

## What is TISA?

TISA is an association run by people who stammer (PWS) and is dedicated to self help for others like us. It is the largest self help network of people who stammer in India, totally supported by PWS volunteers themselves.

It is based on **three principles**:

1. We accept ourselves and others with diversity. Stammering is neither a crime nor sin nor shameful.
2. We work on communication more than fluency.
3. We believe in service to others in need as a value by itself.

Setting up and promoting **self help groups** is our strategy for India and the millennium. Self help groups provide most cost effective support to PWS today because state services have failed us and private sector is totally driven by 'big money'. TISA SHGs are operating free in more than ten Indian cities. We welcome girls, children and even the families of PWS.

TISA is active since 2007 and is currently having over 29 local chapters across the country. We conduct communication workshops, awareness drives and an annual National Conference of people who stammer.

Finally we believe that a stammerer knows a lot more about the problem than the society is willing to concede. He has been 'there' and he knows what really works. We resist any attempt to coerce money out of people's misery and pain.

**You can help us by:**

1. Just listening to us patiently!
2. Inviting us to your school, office, colony for presentation and discussion.
3. By joining our SHG as friend.
4. By giving donation and time
5. By visiting our website and spreading the word to other PWS
6. Learn about stammering and what it means to children and adolescents.



***Stammering is like  
Pushing hard, where  
you need to just pull once***

**For Teachers & Parents**

*If you stammer, you are not  
alone!*



**THE INDIAN  
STAMMERING  
ASSOCIATION**

Better attitudes through knowledge !

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Stammering is not funny!  
Try it for 5 minutes and see !

Actually, it causes considerable discomfort and hardships to over 2 crore+ Indians and many more children. It has wrecked many a promising careers because of lack of understanding among people, teachers, interviewers and employers.

We are trying to promote...  
UNDERSTANDING !

### **What is stammering?**

Stammering is a speech disorder characterized by involuntary repetitions, blocks and hesitations. The way to distinguish normal disfluencies and stammering is : Normal dis-fluencies occur when a person is not sure about what he wants to say, doesn't have words, is under stress/anxiety, while in case of stammering, the person knows what he wants to say but still repeats, blocks and hesitates.

### **Why do you stammer?**

There is no single answer to this question till now. Recent research is pointing to genetic factors and differences in brain activity in adults who stammer. There is a big role of the environment too, in which we grow up.



### **Phonophobia !**

### **What can I do about my stammer?**

Talk about it with a friend. Join a self help group. Start one in your neighbourhood or workplace. Else, join a group on Internet. Seek professional therapy at government hospitals. You may also go for a "self-help" course, offered by TISA. Finally accept that you stammer and reach out to others in need.

### **Where can I get help?**

TISA has put up a self help resource on web:  
<http://t-tisa.blogspot.in/>

Latest research proves that writing as a form of self expression can help in the healing process. Write to TISA and become an author at TISA blog. Download the self help manual and start a self-directed recovery program. Seek guidance from the experienced TISA community. Put up your question at discussion forum and get answers from recovering stammerers. Or join the daily TISA online self-help calls over Skype and Google Hangout.

More info on :  
<http://t-tisa.blogspot.in>

### **For people who don't stammer**

The world is full of diversity, which is lost or hidden away in the process of growing up. Accept and acknowledge these differences- by talking about these, by being more thoughtful. Stammering is neither a character flaw nor indicative of low intelligence. Don't interrupt, don't complete our words or sentences, don't react with surprise, don't move eyes away. Be patient, slow yourself down, maintain eye contact and ask again if you have not understood. Above all, be CALM!

### **For Parents & Teachers**

Stammering is an expression of struggle. The child learns to struggle against difficulties in speech, because she or he thinks that stammering is 'very bad'. He learns this from parents and teachers, whenever they react negatively to his speech: *stop, slow down, first think-then talk* etc. Set up a good example by talking slowly yourself; don't interrupt him. Let him complete, wait for two seconds and then respond. Don't let other children interrupt him, make fun of him. Encourage the child to talk, to excel whatever she is good at.