

**THURSDAY, SAL C****UNRAVELLING THE STUTTERING PROCESS**

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*Edinburgh, Scotland*

The purpose of this seminar is to demonstrate how the authors have applied Process Oriented Psychology, or Process Work, to therapy for adults who stutter. Process Work is a holistic approach that assumes there is a psychosomatic dimension to all physical “symptoms.” The stuttering symptom provides the entry point for an exploration which aims to identify, unravel, and work with the material contained within the idiosyncratic pattern of disfluency. In this seminar, the therapy process will be illustrated (using video footage) with reference to a single client. The authors will also share additional material from their growing body of experience.

Thursday 0900 h–0930 h, Sal C

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**DEALING WITH THE FEAR OF  
STUTTERING—A PSYCHOLOGICAL  
APPROACH**

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Considering the classical iceberg model of stuttering, it becomes clear that the major part of working with stuttering is psychological. The greater part of the iceberg, underwater, —consisting of avoidance behavior, different feelings, negative self-image, and fear—needs a psychological approach. The resistance and fear often found in working with the overt maladaptive communication, also, need psychological understanding and support, as does the well-known relapse pattern. In the presentation, a Danish psychologist will tell about her therapeutic experience with adults and young persons who stutter. The model is based on principles from nonavoidance, systemic, and cognitive therapy and will be demonstrated by two cases.

Thursday 0930 h–1000 h, Sal C