

# STUTTERING

## For Stuttering Adolescents and Adults

### About Speech Therapy

In speech therapy, you learn to control your speech, speak more fluently and find a positive attitude towards yourself and your way of speaking. You should train your skills in daily conversations in order to improve your quality of life. The goal is to see stuttering as just one quality among many other traits, strengths and challenges. Speech therapy provides basic knowledge about stuttering and speech production.

The duration of the therapy and the training methods depend on your personal needs. Speech therapy is provided for both individuals and groups. Peer groups give support and joy to many teenagers and adults.

### More Information

Health centers, the Association of the Finnish Stutterers and the Finnish Association of Speech Therapists provide more information about speech therapy, stuttering and peer support.

**The Association of  
the Finnish Stutterers**

<http://www.ankytys.fi>  
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Oy Print Mill Ab, 2014



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## Are You A Stutterer?

You're not alone. Stuttering, also known as stammering, is a fairly common speech impediment, and there are around 50,000 stutterers in Finland. Stuttering adults and adolescents usually have been suffering from it for a long time, and it has become a regular manner of speech. Stuttering affects our self-image and how we feel about speaking and communication in general. It occurs worldwide, and people with a stuttering problem are in no other way different from others.

### Did You Know?

- Our individual qualities and environment affect on the development of stuttering.
- Stuttering occasionally runs in family.
- It is four times more common among men.
- It occurs as unintended repetitions, prolongations or blocks in speech.
- Unusual body movements, muscular tension and changes in breathing rhythm and the use of voice may be involved.
- The frequency and severity of stuttering may vary a lot depending on the situation.
- Stuttering usually arouses strong feelings in the speaker.
- Stuttering can be treated with speech therapy. Practice and a change of attitude make talking easier.

## Towards Fluent Speaking

There are many ways for stuttering adults or adolescents to improve their talking. A slower tempo of speech can bring temporary relief for many and a regular life style helps some control their stuttering. The most important thing is to keep on talking in spite of the stuttering. In many cases, the harder you try not to stutter, the more difficult it gets to talk. The efforts made to avoid stuttering feed fear during speech situations and may cause problems bigger than the influent speech.

A stutterer's family and friends can make talking easier for them. They should pay attention to the contents of speech instead of how it sounds, listen without interrupting or hurrying the stutterer and look at the speaker naturally without paying attention to the stuttering.

Each stutterer has an individual approach to their speech impediment, and it is important to inform your family and friends how you wish them to treat your problem.

