be fluent at all costs. He suggests peeling away the secondary symptoms with REBT or CBT and remove the struggle of speech through massive voluntary pseudo stuttering re-repetitions. **(It is to be noted that meditation practices can have the same effect as REBT or CBT).** Sharing his past experiences he says "I could not easily say my name Gu-Gu-Gunars.

So I started conversations deciding to call up 100 places and private people and start with "Gu-Gu-Gu-Gunars speaking here. I wo-would like to kno-know..." To this day I answer the phone "Gunars speaking..." (only sometimes using voluntary easy repetitions)."

Gary Spitzmiller, a member of The National Stuttering Association further adds "I personally am not sure there exists a "cure" for the stuttering malady in general. I am a believer of gaining a level, and even a high level of "control" over it. At the NSA conference this year there was a wide range of how dramatic the differences in fluency can be. Mr. Seidler (of the King's Speech fame) was a perfect example of a person who can control his stuttering, (at least in the public speaking arena). I did not have a chance to hear him speak in an impromptu setting. Other stuttering individuals within NSA also exhibited remarkable fluency in the environments they were presented with. Again, within the environments I saw them in they were under control. To make any other conclusion concerning "cure" in all settings would be conjecture."

Dr Sachin Srivastava, co-founder of The Indian Stammering Association explains this highly misunderstood concept of no cure. "Yes, some superficial observers get disheartened and don't listen to the complete message: No cure, but you can learn to manage it successfully. Stuttering can be managed, overcome, transformed, turned into a strength through a variety of means, which will vary from people to people and from stammering to stammering because even within stammering there are many subsets (types). And in this broad scenario, question of cure is of lesser importance."

In search of this non-existent cure, over the years many PWS have tried lots and lots of things and when one thing works for a particular individual, he tends to believe that the same applies to every person suffering from this disability. This leads to a lot of debate with every recovered PWS trying to prove that his method is the "cure". The most prominent one is The Speech therapy versus The Psychological Therapy with every group trying to prove its effectiveness. This further confuses young PWS. Hence, the need for the hour is

Yes, some superficial observers get disheartened and don't listen to the complete message: No cure, but you can learn to manage it successfully.







**Dhruva Kathuria**

to adopt a multi-disciplinary approach which covers almost all the aspects of this disability. The McGuire Program and The Starfish Program (in the developed countries) are trying to adopt this multi-disciplinary approach while stressing on the important fact that there is no magical cure for stuttering. But here in India, we still have a long way to go, the speech therapy practices used here have become obsolete abroad and therapists still follow the same approach that was used 20 years ago. But on the positive note, the general awareness of the PWS is rising and slowly the need for self help among the PWS is becoming popular.

I would like to end by quoting what Charles Van Riper wrote about the concept of cure or no cure and the role of a therapist in the treatment:-

*"One of the stutterer's first tests of the therapist's competence presents itself very early. Implicitly or explicitly he will ask the question: 'Can you cure me?' How the therapist responds may determine the course and success or failure of the treatment. The answer of course is that stuttering is not a disease in the medical sense, that most of it is*

*learned behavior and that no one can guarantee a cure for such a problem. This is the time to structure one's role as a therapist. He is to be viewed as an experienced guide. He knows what most stutterers need to do to become more fluent and he is willing to share that knowledge. As a guide he can point the way, serve as companion and supporter, but he cannot carry the stutterer. Stuttering is not conquered easily but surely the stutterer can talk more fluently... The stutterer's job is to unlearn his old ways of reacting and to learn new ones so he can communicate more fluently... He knows only too well that his problem has no magical solution. Sooner or later he will surely doubt the competence of any therapist who would have the incredible gall to say point blank that certainly he can cure him."*

Hence, it is clear that ultimately, stuttering is something to be managed, and that there are a few better managers and then there are some who are not so good. It's my belief that people can learn to be better managers of their speech by a better, more realistic and effective, treatment delivery, i.e. a team — a coordinated multidisciplinary treatment team.

**Dhruva Kathuria**

**Chandigarh**

**(kathuria.dhruva@gmail.com)**

### **Featured Videos**

*Interviews, fun activities, SHG games and more... watch it all recorded and uploaded in the following YouTube Channel -*

<http://www.youtube.com/satsri#p/u>





## The Monster in My Mind

**From being fearful about his stammering in his early childhood, Rajesh Bhandari tells his story which began with denial, regrets and running away from the 'Scary Monster', to present day where he is able to befriend the monster, and also be fascinated about it.**

My name is Rajesh Bhandari. I am 20 years old and was born in Dehradun, India. My stuttering began when I was ten years old. As far as I remember, my speech was fluent until I came in the fifth grade. I didn't receive early therapy as a child. I cannot recall any major difficulties because of my speech until I entered the 10th grade when I was 15. I had a lot of friends and enjoyed thoroughly in my school life. But still, as I retrospect on my early years, I do have a lot of regrets.

One is that there was not a single person who could help me out of this terrible situation. I do remember everyone laughing at me on some occasions and all I wanted to do at that time was hide or run away. I was extremely embarrassed at times. Sometimes during the classes, the new Teacher would ask us all to introduce our self and I remember the fear I had whilst waiting for my turn. The other students would say their name without thinking twice while I used to be become more and more nervous as my turn came closer. When finally my turn came, I couldn't get the words out.

As a typical 10th grader, I really cared about what my peers thought of me which further aggravated my stutter, especially on the telephone. I do, however, wished that someone should have recognized my fear and helped me overcome it at that time and by doing so, maybe my problem would have been much lesser than it is today. This was the beginning of my real problem. I started avoiding every speaking situation. You can imagine how this felt. I hadn't received any kind of therapy at that time. The type of stuttering I had at that time is called stoppage. But still, I never let my stuttering keep me from having fun in school.

My ambitions were high. As I progressed through school, the situation worsened and I came to accept that I could never speak in front of a group. I felt that I would always have difficulty expressing myself to strangers. After school, I decided to pursue career in Engineering. I have vivid memories of struggling to give my name and address at the initial registration or when answering roll call and in the presence of teachers and pupils that I had not previously encountered. I developed strategies to protect myself from shame and embarrassment.

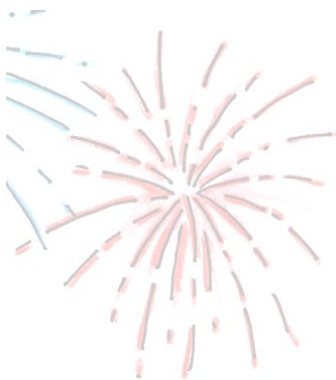
Fear assumed the role of guardian, shielding me from experiencing the negative emotions that I felt when I stuttered. At that time, I hadn't met any other stutterer. So naturally, at times a feeling of loneliness engulfed me. At the end of 2nd year of graduation, I decided to take speech therapy. I learned some techniques to become more fluent, but at times I still stuttered. It wasn't as bad as when I was in high school. But still, I was not totally satisfied as avoidance and substitutions were very high. Within a month, relapse was visible. I had a good friend circle in university and I confined myself to my circle not caring about others.

I locked myself into my comfort zone. I never talked about my stammering with anyone. It was like a forbidden topic, kind of like an unspoken truth in my friend circle. I attended my first SHG meeting at the end of 2nd year organized by Sachin Sir. It was a wonderful experience for me. For the 1st time in my life, I met other people having the same problem as mine. After that, I started browsing the TISA blog and other stammering sites but the world outside was still the same. Avoidance, hiding, shame, guilt, etc.

Another significant step was disclosing my stammer through social networking websites (a thing I would be scared to even think about earlier). I have almost 200+ wonderful friends who stammer from across the globe on my Facebook page. I feel really lucky to be surrounded by such friends who genuinely like me and would go well beyond their capabilities to help me. I interact with them regularly. That's clearly the positive side of my stammering. Slowly and slowly it is helping me to be more open about my stuttering. I get emails from various PWS which encourages me further. Hence slowly and slowly I'm coming out.

I'm getting actively involved in SHG activities and in the online world. All my life, I have been fighting "My stuttering" – a thing that burdened me from the childhood. It was one of my characteristics, a part of my self-image, my scary monster. The most important thing is that I have stopped getting frustrated over my failures. I have stopped being afraid. In fact, I have become so fascinated with my monster that I have decided to befriend it.

*I locked myself into my comfort zone. I never talked about my stammering with anyone. It was like a forbidden topic, kind of like an unspoken truth in my friend circle.*



I have some good days and some bad ones too. I'm learning to live with it, it will always be there. If it wasn't for my stuttering I would still be that person today. I wouldn't have even bothered to improve myself and become a better person...and this is true not only for stuttering but for any emotional pain and challenge you experience in life. For us (PWS), Everyday is like a big Challenge.

We should accept our stammer from heart. It needs a great deal of concentration, hard work and commitment. I know it's easier said than done. I would like to end with one of my favourite quotes- *"Anything in life which gives you pain is a source of happiness and strength. You just need to learn how to use it for your advantage"*

**Rajesh Bhandari**

**Dehradun**

## *Argentina Hosts World Congress for PWS*



**Participants at the 9th World Congress in Argentina**

The 9th World Congress for the People who stutter was recently held in Buenos Aires, Argentina. Around 350 people who stutter across the world participated, shared stories and had fun. Matias Duca, the secretary of the World Congress shares a few testimonials from the delegates and participants.

We have tried to meet the objectives of Congress, integrating, sharing, integration with hard work too between us.

Our goal has also been that people who stutter are the leaders of Congress Especially Spanish speakers who had never had this experience.

It has been great effort and may have been many mistakes but I think we've met the most important objectives.

For me it was an honor to meet again with all of you.

I hope to continue to work alongside people of the ISA, working to accept, integrate and to understand.

**Claudia Diaz,**

**Speech Pathologist & President of the Congress**

Thank you for all you did for us and, indeed, for Claudia and Beatriz, and for others during the World Congress.

This is also for Claudia and Beatriz:

I am sorry that I can't write this in Spanish. But *muchas gracias!* Overall, the World Congress was very successful, and I am sure that you must be pleased! I know that it was a lot of work and that even with the best of all preparations, there are unexpected things that happen at the last minute.

I hope that our paths will cross again sometime. Maybe you will come to the 10th World Congress for People Who Stutter in Lenteren, The Netherlands, in June 2013. I hope so.

**Mel Hoffman**

**Participant**

As the President of the A.A.T (Argentinean Stuttering Association) I want to thank you for coming to the "9TH World Congress for the People Who Stutter". This was an incredible, exciting, emotive and unforgettable experience for all of us. After 2 years of constant hard work, We finally succeeded in making this dream come true.

I can hardly believe this congress took place in Argentina and I think it was amazing.

More than 350 people who stutter, Professionals, students and parents from all the world came to our country. Together we danced, shared knowledge, laughed and also cried (Anita's and Micheal's speeches). But what I think is more important, is we were able to build a space where everyone was heard in a comfortable and happy atmosphere.

Friendship was in every place, don't you think so?

**Julieta Castro**

**President, Argentinean Stuttering Association (A.A.T.)**





## *I am Wrong Wrong Wrong*

*If therapy fails, it must be my mistake..  
If I fail interview, I should have spoken more carefully..  
If people ridicule me, I must have given them the reason..  
If I don't get the promotion, it must be my mistake..  
If I am teased, I should not protest- I should act "mature";  
I should take it "gracefully"..  
If teacher did not ask me any question in the class, he must be in a hurry..  
If people hurry me, they must be short of time...  
If they smile when I talk, they could not have helped it..  
If they imitate me, they did not mean anything; I should not feel bad..  
If they caricature me in a movie, I should not protest-  
Why should we deny people "Good" entertainment??  
If I don't ask question, it is okay- because silence is golden!  
Because- They must be right; I must be wrong.  
They must be right; I must be wrong.  
I must be wrong wrong wrong...*

**(This poem was written during TISA's protest against Golmaal 3. It reflects how with the stuttering mindset, one often tends to victimize oneself)**

**Dr. Sachin Shrivastava  
Dehradun**

## *Readers Have Their Say*



Congratulations on a wonderful newsletter. Very informative and shows a high level of understanding and endeavour.

Face to face support groups are very important to exercise developing technique and improve confidence.

Keep up the great work.

**Dave Edwards  
Ezy-Speech Director, Australia**

Found the story of Biswaranjan Rout hopeful and encouraging. Looking forward to an encouraging experience like this from a PWS in every issue. We all have a story to tell - even if we still stutter. Our stories can encourage other stutterers.

Best Regards,

**Yadgar Irani, Australia**

Thank you for sharing your TISA Newsletter "Samvad".

It is not only positive, but deeply inspirational as well.

I particularly liked 'God's Garden'.

Congratulations to the team at TISA for publishing such a quality Newsletter.

All the very best.

**Adolph Castellino, Goa**





## दीए की तरह जलना सीखें . . .

त्योहार मतलब उत्सव, मतलब उमंग, खुशी, रोशनी, चमक, गंध, प्रेम, अपनों का साथ संक्षेप में खुशनुमा बदलाव. हर दिन की एक-ही-सी दिनचर्या में रचनात्मक बदलाव. त्योहारों के मौसम ने फिर दस्तक दी है. क्या आप तैयार हैं इस बदलाव के लिए?

दीया जीवन में उमंग, उत्साह और खुशियों का प्रतीक है. जरा सोचिए कितनी जीवटता होगी दीपक में. उसकी जिन्दगी छोटी जरूर है, लेकिन कई चुनौतियों से भरी हुई. कभी भी कोई हवा का झोंका या फिर कोई कीट - पतंगा दीपक की लौ से टकराकर उसे बुझा सकता है. फिर भी साहस के साथ दीपक जलता है. संसार को रोशन करने के लिए.

हमारा जीवन भी जगमगाते दीए की जैसा हो जाए तो हम स्वयं के साथ साथ अपने परिवार, समाज और देश के लिए बहुत कुछ कर पाएंगे. हकलाने वाले दोस्तों को हमेशा यह मलाल रहता है कि अगर हम हकलाते नहीं होते तो आज एक अच्छे मुकाम पर होते. कहा गया है - बीती ताहि बिसार दे, आगे कि सुध लेय. अब तक जो हुआ सो हुआ, उसे भूलकर जीवन कि चुनौतियों का सामना करना और आने वाले कल को बेहतर बनाने का प्रयास करना ही दीपावली का सन्देश है.

जब हम बात शेरों-शायरी की करते हैं या हिंदी फिल्म के गानों पर नज़र डालते हैं तो कहीं पर जिन्दगी हो जहर कहा गया है, तो कोई इसे ईश्वर का नायाब तोहफा मानकर जीने कि सलाह देता है. गिलास आधा खाली है या आधा भरा है यह हमारे नज़रिए पर निर्भर करता है. कल एक एस.एम्.एस. आया है. लिखा है - "बहुत कुछ सिखा जाती है जिन्दगी, हंसाकर रुला जाती है जिन्दगी, जी सको उतना जी लो, क्योंकि बहुत कुछ बाकी रहता है और खत्म हो जाती है जिन्दगी". सच कहा गया है इन पंक्तियों में.

जीवन में हमें सब कुछ आसानी से मिल जाए यह संभव नहीं है. जब मुझे हकलाहट के बारे में जानकारी कम थी तब अकसर सोचता था- पैसों

का इंतजाम करके दिल्ली, चेन्नई या किसी बड़े शहर में जाकर स्पीच थैरेपी लूंगा और एक महीने के कोर्से के बाद मेरी हकलाहट छु-मंतर हो जाएगी. और मैं अपने सपने पूरा कर पाऊंगा. पर जब हकीकत सामने आई तो पता चला कि हकलाहट का मुकाबला हमें खुद ही करना होगा. और हम अपनी कोशिशों से इस पर नियंत्रण पा सकते हैं.

निराशा एक ऐसी रुकावट है, जो हमें आगे बढ़ने से रोकती है. और अगर आशा आई तो सामने खड़ी मिलती है आलस. रोज़ सोचते हैं कल से, सोमवार से, अगले महीने की एक तारीख से, या नए साल से हम खूब प्रैक्टिस करेंगे, योग-प्राणायाम करेंगे. शुरूआत तो अच्छी होती है पर अफ़सोस दो-चार दिन के बाद हम अपने पुराने ढर्रे पर आ जाते हैं. सब भूल जाते हैं. कभी टाइम नहीं मिलता, कभी कोई दूसरा काम आ जाता है. और हम भूल जाते हैं कि हकलाहट को नियंत्रित करना हमारा सबसे जरूरी काम है. पर बदलाव कि कोशिश तो आपको करनी ही होगी.

हर बदलाव बुरा नहीं होता है, हर नई चीज बुरी नहीं होती है, और हर पुरानी चीज अच्छी नहीं होती है. कहने का मतलब है कि वक्त के साथ आने वाले बदलाव को खुले मन से स्वीकार करें. हर दौर के अपने तरीके होते हैं, बदलाव आना जरूरी है और स्वाभाविक भी. बदलाव को स्वीकारें और जो पुराना है, जिसकी प्रासंगिकता नहीं रही है, उसे छोड़ने से परहेज न करें. यही इस दीपावली का सन्देश है और हमारा संकल्प भी.

- अमितसिंह कुशवाह,

सतना, मध्य प्रदेश.





## जिन्दगी पर तीन कविताएँ

उत्सव हममें नई ऊर्जा और जीवन का संचार करते हैं. उत्सव ही हमें एक-दूसरे के करीब लाते हैं और लाते हैं ढेर सारी मस्ती का बहाना. हमारे यहां कहा जाता है, आठ वार और नौ त्योहार... इन दिनों तो त्योहारों का ही दौर चल रहा है. रक्षाबंधन से शुरू हुआ दौर दीपावली तक चलता है. अगर इस मौके पर हम जिन्दगी के बारे में दूसरों का नजरिया भी जान पाएं

(१)

जिंदगी चलने का नाम है !

थकना न तेरा काम है !

मुश्किलें कितनी भी आयें तू न रुकना !

आंधियां कितनी भी छाये तू न झुकना !

जीतने का जज्बा कुछ यूँ बनाये रखना !

हर गम को अपने सीने से तू लगाये रखना !

लहरों को काटकर बस कदम बढ़ाए जा !

जिंदगी के हर मोड़ को सफल बनाये जा !

सफलता मिलती ही है असफल होने वालों को !

जीतने का मंत्र है ये गुनगुनाये जा !

- वैभव तालेगाँवकर, मुंबई.

(२)

" मेरी जिंदगी अँधेरी काली किताब थी !

जिसमें जीने की न कोई आस थी !

में मंजिल की तलाश में भटकता रहा !

बार बार गिरा और संभलता रहा !

खून के आसूँ बहा दर्द को पीता था !

बस यूँ इस तरह जिंदगी को जीता था !

उम्र गुजर गयी इसी उलझन में !

क्या होगा कल इसी सुलझन में !

पर अब मैं मुक्त गगन में उड़ना चाहता हूँ !

बहती लहरों के साथ जुड़ना चाहता हूँ !

उम्मीदों का दामन थाम ,चल पड़ा हूँ मैं !

बहते तूफानों में चट्टान बन, खड़ा हूँ मैं !

यारो एक बार मिली है जिंदगी जीकर देखो !

ये खुशी का जाम है इसे पीकर देखो ! "

- वैभव तालेगाँवकर, मुंबई.

(३)

गिर कर संभलना, ही जिंदगी है,

खोकर पाना ही जिन्दगी है,

जब आए तेज हवा का झोंका,

तब संभलना ही जिंदगी है.

हार क्यों मानें चुनौतिओं से,

हर जंग जीतना ही जिन्दगी है.

स्याह रात से क्या डरना,

सुबह का उजाला ही जिन्दगी है.

मन हो उदास और अकेला,

उल्लास का अहसास ही जिंदगी है.

निराशा दूर भागेगी,

आशा और विश्वास ही जिन्दगी है.

राह में कोई न दे साथ,

फिर भी मंजिल तक पहुँचना ही जिन्दगी है.

- अमितसिंह कुशवाह



वैभव तालेगाँवकर



अमितसिंह कुशवाह



## Look To this Day



**Look to this day:**

**For it is life, the very life of life.**

**In its brief course**

**Lie all the verities and realities of your existence.**

**The bliss of growth,**

**The glory of action,**

**The splendour of achievement**

**Are but experiences of time.**



**For yesterday is but a dream**

**And tomorrow is only a vision;**

**And today well-lived, makes**

**Yesterday a dream of happiness**

**And every tomorrow a vision of hope.**

**Look well therefore to this day;**

**Such is the salutation to the ever-new dawn!**

**~ Sant Kalidasa**

### The Indian Stammering association (TISA)

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**Better Attitudes,  
Through Knowledge!**

**This Self has to be achieved  
through self effort!**



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Send your contributions for next  
volume by **5th December 2011**

**For more Inspiration & Information**

<http://stammer.in>

<http://t-tisa.blogspot.com/>