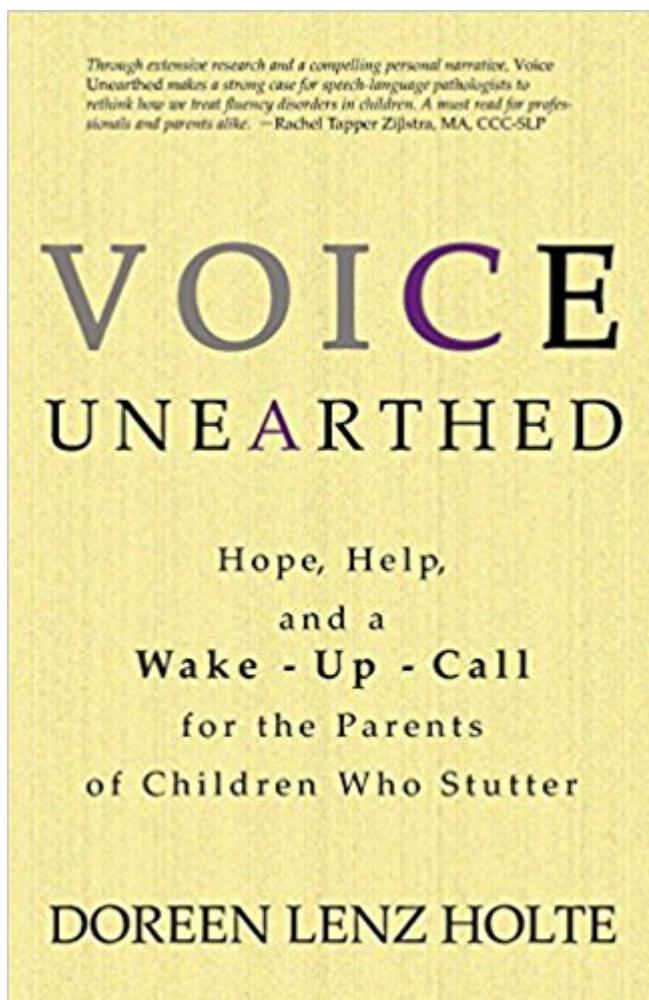


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# Voice Unearthed: Hope, Help And A Wake-Up Call For The Parents Of Children Who Stutter



## **Synopsis**

The primary message young children get in stuttering therapy is that they can and should manage their speech -- in other words, try to not stutter -- by utilizing speech tools and techniques. Is it possible that the anxiety this causes can create an even greater burden? Can that burden lead to excessive silence and disengagement -- a far greater handicap than the stuttering itself? Through personal narrative and extensive research, *Voice Unearthed* answers these questions with a resounding "yes!" It also includes practical guidance that helps keep children talking, while minimizing everyone's anxiety around communicating. *Voice Unearthed* frees us from the pointless, painful chore of counting speech errors and reminds us to keep our eyes on what truly matters. It's also a wake-up call for parents, professionals, and the entire field of speech therapy -- and a reminder to "first do no harm."

## **Book Information**

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## **Customer Reviews**

We had just taken our son for a speech therapy assessment and the therapists sat me down to talk to me about my son's stuttering and sounds. One told me his issues were genetic and the incorrect pronunciations stem from the parents. Sitting there, I suddenly felt "under the microscope". It was as if I was now unable to speak because I was being analyzed...my speech, my fluency, my language. It felt paralyzing. Though I was commended for my excellent speaking abilities both professionally and personally, I sat there stuttering, messing up words. At that moment, it occurred to me that this was how my son would be made to feel in speech. I sought out a support group thinking perhaps I'd be doing him a dis-service by not pursuing help. When I found one, it was truly the luckiest find! Dori

lead me to her book! I feel that it saved my son from speech therapy and from the added anxiety of it and from increased speech challenges as a result!

This change our lives. My son is so much happier and now converses freely. The book changed our attitude. Even though we already ticked all the boxes of standard approach to talking with a preschooler who stutters, this book made us accept his voice for what it was, relax about it and just give him, time, space and freedom to learn his voice. I cannot recommend this highly enough.

This book is an important contribution to the literature on stuttering. I've read dozens and dozens of books on the nature and treatment of stuttering, and I place this one in my top three "most valuable." I'm very happy to learn that someone has finally had the courage to say what Holte says, standing up to the "professionals" and their "evidence" and their arrogance. I agree with her ideas because they resonate very deeply with my own experiences with bad (I might even label it "abusive") speech therapy. I recognized myself in her son. "Can speech therapy for children who stutter lead to a far greater handicap than the stuttering itself?" You bet. It can do so by adding layers of guilt and shame and hyper-awareness on top of the stuttering, which leads to even more problems: more severe stuttering and a lifestyle of disengagement and avoidance. I would go further and add that this happens not just with children but with adolescents and adults as well. But, the good news is that not all therapy is the bad version that she highlights; certain SLPs are listening to people like Holte and modifying their views and therapy approaches. But they are still few in number and the condition of therapy for stuttering (even among the "experts") is still appalling and embarrassing. I applaud books like this for helping to reform it.

LOVED LOVED LOVED this book by Doreen Lenz Holte! In fact, I could barely put the book down. I've been an SLP in the public school system since 1990, and for the first 15 years of my career I tried hard to teach students the strategies that I was taught at the university. I don't think I've ever been able to help a student using fluency-enhancing or stuttering-modification therapy. (Some young students did experience spontaneous recovery, despite the therapy they were subjected to). About 5 years ago, I stopped using those strategies and worked more on just being an advocate and safe place for my students to talk. Like Doreen, I too felt that we SLPs were causing our students to stutter more severely. It was tremendously validating to hear the same beliefs from a

parent of a child who stutters, and a person who had also researched fluency therapy.

Glad I read this as I embark in a career as a speech-language therapist... and a parent of a CWS.

I literally absorbed this book and it provided a needed paradigm shift in the way I thought about my grandson's stuttering. This is a must read for anyone who has a child or grandchild or a loved one who stutters.

A must for every parent of a child who stutters.

Powerful story and tool for teaching SLPs to better clinicians.

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