



The Will Club for Stuttering and Modus Operandi of Training Adult Persons Who Stutter: A Descriptive Analysis, Riyadh, Saudi Arabia

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Authors' contributions

This work was carried out in collaboration among all authors. All three authors designed the study, performed the text analysis, and wrote the protocol. Authors NAQ and AAA wrote the first draft of the manuscript. All authors managed the analyses of the study and the literature searches. Authors NAQ and AAA revised the manuscript a couple of times. All authors read and approved the final manuscript.

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ABSTRACT

Background: Speech fluency disorders determined by a variety of complex biological and environmental interactions are common problems of children, adolescents, adults and older adults around the world and need therapeutic interventions for improving the quality of life of those who stutter.

Objective: This descriptive study aims to mainly focus on training course and techniques along with various associated challenges faced by persons who stutter.

Methods: Training module was tailored and customized by five trainers including psychiatrist, speech therapist, speech pathologist, psychologist and behavioral therapist to meet the therapeutic needs of chronic adult stutterers who were invited to take 2-week training course concerning stuttering.

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Results: The will club for stuttering has well defined mission, vision, values and goals, modus operandi and techniques, and well appreciated by trainees/participants in their success stories. Stuttering is associated with many challenges, which were identified proactively and discussed using training exercises and techniques/methods during training course that comprised of preparatory, application, confrontation, and sustainability phases.

Conclusion: Two-week training course directed towards adult stutterers facing many challenges which were discussed extensively and trainers found their effective solutions through exercises and multi-dimensional techniques dispersed in several phases of the program module.

Keywords: Speech fluency disorders; training course; challenges; breathing exercise; relaxation techniques; phases of training course.

1. INTRODUCTION

Evidently speech fluency disorder is a common problem in children and mostly tends to improve automatically or with intervention and to a lesser extent persists in adults [1]. Adults with stuttering need a variety of medical treatments and psychological techniques and therapies including well developed training courses [1-3]. The literature review of speech fluency disorder (SFD) and mechanisms of developing training course make the concrete foundation of the present article that focused on The Will Club for Stuttering and two weeks training course directed towards adult persons who stutter (PWS) and face a variety of challenges including discrimination in psychosocial and cultural life [1, 2]. The aim of this study is to describe comprehensively a customized therapeutic training course directed towards PWS. The rationale of this course is to impart knowledge to PWS concerning several perspectives including challenges and various nonpharmacological therapies of stuttering, and how stutters should deal with them in their day to day life. The significance of this research is that this interventional training course will advance the understanding of PWS regarding speech fluency disorders with a special focus on non-drug therapies, techniques and methods. Consequently the trained PWS shall apply interventional techniques methods and exercises to improve their stuttering and meet and overcome successfully the related challenges. Thus their life will become relatively better and of good quality.

1.1 What is The Will Club for stuttering?

The Will Club for stuttering cares about adult PWS and train them in communication skills using a customized course with a variety of techniques and methods effective in stuttering

along with related awareness campaigns and establish a link between them and the communication and speech specialists across Saudi Arabia.

1.2 Vision

Our vision is directed exclusively towards PWS to develop their fluent communication, free them from discrimination, change misconceptions and misinformation about stuttering and completely reduce stigma against them nationwide. Several effective strategies (contact, education, and protest) have been studied for reducing stigma against stutterers globally and were found to decrease negative reactions and discrimination against them [4,5]. These strategies concisely defined as; contact relates to hearing personal stories from PWS; education means replacing myths about stuttering with facts; and protest reflects condemning negative attitudes toward PWS. We use confrontation technique, a very useful way of developing smooth speech fluency.

1.3 Goals of the Will Club for Stuttering

The important goals include the following; 1) Provide the PWS the opportunity to personal goal setting [6] and face challenges and train them in the aspects of public speaking fluently; 2) Creating a suitable place for the training of PWS and apply therapeutic exercises that they learned from the specialists having intervention skills concerning SFD. Aerobic exercise combined with speech therapy, an eclectic approach, is reported to be significantly effective in PWS [7]; 3) Introducing the role of speech specialist and other related multidisciplinary team members and inviting the PWS in order to attend lectures in the club concerning the SFD; 4) Motivate the PWS to get out of the isolation that he puts in either of himself or his community, and support him in his therapeutic journey regarding stuttering.

Evidently, client motivation and client-clinician professional relationship, our important goals are important to successful therapeutic outcomes concerning stuttering [8]; 5) Changing misconceptions and misinformation about stuttering across the nation. It is evidenced that in general negative attitudes (stigma) and misperceptions of public, parents and stutters, and teachers about stuttering act as a strong barrier against PWS and seek therapies for improving their stuttering [4,9,10] and media representation provides various aspects of speech, support and education and insights into new research and development concerning stuttering [11]; and 6) Stuttering is multifactorial and, therefore, all causes and interventions need to be explored and addressed when training is planned and administered to PWS [6] and parents' concerns about stutters must be addressed during therapy [12].

2. TRAINEE'S VIEW

Trainees were asked to write success stories and we present here one trainee's reflections about the Will Club for Stuttering; 1) vision: we seek to be a leading institution globally in the treatment of stuttering and the numbers of a generation of young people who are able to face stuttering in terms of early treatment seeking associated with good improvement and live a good quality of life; 2) Mission: it is a non-profit organization that seeks to achieve hope and empowerment for children and adults who have stuttering and their families through support, training, integrative and creative interventions and methods to manage their stuttering; 3) Values: honesty is to check the accuracy of the information in the therapeutic resources and training of the people of competence; 4) Innovation statement about the Will Club as 'we are unique in our innovative ideas in stuttering treatment'; 5) Privacy statement described as 'maintaining our partner's data with anonymity'; and 6) Team spirit reflected as working in a team spirit for the real common goals and confrontation in terms of face stuttering gradually during treatment and training.

3. INFOGRAPHICS OF The WILL CLUB

The various training programs were implemented by the club since 2014. It organized 18 training course sessions in Riyadh, Jeddah and Khobar. The number of club beneficiaries with stuttering included 620 men and 80 women over the age of 16. Interestingly, the number of persons who stutter is progressively increasing with time.

4. THE WILL CLUB FOR STUTTERING-FUTURE PLANS

The club will organize increasing number of training courses for women over the age of 16 and also for children between the ages of 6 and 13, and evidently a good initiative for future training of targeted groups [13]. In addition, the club will help and support the families of children who stutter and holding training courses dedicated to them. Furthermore, the club team will visit to all schools to raise awareness of stuttering in Saudi Arabia and also expanding the kingdom's regions (n=13) to help the PWS across the nation. The schools are pivotal points as to increase awareness and treat stutters by Lidcombe program (LP) the best method impacting preschool children directly compared to demand and capacity model (DCM) [14]. The club is working with the National Valley Committee to look for an independent headquarter with a specialized staff and continuously targeting people who stutter in Saudi Arabia. Finally, organizing specialized training courses to support and improve the stuttering problems of children and women in the KSA and possibly other Arabian Gulf countries.

5. POWER POINT PRESENTATION (PPT)

A PPT about the basic information concerning SFD was presented for familiarizing adult trainees with stuttering. This presentation comprised of 20 slides (S); definition, key concepts and terminology of fluency disorders (One S); 10 types of impaired fluencies including pauses (Two S); excessive speed of speech and seven ways of treatment including self-monitoring and awareness of the characteristics of the trainer's speech. Awareness of speech while talking is highly important as revealed in a study; a protocol for the treatment of stuttering involving breathing exercises, relaxation techniques, and focus on awareness revealed positive impact on improving fluency and decreasing the impact of stuttering [15]. In another study, Singh and Kumar summarized that the majority of the participants and their family members reported inappropriate, irrational and superstitious beliefs about the cause and treatment of stuttering that need intensive awareness programs to prevent adverse consequences of continuing stuttering and, hence, improving their quality of life. [16] (Three S); description of two types of acquired SFD and their treatment modalities (One S); causes, symptomatology and severity and various

phenomena of stuttering (Four S); aggravating and mitigating factors of stuttering (Two S); physical and psychological problems of children having developmental stuttering and its variants (Two S); and finally diagnosis of SFD (Five S). For detailed knowledge, see these sources [1,2].

6. THE WILL CLUB FOR STUTTERING-THERAPY APPROACH

The Will Club relies on the combination of three elements of treatment in one place: 1) Speech exercises; 2) Treatment of negative thoughts; and 3) Behavioral exercises. In a robust study, Blomgren discussed the treatment of adult stutterers in terms of stuttering management approaches, fluency-shaping approaches, and combined approaches, a comprehensive approach (combined model) most effective in adult stuttering [17] and this treatment differentiates several components of stuttering that respond better to integrated approach [18].

6.1 How Do We Meet the Challenge of Name-calling?

Name identification is a difficult challenge for a PWS, especially during the early days of school or while attending a workshop or meeting. Example of such challenges includes "my friend Omar told me I was fired from university because of the name on the first day of university". The doctor asked me my name in front of 50 students in the hall and I could not pronounce my name and then I went to the doctor and took out my university card the students laughed at my behavior and the doctor laughed as well, he said: You forget your name, I got out of the hall and left the university. The stammer feels scared during the naming because being in front of new people in his life and believing that stuttering in front of them reduces his personality and status and finally he can't avoid or change his name and repeating previous positions. The solution is: here we will try to reduce or eliminate this sensitivity to stuttering by name, but what matters is determination, respect for oneself and one's self-confidence. Furthermore, the problem is not the name itself, but the existence of fears before the verbal experiment occurs, so you find a disparity in the level of stuttering when it is in front of a person about people. In addition, before the point of identifying the name: I'm proud of your name and be proud of your abilities, talents and confidence that are worthwhile by others. Always practice to change the pronunciation style of your previous name

with easy start, extension of the first letter of the name, and add a definition before the name, with you as Khalid. Follow before the position of identifying the name: doctor will train gradually, i.e., imagine- train on your own - in front of family-friends and photograph yourself and value of your experiences. Finally, practice relaxation exercises, make easy contacts and identify your name before the basic experiment. Relaxation exercises combined with breathing and awareness programs reflecting Kristen Linklater's technique tend to improve speech fluency and decrease overall impact of stuttering [15].

6.2 The Challenge of Identifying the Name

It is highly desirable to calm down and try wait for continuing to pronounce your name. Recognition of the presence of stuttering to a doctor before the beginning of the lecture is a better approach. If you cannot and got stopped during the introduction of the name, you tell the doctor proudly "I have stuttering and need time; your courage will be appreciated". Mechanisms to tell and define the name include; A) relax and take a deep breath before the moment the name is pronounced, a breathing exercise [19]; and B) apply what you are practicing to change the way you pronounce the name. Be calm and talk confidently and if this happens to pauses this is normal, try to reduce your emotional side so that you can take the word out comfortably. What follows during defining the name is highly important: do not worry about the pauses, focus on what you want to say and do not focus on the way you speak. Your goal is to communicate regardless of stuttering or not. In addition, sit with his head up and visually connected with everyone and use body language, an important way of communication. According to Mandal, nonverbal communications (NVC) help in the structuring and occurrence of interpersonal communication and the movement-to-movement regulation of the interaction and teach persons unconsciously that space communicates [19,20]. During and after the interview, PWS should reward themselves and should not grieve at all, the latter negative reactions (self reaction too) tend to make the stuttering worse [5,21]. However, stutters undertaking therapeutic training courses should record their success, a booster for improving the stuttering and avoid considering the impact of their speech difficulties [22], and also keep training themselves, a tool to further upbeat the speech fluency disorder. Another challenge stutter might be like this; Ahmed who stutters entered Starbucks and

asked for his favorite drink and the service provider asked about his name. Ahmed told him that his name is Fahd because he can pronounce his name very well, i.e., he changed his name by another name Fahad. Ahmed says the problem is not here after the order is ready but the service provider became calling Fahad and I forgot about it. The possible solution is that stutter should not shy away from saying his/her name anywhere and take the initiative to take the experiments and know that he is able to achieve his goals and thank himself. To advance their knowledge in speech therapeutics, the participants should consult “the Reference Book on Self-Therapy for the Stutters [23].

6.3 Stuttering and Phone Call Challenge

Evidently, the phone call is one of the difficult situations of the person who has stuttering [24], so you (refer to participants throughout the paper) might find some stutterers dodging the call and pushing others to answer instead for fear of ridicule of the way they speak or for fear of sudden questions and may be other reasons. Such scenarios may be tackled, for example by telling the stutter; If you do not try to overcome your stuttering, do not expect your life to go well while you are still avoiding the phone, in present or future you will carry the phone and need to answer the call and every delay makes the challenge harder for you. Another version of problem, my friend Khaled told me that the phone was holding him back because “I was afraid of stuttering in the phone, so when we have an occasion at home, my father instructed me to call relatives, and in fact I do not call anyone, but I have instructed my brother to do this job without my father's knowledge”. I am saddened by this foreign behavior”. Wise to know that negative thoughts, belief in communication failure, stuttering and loss of what you want to get from your connection (person you want to call) will actually make you stutter more because you lost the battle before you started it and such thoughts increase the social anxiety among stutterers [5,25]. Furthermore, the stammerer (in British language) often avoids answering the phone and gives up some of his rights and misses some opportunities benefitting him or her. On the other hand, he falls into embarrassment and entrapment in front of a person who escaped from him on the phone and met him after contact face to face, which puts him in a state of more tension, an unbearable situation. You should ask yourself a question for how long you are afraid to call and how long and for this fear (social

anxiety) affects your life, as evidenced in several studies [5,25]. If you notice those around you who do not have stuttering, you find that they have stops and extras (ah), i.e., there is no need for that concern. Phone call is one of the best ways to train to cope with stuttering, where you can step up the communication and training force while you are at your residence. We the trainers know that during the connection your heart rate will start to accelerate and you get anxious and sweaty, but that's what makes you stronger with repetition exercises and will help you with your treatment intervention. Remember that you are calling someone like you who have defects (like stuttering or a disability) and will only harm you with something that Allah has written on you. In other words, what is good or bad written in your fate, will happen to you as unfolding of fate known to only one creator is within the power of Allah SWT. Always say that “all praise to Allah and thanks to Allah SWT” despite having any adversity such as stuttering that could be improved by available solutions including repeated telephone calling exercises.

How are you preparing to call is highly benefitting to stutters? The strategy goes like this; write what you want to say at points in front of you at the time of call; contact some relatives and friends before the target contact; place your contact list from easier to harder; trainer informed - do not postpone your calls; and before calling practice some relaxation exercises; during the call, use the fluent speech learned strategies. False stuttering at the beginning of the call and explain your stuttering, and then tell the other person that you have stuttering with pride and pride that makes you less nervous and take your time while calling. Do not try to call and think about when you are done. Speak when you are ready to talk and try to reduce your emotional side so that you can take out the word comfortably, a skill you take and mastering it. Be the first to speak as far as possible. Do not worry about the pauses, focus on what you want to say and do not focus on the way you speak. Your goal is to communicate regardless of stuttering or not. Watch yourself while calling in front of the mirror, photograph yourself, record your voice, see what your strengths and points of improvement are, and observe the movements of your body and face. Establish a hierarchy of communication, i.e., imagine-contact with a relative-contact with a friend-contact with a colleague, etc. After contacting the aforesaid; repeat the call again whether the experiment is successful or not, reward yourself, record your

successes, support your strengths and enhance your improvement points and train constantly [23]. Overall, try remembering in every failed contact attempt that you are in training and experimentation. And remember your successful attempts and be proud of them, the occurrence of stuttering with you is not a disaster but it is normal, you are in the stage of learning and it takes patience to reach your goal, and thank yourself.

6.4 Dealing with Sudden Questions

Dialogue and asking questions by others is normal whether it is surprise or not we accept the question in a broad way and do not be afraid or run away from the answer. Escape increases the depth of avoidance and fear (emotional disruption), which in turn increases your stuttering rate, though stuttering dynamically multifactorial [26]. Stuttering in sudden questions is normal because; 1) the question is unexpected and under time pressure and this causes stuttering; 2) the stutterer expects that the people wants an immediate answer; 3) past experiences and thinking formulate the answer; and 4) the stutterer's focus on the way one speaks instead of the content of the speech. Dealing well with creative ideas before and during their direct impact on your behavior and performance the more we fight these ideas with alternative ideas contribute to improving our feelings and our level of fluency improves considerably. When someone asks you, you are a station of interest, and that is something stimulating and supportive for you, so be as confident as others are in you. The purpose of your question is to get a new information or a specific point of view about a topic that is under discussion, whether it's a meeting or an occasion.

Good performance in talking is not a gift and it is not a natural thing in the human being it is an art that needs knowledge, training and development skills and the ability to communicate information to the listener in precise and clear meanings. The most important factors for the success of the process of communicating with others is to have your understanding of a clear question and responds with a specific answer and clear so that you do not have to repeat the question because when you understand it well. Training to deal with sudden questions to put yourself in a training position and make the family ask you some sudden questions and then friends. For example, you got a surprise question. Then take your time and don't respond quickly. You can tell him to

repeat the question and you can repeat the question to him so you can take your time. Take a deep breath, connect visually, use body language, easy start, consider it an opportunity to face in case a normal stutter and record success. When you succeed in answering the sudden question enough yourself, always try to initiate and answer questions especially in the training phase. Question; why what self-esteem, the concept of self, skills, and do not get hit by the beast and no one hates you for failing.

6.5 Presentation and Face Stuttering

Presentation by a person with stuttering says that the stuttering universally falls under the pressure of the audience and the fear of rejection of him and his failure. In fact, the reality is that no one cares about you stuttering and does not pay attention to it. Illustration is that I was sitting next to a friend at his honoring ceremony, and the coordinator of the ceremony came to him and said to him: We need a short word from you at the end of the ceremony explaining to him the success story of your achievement. Said my friend 50 years old; sorry I cannot talk in front of the audience and I did not bring anything. I was surprised he had no stuttering and old and was afraid to talk in front of the audience. Man loses many opportunities in highlighting his talents and reaching executive positions if he does not make a presentation and mastering presentations and addressing the Public is an art. Speech disorders are a challenge during the presentation for all, as well as the fear of facing the public. The first step to breaking the ice between your fears of the audience after relying on Allah (SWT) is good preparation, gradual training and continuous practice well in advance of the presentation time. Good preparation means it is imperative to know the topic you will be talking about well and understandable. This increases your self-confidence, reduces your cognitive error and becomes less fearful. Importantly, a person has great abilities that make him acquire any skill by continuous training, talk and presentation. We start by focusing on the contents: 1) easy and in short sentences; 2) attractive; and 3) choose the types of presentation that suit you for your improvisational-all content on the show pages-excerpts only. Practice is the most decisive factor in controlling your fears in front of the public, so you must practice your presentation and practice it gradually through; a) training in the appropriate speech strategy from a speech specialist; b) practice relaxation exercises; c) recognition of stuttering; d) progressive training on the show -

imagine - alone in front of women - in front of family - friends – strangers; d) photograph yourself every time and evaluate your performance and ask others about their feedback about your talk and its fairness; and e) keep the content of your offer well. In a study of delayed auditory feedback (DAF) outside therapeutic milieu, DAF is found to be an effective means of reducing stuttering, though longer time exposure to this therapy was not correlated linearly with enhanced speech fluency [24]. During the show, focus on the following points; 1) looking after the appearance; 2) self-esteem and lack of curvature of the head; 3) relax five minutes before entering the hall; 4) visual communication with the public and use body language and toning; 5) If stuttering occurs with you, do not worry about it and do not squeeze your speech muscles; 6) short pauses between sentences gives an aesthetic to your conversation; 7) ask a friend to photograph you; 8) do not put any paper or pen in your hand during the presentation; and 8) focus on the content of your show and do not focus on the audience.

After the presentation, a trainee should focus on the following: 1) be proud of your accomplishment anyway; 2) reward yourself; 3) assess your colleagues' reactions to your presentation; 4) every time you practice your self-image, ask for their opinion and comments, and notice the strengths, enhance them, improve and develop them; and 5) from my personal experience and training for many years, I have never seen stronger than speaking in public as a cure for stuttering; 6) take any opportunity to make any presentation at your university or business because it is a remedy for you and a development of your skills and practical and educational status; 7) I know a lot of people who have stuttering about giving their lives for the better and have become preachers in the clubs of rhetoric, coaches, leaders and managers in their work [23,27].

6.6 Stuttering and Facing an Interview

Persons who stutter invariably face the challenge of an interview. The interview is one of the strong challenges faced by the stutterer and other human beings, as it makes him/them feel anxious, stressed and uncomfortable before, during and even after the interview. The concerns of the interview start at the end of the university level and think about getting a career opportunity so it is important to treat stuttering before this period so that person can control it.

For instance, my friend Fawaz who specializes in financial management, tells me I (trainer's friend) conducted three interviews, two of which I succeeded in, where the focus of the interview was on my qualifications, experiences and self-confidence, and it did not touch on the stuttering, although it was quite clear. In most jobs, the interview team focuses on selecting talent who have skills and abilities to love and develop work and do not care about the stuttering of the applicant. In the words of trainers, "be confident of yourself; remember your achievements, and not your failures. Remember the things that can be done instead of things that cannot be done, strengths rather than weaknesses". You may be disappointed in an interview where you were rejected, which does not mean that it is caused by stuttering, perhaps inexperience, for example, does not always make stuttering. Find the job and specialty you love and feel that you will innovate in it do not make stuttering hinder you what you want. Before the interview; 1) search and read about the company, its history and its latest news; 2) practice relaxation exercises; 3) prayer and relying on Allah (SWT) ; 4) interview question training like imagine training in front of family or friends; 5) photograph yourself during training, enhance strengths and get better points of improvement, develop your skills and experience and make them stand out from others; 6) prepare your CV attractively; 7) livelihood is in the hands of Allah (SWT), so do not get caught up in the interview. If you pass it, thank Allah (SWT) or consider it an opportunity to experiment. During the interview: looking after you are well dressed, and relaxation exercises before entering the interview room. Remember that the first impression is important: entering with a smile, peace, tone of voice and initiative by name. Recognition of the presence of stuttering reduces your tension because you deserve to work in a place that respects your stuttering and treats you in a way that suits you. In case you are asked about stuttering, answer them with the information you have and tell them that you are in the process of treating them and that stuttering will not affect your production and abilities. Be calm and talk with confidence and if this happens a stop/pause this is normal, try to reduce your emotional side so that you can take out the word comfortably. Do not worry about the pauses, focus on what you want to say and do not focus on the way you speak. Your goal is to communicate regardless of stuttering or not. Sit with your head up and visually connect with everyone, eye to eye contact, and also use nonverbal body language. After the interview;

reward yourself and do not grieve. Record your success and keep developing yourself and do not think about the results of the interview. Make you ambitious and aim and do not despair and many of those I know and have stuttering working in wonderful fields such as medicine, engineering, justice, law and education and you are going to drive it, and thank you [28].

6.7 Facing Stuttering

Confrontation is resistance to stuttering linked with phone pressure, speed pressure, and word selection pressure; however, intellectually and behaviorally confrontation is a suitable therapeutic weapon when there is a good repertoire of speech techniques including mindfulness training therapy [29] and multidimensional therapies targeting individualized person [30]. Stutterer lives long periods of fear and anxiety that his life will not go as he wishes, all because of the reluctance to make the decision of treatment despite the knowledge of its importance, and he still makes up the reasons and excuses to refrain from just trying. Anxiety and fear have complex relationship with stuttering and the former often worsen the latter and recent research suggested more focus is given to social anxiety, expectancies of social harm, and fear of negative evaluation [5]. The person who stutters resorts to avoiding fear of repeating previous experiences that have not been successful or fear of the reactions and impressions of others. The stutterer walks away from confrontation and misses many opportunities while he increases fears and negative feelings and falls into a small circle made by himself. See this beautiful example; a man came to Mohammed (PBUH) the Messenger of Allah SWT, and he asks him money. He says to him: take this axe and take the man's gold and he will be sat down and sell and get the money. The Prophet directed the man to face the challenges of life in terms of confrontation that makes man stronger. Confrontation is a must, and it is a good way to do it. He is using God's powers to overcome the incapability of life momentarily. The confrontation between the stuttering and the self begins and decides to change. He understands that avoidance is easy, but a difficult end, that the confrontation is difficult and that the end is happy, God willing. Confrontation begins when the stutterer realizes that no human being is infallible (perfect) and that the experience of man comes not from watching events, but by confronting them. It is not for him to control the

reactions of others and everything is appreciated and in the hands of God. When you experience, you will find that fear is just an idea, there is no fear of the past or the present, and if you accept this fear and confront it, you will find it merely an illusion. Another example: Ahmed participated in one of the club programs and came late on the second day of the program. I knew that he is hesitant and said to me: Oh. Ali I sit with you listening only I said: take your comfort, sat and listened to the audience and to those who are more stuttering and more than him face and at the end of the session asked to participate creatively and realized that fear is just a figment of imagination. Confrontational attitudes help you build a basic base of positive ideas, which over time and many situations you find strengthening and overcoming your painful thoughts and memories. Stages of confronting stuttering include; decision to change, identify the triggers to be encountered, targeting, personal assessment and support during the confrontation. In a study, Packman reported triggers such as inherent features of spoken language, syllabic stress and linguistic complexity and modulating factors such as deficit in neural processing for spoken language [31]. For the success of the confrontation there must be: step-by-step in the face of the tone from the easiest to the strongest, at different times and duration, variety, continuous and uninterrupted and repeating the same confrontation. With the many confrontations, the feeling of fear will turn into a feeling of enthusiasm and your anxiety will decrease and you will feel satisfied and thank and appreciate all the blessings of God. You are with a confrontation like a ball player needs fitness and continuity, take pride in yourself and what you do and record it with you and tell your friends that you are capable of confrontation. Feeling nervous during the confrontation is normal. It is true that it is difficult at first, but you will feel victory, strength and pride, a feeling that can only be described by those who have tried it. Overall, this was a general view of the confrontation and we will begin to talk about each challenge associated with stuttering individually and show you how to face it, God willing [23].

7. TREATMENT METHODS

7.1 Method (1)-Avoidance Due to Fear of Stuttering

Fear of stuttering is the fourth reason to avoid talking in front of people so the PWS prefers to stay silent in meetings and events, and how do

we deal with this kind of avoidance thinking? Whatever the disability or disorder that you (participants) have, the beginning of change is by accepting what we have and satisfied with this conviction gives us an incentive to seek a solution and not to stay in the circle of fear and avoidance. If the PWS looks at himself, he will find that he is much better than others, and there are those who have more and deeper disabilities than his condition if he said thank Allah SWT anyway. My stammering friend: your avoidance of talking is the result of previous stuttering situations that have occurred to you and you have a fear of repeating these verbal situations, despite their rarity and lack of occurrence. You may remember that many of your speech positions that you were previously afraid of passed peacefully and without stuttering or perhaps stuttering but never got what you expected to be worse than the irony or the looks of pity etc. Furthermore, for example, if you were in a lecture hall and ask a question you know the answer and you would expect that if you answered it you might get something that hurts you but when you tried the opposite you might have answered without stuttering or got stuttering and everyone was proud of your courage. In any meeting, do not be silent participate and this interaction enhances your confidence and enhanced confidence over time improves your level of fluency. You know that your silence in people is not modest but is avoiding and fearing them so you must overcome your fears. You are someone who is capable of achieving your achievements and goals. Why just you? Mothers are helpful. There are stutterers like you yet they face situations and do not avoid it. Are they right? Definitely yes they are. The solution needs time and treatment needs steps you must start to realize your dreams, focus on developing yourself, do not think about people and satisfy them, human beings will not please you even if you do not have stuttering, you have the right to listen to all the moments of your life and make them your last interests occur even if your words stutter.

Trainers make your therapeutic goals and goals to develop in various perspectives of stuttering. This makes you more confident and stronger than others, stay away from the void, talk to people whether you know them and do not know them and often include in the force of confrontation. You will find yourself more excited and stronger it is important to start now. People do not care about your form or the way you talk what they care about is what you have

experience, culture and purposeful information, try and do not avoid talking you will see a really wonderful people's response and accept you with everything in you and better than you expect just try. Sit with yourself and tell her (your mother) how long to avoid verbal situations escape followed by escape and the fact that this escape complicates the problem and increases it deep inside you, trust that fluency does not come without training and confrontation, love your stuttering and love yourself and patience and you will see a wonderful change in your life. A positive attitude towards stuttering is a driving force for taking training courses, and improving stuttering overtime.

Be logical, what is the biggest disaster you could get if you stutter in front of someone? And then what then, means nothing. You are not going to lose your job or your friend because of a stuttering situation. You would not inhale the earth, or the sky will fall if you stutter. And perfection for God and all human beings have flaws. Just trust that you are able to achieve what you want. Keep trying, experimenting, and talking, even if you fail or you have a setback that is a natural thing. Do not lose hope. Overall, strengthen your faith in Allah SWT and stay away from these whispers and know that what happened to you would not have made you wrong, and that what sinned against you would not have hit you, your livelihood and success in the hand of Allah SWT, there is no need to avoid going and talk and do not fear people, do not live it with fear.

7.2 Method (2) - Avoidance Due to Fear of Ridicule (Mockery)

In the course of our lives, we go through some stuttering situations during our conversation with human beings. We find several reactions of people about this situation, some of them who shut up or of them who gives you the full opportunity to talk and rarely find those who make fun of stuttering. I (mostly refers to trainer) have spoken many times and sometimes expect the occurrence of sarcasm but get a lot appreciation during the occurrence of speech positions. We find respect and calm listening and encouraging stimulation and psychological support from those around us because this is the nature of human beings and where most love and respect I may have had some sarcastic attitudes on the fingers, but that is normal compared to the number of conversations I have spoken in our lives. I was struck by the

experience of one of my friends with stuttering, and in my first interview in 2015; he said that he no longer preferred to go out with his relatives on special occasions or celebrations. I told him why? He said: they make fun of me when I talk in front of them so I decided not to go out of the house or talk to my relatives. I was shocked how you, my friend, prevent yourself from going out of the house and going out with your closest people because of stuttering. Look, my friend has punished himself by not going out of the house or talking to their relatives and may be with others, although he has the right to do so. He was punished and became the judge and the accused and the convicted and no one else. No one knows about him and others live their lives by nature and do not know about his suffering. Why are we running out of talking because of people's ridicule?

When you talk to someone who makes fun of you, why? Who is right? You did not speak with words that are flawed or forbidden. You are only talking and stuttering your words or temporarily stop this thing outside your control and this is a natural thing. This is a disorder found with you and you are satisfied with it and convinced of it either satirical he is doing uncivilized behavior and a morally forbidden manner and religion if it is wrong? You are human beings and you have the right to speak and express what is inside you and no one has the right to take it from you, it is wrong to shut up and you are right. Is there anyone who has not been ridiculed? In other words, if you do not have stuttering, would not you be ridiculed? No one in this world has been subjected to ridiculous attitudes and everything about man has become great and the focus of people's attention has become more cynical (mocking) than other silly people in society. He asked the great, the leaders and the successful how he got to what they reached and were they subjected to ridicule in their lives? Maybe he was exposed to more sarcastic words than I did, but because they have a purpose in life they want to reach him and deliver it to people that this sarcasm did not prevent them from achieving their goals, some of them are described as charming, liar, liar, idiot, etc.

7.2.1 How do we deal with sarcasm?

Satirical by the nature of a person who has a lack of personality and wants to hide his strength and hide his flaws and attract the attention of others and complete his deficiency either by imposing control on you and making you silent or disturb your mood and you provoked your anger and in

both cases is to win the battle with you do not make him succeed in that and manage the situation intelligently. One of the most beautiful ways to deal with it is that you are calm during the time of ridicule, giving the satirist a look of dissatisfaction and not smiling or laughing that often makes him feel wrong. If he goes on to make fun of you at first, thanking him for his sarcasm, you might be surprised how I can thank those who made fun of me. When you thank him this gives a satirist and to others that you are more confident stronger and less nervous and angry during the situation of ridicule. Then enter with him a logical, short and calm dialogue. Ask him what the reason behind your ridicule is? What do you want to get to him? Mostly embarrassed and he would not be able to answer you.

7.3 Method (3)-Avoid Talking in Public Due to Inferiority

The feeling of inferiority, as psychologist Alfred Adler says "it is a feeling that leads one to feel that all people are better than him", which is in short a low self-image and the height of others, which makes man dazzle the achievements of others and at the same time diminish his value and abilities, the person with shortage has possibilities but does not feel them and does not see them, unlike the arrogant person who gives himself possibilities that are not his, but the fact is that there is no person without possibilities and no one without weakness. I (trainer) remember a lot of the position of club member Mohd at the beginning of training with us and there was a paragraph meeting the leader of a group of trainee. When he climbed on the podium to give his speech and was the pinnacle of splendor although they were at the beginnings of training. What attracted my attention is after his return and the end of our training, he means me and said Professor I see that I did not give anything and feel the failure and shortage when standing in front of you with his call was distinguished still skinning himself that he felt inferior. From a young age, the PWS is exposed to many stuttering attitudes in front of people, which cause him over time to feel inferior and become stammering people and be ashamed to talk in front of them and become more nervous and skin to himself like saying (I am not loved) (I am not loved) etc. Be confident himself is someone who is able to know his potential and benefit from them and know his weaknesses and ways of correcting them and does not care about people's opinions about him, but he focuses on

reforming and developing himself. The Almighty Allah SWT says “we have created man in the best calendar”. HE honors you and your best, do not make disability, disorder or stuttering a barrier for you to reach your goals. You have enough abilities and possibilities to enhance your confidence in yourself. The feeling of simple inferiority is a natural and beautiful thing but it is a motive for you to change and seek a cure to control your stuttering. You should not continue to avoid and isolate you and become in the prison key in your hand. Don't put yourself in a negative safety circle whenever you try to face your stuttering and get a setback or a stuttering situation come back to the same circle and you fall into it, if you do not have the will to change. You will remain in your place and people achieve their goals, train yourself to trust in your stand, sitting, look and clothing, remember to develop yourself not to others, do not think about them, people do not think about you, do not make people's opinions hurt you and make them your last interests.

I (trainer) know very well that the occurrence of stuttering in front of others is painful but escape and avoidance is more painful, and I know that with training and confrontation you will change your avoidance personality and you will build your self-confidence until you reach a stage where you pride yourself and what you have reached, treatment needs time, sweat, effort and will from you. But it is an experience worth adventure, start gradually and you will see the dazzling results before your eyes of improvement in the level of fluency, confidence and internal satisfaction. Stuttering will not go away without training and confrontation, and you are not alone, there are 70 million people who stutter in the world, decide to cure and break this avoidance and break your feeling of inferiority, you have positive energy you just need to get out of your prison and get out of it my friend.

7.4 Method (4)-Looks of Pity

I (trainer) remember at the beginning of my married life I was late in having children and waited 4 years until the dissolution of my first birth. During this stage of waiting I was subjected to a lot of looks and words of compassion and mercy. Really these words are painful and fun and affect your thinking and life decisions. If I was not aware in those days I would have made some wrong decisions such as divorce or marriage to another woman. If every human person opened his heart to others and saw the

worries and problems that carry him, I do not pity rather sympathize with him. The looks of compassion are a reality that we live in our lives and our society and many of us give this view when he sees who deserves mercy and compassion. It is the nature of human beings and the reality of living our satisfaction or our two imaginative sons, a human being who has no pity or mercy on others is an inhuman human being and a cruel person whose behavior conflicts with the nature of human beings and finds him without friends to exchange their feelings and feelings. When you see a child in the street screaming looking for his mother no doubt you have mercy on him and pity him and help him. Similarly, when you find a needy or poor in your way you will look at him with mercy. When you find a blind man who wants to cross the road you will look at him with mercy and help him. The behaviors of human beings and looks towards those who have a disability or disorder or even a social difference and this is normal reactions reflecting mercy.

My stuttering friends, I think you have experienced situations of compassion and mercy looks you are part of society do not blame people for their looks to you and accept them and deal with them well. People think that these looks relieve pain but it increases it weakening unfortunately, so take care of your appearance and look the strength of your personality. You should know that you are not alone in the challenges of life and do not care for the negative opinion of people and do not explain all their looks to you as pity.

My stammering friend I (trainer) know that you are the noisiest person from the inside, and that you did not ask anyone to wipe your tears or support your pitfalls or stand with you in time of need and that you are able to make your way alone. But my friend do not pretend that everything is always fine and that everything is under control, if the looks of compassion exhaust us and suffocate us, feel this feeling well and you cannot always bear this looks. But, my friend, it costs only its power and you are able to overcome this stage with the strength of your inner will. Do not feel broken at the time of stuttering even if you feel their looks be strong, life does not accept the weak, true that but not the end of the world. Tell them that you are able to deliver your message to them you just need enough time, when your listeners see your strength and your positive reaction towards yourself and towards your talk will grow in their

eyes and respect you more and turn these looks from compassion to pride and pride so always be strong from within.

When people see your escape and your fear and a lot of complaints and sorrow towards you and words of humiliation such as (why just me) people will feel your weakness and the looks of pity turn into look of sadness on yourself. So the ball you have and you decide the reaction of people towards you, focus on the content of your talk and do not worry people you are not the last of their interests, look to who is stronger than your situation and yet no one cares and complete the way in life to reach his goals. Finally, do not run away from talking, face your society gradually you are in charge of yourself and know that every human being in this life has strengths and weaknesses, support your weaknesses and look at the privileged experiencers how to juxtapose these challenges you are not missing from them

7.5 Method (5)-Speech Behaviors and their Solutions

Certain behaviors such as switching words and letters called speech fillers accompany voluntary movements appear and do they help improve the level of fluency? And how do we get rid of it? These behaviors appeared over time and with many verbal attitudes in which stuttering occurred, which resulted in fear and avoidance of other stuttering situations. This led to the use of these behaviors, which only help at the beginning. Avoidance begins with simple and successful behaviors and with the many verbal attitudes. Their strength about the accompanying behaviors and become greater and stronger and grow with it your anxiety and fear. Before the speech position occurs you are issued alerts from the brain that you are in danger and will stutter. This leads to a physiological change of the speed and increased heartbeat and difficult in the exit of the characters.

In this way you are trying to penetrate the stuttering by force and by any means including switching - involuntary movements. The important thing is to come out the word and unfortunately it comes out distortedly. The first step of the solution is to find out how stuttering occurs from the idea to feelings to the occurrence of behaviors reflecting resistant stuttering. Then train to reduce the fear of stuttering and reduce avoidance of verbal

positions. Here are some points that help you reduce avoidance. Watch yourself while you're talking by filming yourself on the phone or with the help of a family member or close friend while you're out in a restaurant, find out what positions, words, or character you avoid or change.

Start by confronting them gradually through a treatment plan with a speech specialist and a gradual external response plan. When there is a verbal pause with you do not try to press for the word to come out, be calm and take a deep breath and talk even if you stutter the important thing is not to run away and avoid.

Score development (successful) points as well as failure points and you will find yourself more strong and brave with many verbal positions and include you in its strength. Take it as a rule to avoid the heart of stuttering, avoid more stuttering, and avoid less stuttering.

7.6 Method (6)-Ideas of Stutters on Stuttering Therapy

Evidently, there are many diseases and disorders that have not yet been discovered completely, including stuttering disorder, for which no drug treatment has yet been proven [1]. When the disorder or disease has no effective pharmacological treatment that shows you who claims to have a drug, whether it is a mixture or otherwise? Their first goal including pharmaceutical giants is to gain money and exploit the needs of people and people with their kindness and need looking for a solution to stuttering disorder, all of which do not address stuttering but may increase its severity. These illusions and superstitions may be tried and frustrated by their uselessness and distraction sought to prevent them (stutters) from finding the right method of treatment, which is to consult the speech and speech specialist. But before you go to the speech therapist and before you start treatment you should realize that the treatment needs time so we see that some PWS have become unconvinced in the treatment of specialist and methods used to control stuttering. However, the reason is not the incompetence of the specialist but for several reasons, the most important of which is to expect a quick treatment and improvement when visiting the speech specialist. The solution needs an effort from you (stutter) and initiative and acceptance. Maybe you went to a specialist or a treatment program and did not suit you his method, try another specialist try a new verbal method, sitting without

training and confrontation is not a solution. And you have to determine your goal of treatment. Because the objectives of the stutterers differ in terms of verbal fluency, some of them want to control the stuttering completely and others are interested that the stuttering does not affect their social life and practice after treatment and does not mind its appearance or presence.

I (trainer) consider that the treatment is a phase, i.e., after entering the treatment phase compares yourself (with you) every two weeks. For example you two weeks ago you stuttered in the minute 10 times now stutter in the minute 8 times. This is an achievement maintained, but if you sit two weeks without change in the level of fluency, I (trainer) recommend changing the specialist or changing the speech technology. Verbal setbacks during treatment are possible and natural do not frustrate only continue in attempts and confrontation and record your list successful verbal positions and be proud of them and when the verbal setback occurs remember your success positions, and you will reach your goal if you have strength and internal stability. The specialist or stuttering program gives you a new way and style of life that you use; you may use inside the treatment room or program hall but the important thing is to apply and face out in front of the family, friends, and strangers. Overall, confrontation and speech techniques are important, effective and they are totally linked in the treatment of stuttering.

Psychotherapy is not the first choice of stuttering treatment, but in a few cases, when you visit a speech specialist and after evaluating your condition, if the specialist sees that the condition requires the intervention of a psychologist or a psychiatrist, he will transfer you directly to one of them. Stuttering treatment is possible but it takes time to choose the right specialist or program for your condition. Choose the appropriate help seeking path for you and the important thing is continuous training because 90% of the treatment (after Allah SWT) is in your hands for the recovery from stuttering. Do not expect that stuttering treatment will be in a week or a month the treatment needs time and depends on you, this conviction must be present when so as not to be frustrated at the beginning of the treatment stage. Make your staged goal and when achieving another goal until you reach the stage of satisfaction. This strategy needs your effort and sweat and confrontation and initiative and search for verbal positions to develop and see

confidence increase and increase with it fluency and all the best for you.

7.7 Method (7)-Trainers and their Questions

Trainer raised two relevant questions; 1) does stuttering reduce the ability to get a job? And 2) does stuttering prevent you from succeeding? In this context, first, let us reflect on the saying of Allah SWT that there is no bear in the earth except for Allah SWT to provide livelihood. Allah SWT will ensure your livelihood, and no soul will die until she completes her livelihood. So you will depend on Allah SWT. Your livelihood will not be taken by anyone else, and the livelihood of others will not come to you. Only to rely on Allah SWT and this make the reasonable sense. During the trade-off between applicants for certain positions is focused on important points including experiences, qualifications, skills and method of presentation during the interview. Stuttering may be a weakness, especially in those jobs that require public access, but that does not mean you are locked in front of you. You may be selected in any job based on your experience and abilities. Hundreds of people who have stuttering have been able to achieve their goals including getting suitable jobs. My experience as trainer found that they worked in areas that required public access such as lawyers, justice, medicine, education, media, and pharmacy, and became role examples in their field. Develop yourself academically and professionally increase your experiences in the fields you love and be a reference in your field you will find someone who is looking for you and ask you to work with him. Do not stand idly by, and sky does not rain gold or silver. Just focus on yourself and the area you love, look for work, do not give up, do the reason and do not underestimate your abilities. May be you are not accepted in a certain job, that does not mean you stop looking. Make this disorder a turning point in your life and do not make it hinder you from succeeding there is a lot they have stuttering and yet they have succeeded and excelled in their field of work and social life.

7.8 Methods (8)-Despair and Stuttering

We will address this wealth of information for some intellectual, behavioral and psychological reasons that made the stutterer despair and leave the curative treatment of stuttering. Despair is a feeling that strikes the stutterer, makes him lose hope and leave the cure. That feeling makes

him lose the taste of life and the taste of the day that lives, finds him afraid, avoids and is isolated from his society. We do not talk about those who rejected the idea of treatment mainly for a number of reasons, including a. lack of conviction in treatment, failure to succeed in an earlier treatment attempt, not accepting the idea of setbacks, going through a period of depression or hatred of stuttering. We speak to those who have decided and accepted the idea of treatment even in a simple way and started the journey of seeking treatment, whether in speech and speech clinics or treatment programs. Before starting treatment, rely on Allah SWT and we know that stuttering challenge and its treatment needs time and progress, no excessive optimism, no fatal pessimism, be aware and ready proactively for this challenge well. We will offer you some points of despair and without detail, which is important to avoid before, during and after treatment, when you realize these points will be stronger and will walk on a solid base from which to control the problem of stuttering. Causes of despair before starting treatment include expecting a quick treatment response, going to the specialist only to please the parents, not being convinced in the treatment, but the subject is learning and experience, and the presence of the PWS in a frustrated, bullying and low-consciousness environment. Causes of despair during treatment sessions are applying strategies incorrectly, total reliance on the specialist and not to practice strategies outside the training environment, the specialist's focus on speech techniques without treating the wrong thoughts and beliefs of the stutterer, high prices of some speech clinics and treatment programs, avoiding progressive confrontation during the training period, do not choose the right specialist, program or appropriate treatment plan and finally time spacing between sessions. Causes of despair after treatment are reported as constant relapses, stopping the confrontation, failure to apply strategies, the stutterer's exposure to constant bullying, repeat treatment attempts and lack of support (support groups). Overall, the treatment needs time and patience, do not despair of the Spirit of Allah SWT, the goal achievement is near and goodness is coming, why to give up when Allah's blessing with you. Factors related to the same person's despair could be categorized into behavioral, intellectual and psychological. Behavioral factors relate to not wanting or being forced to go to the specialist, go to the specialist just to try, total reliance on the specialist, apply strategies in an

unhealthy way, not applying strategies from the ground out of the training environment, relying solely on strategies and neglecting the side of convictions and ideas and avoid confrontation or over-confrontation. On intellectual level, PWS expect an immediate result or reject the idea that treatment needs enough time to improve, lack of awareness of the principle of gradualism, whether in improvement or confrontation, lack of conviction in treatment in the first place or its effectiveness, failure to succeed in the first attempt to make the person believe that his attempts will always be unsuccessful, and not accepting the idea of possible setbacks. At psychological level, PWS may be very desperate, in a period of depression, in a state of denial and hatred of stuttering and be in a situation where he or she is rejected by any means. Environmental factors at home, study or workplace may also cause desperation in PWS because of sarcasm, comments or bullying directed towards them. Lack of understanding and awareness of the environment for stuttering, and therefore help the PWS in an unhealthy way, such as when they complete the talk and others comment irrationally. Vivo recording speech training (awareness) is better than video recording training of persons who stutter but both combined result in further improvement in speech disfluency disorders [32]. In addition, the people around them rush the result on the person. Lack of environmental incentive or support to continue treatment is another factor that causes persistent stuttering. Multiple factors associated with the treatment provider impeding improvement include failure to develop a suitable treatment plan for the PWS, inadequate time spacing between sessions, a person who has stuttering dealing with an unqualified specialist, so trainers find the PWS generalized to all the specialists and give them another chance for success concerning stuttering.

7.9 Method (9)-Stuttering and Marriage

Does stuttering hinder marriage? Do I have to tell my partner that I have stuttering before marriage? These questions are always thought of by the PWS from time to time. Most PWS believe that acknowledging stuttering and news of a partner before marriage is very important for making a happy married life based on openness and non-deception. Even if stuttering is simple and does not appear at all times, the partner has the right to know that you have stuttering, especially since stuttering may appear in children after marriage according to the genetic theory of

stuttering causes and leads to persistent, developmental stuttering resistant to therapy [33]. If you don't explain to your partner that you have stuttering, the marriage may continue and life goes on, but trust that he doesn't forget this deception and lying from you, you may just have a fear of the failure of married life with you. That your clarity of partner and transparency with your illnesses or disorders, etc., makes you fully appreciated and respected by your partner and family and confident that you will be in better shape than confidentiality. In a survey put in the club's account about the question of whether to marry someone with stuttering, it is nice that more than 75% do not mind marrying those who have stuttering. Moreover, people are interested in marriage in a big way your manners and principles and your thoughts and do not consider stuttering as a big obstacle to the completion of marriage, and in a study, Freud and associates reported that age and marital status are significantly associated with the personal experience of stuttering, whereas gender is not [34]. In conclusion, my stammering friend, don't worry about anything in the future.

7.10 Method (10) Deliberately Speaking Quietly and Stuttering

Deliberately calm during the talk whether or not there is a stuttering or not and to apply it you must urge yourself to accept this technique at first and respect it because it will give you good results of the comfort during the talk and the ease of the flow of words. What helps you with this technique is spent at least 10 to 15 minutes a day and you speak quietly alone or read from a book and then gradually move on to talk heads of relatives and friends and then others. It is not easy to talk quietly, especially at first when you are talking to other people's imams because you will be under the pressure of time and influence of others, but think you are in training and always try to train yourself for quiet. You speak quietly and put between phrases and know that people will wait for you to talk until you are done with it. Talk and record your conversation in a recorder and hear yourself after each period and get better and discover your speed points and fairness. This technique applied to myself and changed the course of my talk fluency for the better; try may be the calmness of the conversation is what you need to get better. Stutter easily is another technique which is as follows; in this technique you say do not stutter but stutter easily and be calm as you move between words move your tongue, lips and throat

quietly, make the words come out without too much pressure on the speech organs and without tightening the facial muscles. This pressure on your speech muscles will not help you out with words and will not help you control your stuttering, but stay calm and this will worry you and improve the level of fluency with you. Apply this exercise first on your own and then the heads of your family and close friends, and so gradually until applied by the leaders of others and kept exercising daily.

In order to stutter easier try to extend the first letter of the first word in the sentence in your talk will worry this way of your titration during your talk and then complete the sentence in a normal way without extending. Try this exercise for 5 minutes a day and go between sentences and words quietly and easy this way will relax the muscles of speech. Always remind yourself to speak easily through the stopwatch or a sign you put in your hand and remind you of it. Record an audio clip for you during your application this exercise and notice the stages of your progress and hear it and to put your mistakes and just. The idea of this technique is not to stop stuttering but to reduce stress and effort during the talk. Stuttering or not but stutter easily because it is a beautiful step in the way of your modern fluency. In a study, the mindfulness based stress reduction therapy was found robustly to supplement to stuttering therapy in a variety of ways including significant reduction in stress and anxiety about speech situations, showed positive attitude towards speech situations, improved levels of internal locus of control and a problem-focused coping behavior [35].

7.10.1 How to deal well with excess movements during stuttering?

This technique focuses on the movements and patterns that the PWS uses during or before stuttering and how to deal with it no matter what type of stuttering is. There are a lot of these gestures and body movements such as moving the head right and left, moving the shoulder, moving the legs, putting a hand on the mouth, making sounds like fake cough. Whoever uses these fake movements thinks that they will help overcome stuttering or at least help in the exit of the word in which you stumble and this is an incorrect concept, that this excess behaviors will become a habit you have in addition to stuttering. We must learn how to get rid of these habits and learn how to modify them so that we can control them and then control our stuttering which is part and parcel of habit disorders and treated by habit

reversal therapy [36]. At first you should watch yourself when you stutter or when you try to stutter and you will find these movements appearing on the surface with you, when you know what these excess movements have, you are now aware of them and need to overcome them. You can't see a PWS but you can feel it and you can ask a family member or a close friend to explain to you what these extra movements are. Or maybe you try to call the phone and watch yourself in front of the mirror and what are these excess movements adjust and after you watch yourself and realize what these movements put a list of them and you should have a specific goal in dealing with these excess behaviors. That these crutches and excess movements will not give permanent treatment and will not be easy to get rid of, but we must identify this problem and put it in the priorities of our treatment journey and control stuttering. As you know, there are no excessive movements involving all stutters, but these movements vary from person to person. Let us start by dealing with some of these movements, such as if you move your right hand during the talk I suggest you move your hand right side. When you are your board without talking and then never talk to yourself and move your hand in a different way during your talk. You now control the movement of your hand because you moved it in a different way and you know what you are doing. Then try during a conversation with friends and friends and then with others. Sometimes if you move your hand in right side during stuttering try to move your hand easy while talking the idea that you understand what you are doing and then apply it gradually from easier to stronger positions and so, try putting in your hand that moves a book that reduces its movement.

If your eye blinks too much while talking, try blinking too much on your own and with others, it is important to be aware of what you are doing. If you move your leg when you stutter do the same steps the previous way or try to talk to a friend while you walk even if you stutter but do not use the excessive movement of the man that you are used to. If you are moving your head to right side while stuttering, try if you are alone to move it to the left and quietly try either the mirror and then in front of friends, friends and others gradually. The idea in short is to identify the excess movement that you have and then understand and then modify it on your own differently and then apply it in front of your family and friends

and then apply it in more confrontational and stronger situations.

7.10.2 How to avoid delays or replacements during stuttering?

It is important to stop the habit of avoiding, replacing and delaying our verbal attitudes, as we must face these wrong habits firmly because they will not benefit us and will not stop our stuttering. Why does a PWS avoid verbal attitudes in front of people and escape from them? Why replace some words with others? Why avoid and be afraid to mention your name? Why did you delay answering the phone? You may feel that if you do this you will not stutter and this is not true but it will increase with tension and aggravate your anxiety and you will not get rid of stuttering in this way. The use of crutches such as (mean) or (sic) etc. or the use of excess physical movements during a talk will not relieve your stuttering will increase stress and anxiety and avoid you in the future because you made the wrong habit and it is usually to escape from verbal situations. If you want to get rid of these wrong habits, you should face it and apply some strenuous exercises to help you on your medical journey. The first step is to identify the things you avoid and the words you replace and the rhetorical (symbolic) positions that you postpone, record them all in your note and watch yourself every morning when you go out and until your return for a week. At the end of the week collect all the points you scored. You will find a large number of situations avoiding, deferring and replacement after then correct them but gradually modify them easier except the hardest and do not address all these mistakes at a time. Watch yourself after a while and see what you have accomplished and what you failed. The basic idea of this technique is to say the word to be said without hesitation, and I know there is no point in replacing the word if you have the answer to the question. Be proactive and ask you first in verbal situations and train yourself on it, because you are the only one who can help himself. For example stop the taxi owner and ask about the wage and the value of the distance between one place and another place within your city, after a period of application of this technique you will notice the difference and progress in the level of his attention/divorce and your audacity (courage/boldness).

7.11 Cancellation and Stuttering

Cancellation is one of the best techniques that helps us stutter but with less stress, and we use

cancellation after stuttering and before we continue our conversation again with a new word or voice. After the pause in the word you stand for a moment and take the time to think about what is the reason for your stuttering in this word and how to correct it. When we stutter in the word think to complete this word without stopping. Then stop temporarily this stop gives you time to study your problem and then try to relax the muscles of your speech devices and especially the tongue, lips, palate and throat. Make breathing return to normal and think what is the reason that made you stutter in this word why this word. I do not speak in it naturally see what you can change or modify in this error in the voice or word. Train your mind to calm down, try to train your tongue on slow motion so that it changes its previous pattern while moving from word to word. Trained members (parts) of speech to calm and think now to take out the word again but correctly and calm feelings. Take a deep breath and during the exit of the word make her exit to us easy. Make your words a talk in the words that follow, you may need to correct the word several times but over time will decrease the time of correction. We should not be afraid or ashamed of your stuttering in this word and from your pause and correction of your mistakes. You train yourself and address and control them and the listeners must respect you and listen to you until you finish your words this is the least they give you. Know that you need to persevere and give yourself time to practice this technique in order to control your stuttering.

7.12 Withdrawal and Stuttering

It is advisable you compare these techniques and choose what is right for you. The technique of withdrawal in use during the moment of stuttering, when it occurs with you stutter. Or stop you want to get out of this stop easily and without high effort. Sometimes try to escape from this situation using smart methods. Sometimes try to stop in an impractical and untested way. Now when you find yourself in the middle of the word or the sound in which the stuttering occurred do not stand or try to modify the word or sound but continue to stutter but slowly and allow this pause to cross. Deliberately in this situation making a nice lengthening and you continue in this sound but quietly. If you apply this technique you will train that you control during this stop and will change the way you stutter and learn to get out of it gently. In this technology you will learn how to face stopping at

the same moment as it occurs and adjust it in time.

7.13 Preparatory Group and Stuttering

Some PWS may feel that the cancellation technique is modifying something that has happened. This is unhelpful and wants the technique of modifying stuttering before it occurs, and the preparatory group helps to correct the stuttering before it occurs. Now you want to learn how to control the stuttering of the word or sound before it happens. When you are afraid of a voice or a word that may stutter in which you pause temporarily and give yourself time to calm down, plan and train how to deal with that word or sound. This short thoughtful pause will reduce your embarrassment as well as stuttering as listeners are yours.

7.13.1 Record what you do when you stutter

Mostly PWS hate to talk about the moment of stuttering but this information is important to you personally so what is the vague idea and so as not to repeat you have this unusual situation by you. You speak fluently sometimes and talk to you pauses sometimes. You want to know what the feeling that affected me to control and compare them when you speak fluently or when you stutter. Urge yourself through self-testing yourself when you stop with you. You find out how you stutter and how you feel when stuttering occurs and what happens to you when you stutter. When you get stuttering do not stop but stutter quietly and watch what is wrong with your speech muscles. Watch when you happen to stop and when you try to move to the second letter you will be clear what happens when you are in this problem. Use the mirror while you are talking on the phone and this is a good opportunity to monitor yourself and know what's wrong with you. Keep an eye on your face as you talk on the phone and then try to talk quietly and see what you have developed. Record a video clip or audio clip during your conversation with others and after you have finished check this section and analyze it and its values. Record another clip and watch your improvement and so on, and know that you are responsible for yourself on your successful treatment journey.

8. ACOUSTIC TONING AND STUTTERING

The change of the pattern of speech as learned in the aforesaid section is an important requirement so that we can improve the level of

fluency we have. We use in the past the pattern of monotone and sound. When we start to change the place of sound and we sing in our voices. We keep a difference in the layers of sound during our talk between height and fall as we do when we read the holy Quran in a slur. Or when we sing and see how the stuttering disappears during it. Try to use toning but it is better to have this toning on your nature and unfabricated. Toning is part of your speech to clips and start applying it may be a temporary improvement. But this improvement makes you feel hope in the development of the level of his verbal divorce (split) and increases your ambition to overcome stuttering.

Finally, a participant described beautifully a success story of the Will Club for Stuttering. My name is AR K (anonymized), I appeared to have stuttering since my childhood at the age of five (more than twenty years ago) and I grew closed to myself and did not mix with my peers a lot because of my mistaken belief that stuttering is clear in my features *and speech*. I started studying and how much I hated appearing and talking or reading in front of teachers and students as I hated family acquaintance meetings. It was getting more complicated year after year because of taking part of the responsibility, and did not end up in university or career life. But stuttering deteriorated more until Allah SWT guided me to succeed in joining the Erada (Will) Club for Stuttering less than two years ago. It was a turning point in my life. This Club made me a radically different person, after I applied respiratory (*breathing*) exercises and speech and self-development. Subsequently I engaged in society naturally and even some meetings I coordinate myself and sent phone or text calls without hesitation or fear of the appearance of stuttering and I gave a course and I will offer more training and cultural courses.

8.1 The phases of the Training Program-Preparation Phase (1)

This stage focuses on how to define the name and how to deal with name-calling. At first, why do we stutter when you mention the name, whether on the first day of school or when you meet new people in your life? There are many reasons, including; 1) making it difficult to place name linked with the stammering and cannot change his name because we all have a specific name. In the habit of stammering when he passes a hard word you find using the word alternative to it. But with the name it becomes

difficult, like if your name Khalid it is impossible to change your name and say my name Fahd for example. Alternative options are non-existent and this causes pressure on the PWS, makes him feel nervous and makes him face only one option; 2) when the name is asked, there are new people in your life, such as the first day of school or in a meeting with new people and the PWS is trying to appear well in front of new people in his life, he gets nervous, and then he stutters; and 3) the self-concept of the stammering name is an important thing or this is not true the name is symbolic to you. And what you offer to people of thought, morals and respect for yourself this is important. You have had a number of years stuttering in your name.

What is the solution? There are several solutions for naming; 1) recognition of the existence of stuttering even partially for the teacher before mentioning the name in front of the students and you say to him - I sometimes stutter in my name-this will help you to reduce your tension and will give the teacher enough time to define your name knowing that recognition is a difficult subject for the stutterer. However recognition is not impossible to do and can gradually be recognized in front of parents and then in front of friends and then in front of the public; 2) One week before going to a meeting or the first day of study we recommend the next exercise for 15 minutes a day; the first step changes the way your name is pronounced either by adding a word before or after the name according to what suits you like saying "With you Ali" instead of just a word and instead of the word "Noura" say "I am Noura". Or extend in the first letter of your name or extend the full name. After you change the way your name changes, you repeat for 5 minutes a day the new way (with you, Ali, with you, Ali.); take another 5 minutes while you are closed your eyes and you relax and meditate and imagine when you say your name in front of a group in a new way; the last 5 minutes will be to confirm and you say to yourself. I will succeed in uttering my name and repeat it and confirm my profits to yourself without talking. During these days try gradually on your own and then in front of family and then friends; 3) if he (or you) enters a place where a new person in your life, start by saying your name directly to him and do not let him ask your name; 4) do not worry even if you stutter even after changing the way your name is pronounced, that is normal. The important thing is continuous training and not to be afraid of setbacks. This is an out of your control and thanks Allah SWT. And with time, it ends with

Allah's permission and guidance. The important thing is to trust yourself and not to think about people's words and their looks because they do not offer or delay your livelihood and your share in this life. Smile and listen to your life.

8.2 Preparation phase (2)

Relaxation and stuttering: we are still in the process of getting ready and our subject when you relax. Relaxation is an assistive technique for stuttering, especially before speech situations, such as addressing a group or attending an interview or a definition of a name, etc. One of the benefits of relaxation are; 1) Reduces stress and fear; 2) Increases your self-depth; and 3) Throwing out negative energy. There are many relaxing ways; 1) Deep breathing or abdominal breathing. Before you start breathing deeply, be in a calm place, lie on your back, close your eyes, imagine a beautiful memory, and be in complete relaxation. Then put your right hand on your abdomen and your left hand on the rib cage and then take a breath of nose or mouth so that this air goes to the abdomen. You feel that your right hand rises and your left hand is fixed and when the air comes out of the mouth is the exit of the air slowly and without the appearance of a clear sound breathing you have. Next focus on the movement of your abdomen and the flow of air from your abdomen to the outside through your open mouth. Increase breathing deeper time and time after time. In short, focus and feel the movement of your abdominal muscles, feel the air movement inside you, relax and remove the tension from inside you. And when you want this training efficiently from the position of the sergeant training it is in the sitting position and then do repeat this exercise 5 minutes 3 times a day. Another way of relaxing is through muscle relaxation. It is to lie on your back and apply what we mentioned in deep breathing but during the application of the breathing process you tighten one of your limbs a minute, then tighten your right hand and the rest of your body relaxed. Then relax your right hand and then tighten your right leg for a minute and the rest of your body relax and so on all sides for 7 minutes. Third relaxing strategy is swimming under the supervision of a trained instructor reported to be one of the great ways to increase the depth of the soul and help to relax as well. Fourth relaxing method is reading, either holy Quran or books you like is a good way to relax, increase the stammer's language crop and

make it find the right words in the right place and at the right time when asked to do so.

8.3 Preparation Phase (3)

We are still in the stage of preparation and we talk about one of the speech techniques that help the stammer in changing the pattern of his previous speech and even reducing the speed of modern and if the lack of speed of talking often decrease slackness (limpness) with it. This technique is by a technology that fragments speech that is easy to understand, but it takes time to get used to it and become your lifestyle. This tech derived technique needs constant training, whether you are alone or with parents or strangers. Because the stammering is characterized by a speed of speech and has a period of time and it is like this and needs time to get used to the way of his new words whether this technique or others help you in this direction. First of all, it is important that you train alone and you are starting like this; 1) Start with one word. It is 1 to 10, and after each number, you stop for a moment 15 minutes a day for a week; 2) then it goes on to two words. It is 20 to 29, and after each number, it stops for a moment 15 minutes a day for a week; 3) then move on to 3 words. It is from 210 to 210, and after each number, you stop for a moment 15 minutes a day for a week. You practice counting these numbers for 5 minutes a day and stand (pause) between each number and another number and do not extend during your speech; 4) you start by reading the short surah of the Holy Quran like al-Kauther and all people stand between all and stand before you end yourself and be relaxed while reading. Try this method 15 minutes a day for a week; 5) now start reading books you love and read every three words or two words in one breath as you can and stand before you interrupt yourself and stand for a moment and then complete the sentences 15 minutes a day for a week; 6) then start with an impromptu (unprepared) talk and talk about any topic you like in front of a person, a few groups and then the members of the club; and 7) try during a conversation with the parents to apply this method in your words maybe at the beginning be difficult but with time you will see the difference and improvement in stuttering.

He (trainee) did this with friends, and then he applied this in front of a group at the club. You may find that sometimes you forget this way and rush your words this is a natural thing that is important to go back and part in your words.

During the beginning in the fragmentation of the speech, try to make your start easy and without pressure on the organs of the speech. There is no specific time to apply this exercise in one or two months. But make this exercise a way of life for even a quarter of an hour a day. The important thing is to apply the part during the verbal confrontation and gradually confronted by the family and then friends and then in front of the public. Consequently you will become a new and beautiful stylish person with a few verbal pauses. This technique is your assistant but does not miss the instructions of the speech therapist.

8.4 Application Phase (1)

Storytelling and we move on to the application phase. Now you have a new style of speech, and you have been trained to relax and pronounce the name. Now let us give you some situations that always encounter you in your daily life and are considered to provoke stuttering with it like telling stories. Stutterer by nature does not prefer to talk and tell stories in front of people because of the fear of the appearance of stuttering. So you find it shortens what goes on in your mind in simple sentences easy and important. At first, there are two types of stories; 1) Readable stories from a book; and 2) Improvisational stories from life experiences or have already been heard from a person or read from a book (extempore story). While telling stories, she (trainee) tried to tell a story that she listened to and knew the details of. Regarding reading stories, you read the story alone and imagine that you read it in front of a group of people. While reading the verbal technique you learned from the speech specialist and also used during reading the story the style of toning so that raise in your voice and reduce according to the events of the story. Do not be on the one that makes the listener bored and included in reading the story in terms of the strength of listeners and the force of confrontation you have developed. Then reading story in front of a family member, a friend, a group such as a Erada Club in their periodic meetings, and while reading in front of the family or in front of a group. You should focus on; 1) visual communication with the audience; 2) using body language such as hand-held; 3) make your story interesting; 4) make your sentences clear and understandable; and 5) talk like you do not want to finish your conversation.

8.4.1 The improvisational (extempore) story

In the improvisational story, apply what you have done in the readable story. So you apply in front

of the woman alone and imagine that in front of a group of people tell a story. Toning, visual communication and body language are used. And apply the technique that you learned from the specialist you are now in the application stage and then transferred in the force of confrontation to the parents and then friends and then in front of the members of the club. Note that at the beginning of the story; try to make your start easy and put pressure on the speech organs. If you succeed at the beginning of the conversation, this enhances your confidence and makes you get started in your story and get more excited. You are stressed out and your verbal fluency makes you smoother. If you get stuttered in one of the words this is a possible thing. Do not complete your talk normally but stand up and then repeat your words without stuttering and this is called the technique of cancellation so that you have an internal conviction not to allow stuttering to pass without repeating your words without saying it. That is over time and it strengthens your confidence. And after your success in telling the story in front of someone enough for yourself with something you love after every successful mission or even if your task is stuttering. Because you did a good job, and there are other people with this disorder who are still self-contained and have done nothing. You are a hero, and you deserve all the credit. We will see you in the next video, and you are fine.

8.5 Application Phase (2)

Trainer told that today we are talking about another stuttering stunt, which is the description. The stammer always escapes from storytelling and describes the place because this subject has a new sequence and also provokes stuttering in the stutterers. The stammer just wants only a brief and brief talk. What is the description? Is to transfer a particular image whether a picture of a place or an event and this image is complete until the recipient has a full account of this description? There is a lot of description. And we are going to talk about three types of it today. First, describe the road. When someone comes to you on the road and he's lost and asks you where he wants to go, for example, in your city. Mostly the stammer avoids answering such questions, or maybe gives him a brief and incomplete description, although the stammer in this case is the strongest. Because he is the one who has the information and the one who needs it does not know any details about it and he is at a weak point. And you are supposed to have a high confidence and describe it to him in every

way. There are important points that will benefit you during conversation; 1) if you know the place this is a beautiful thing do not worry, you are the strongest, be silent for a moment and take the same and apply your technique; 2) even if you know the place you can ask him again what he wants so that you can gain time and relax and gain confidence and take your time full; 3) if you only know the destination of the place without the exact place, it is only the important thing not to convey the wrong image to escape the situation. We move on to improve stuttering by many means including description; 4) one of the good ways to help you in the process of description training on the map of your city train yourself put yourself on it put a virtual place on the map and start by describing it from its current place trained on this method in front of friends and family and then in front of club members.

How to describe the place? When someone in a council asks you about a country or place you visited or ask about a description of your work and the way you work or a description of a meeting you attended, applies the same as we explained in the previous paragraph. And always take care of it, do not get into a council and get out of it without talking about silence in the councils, not literature, but fear of stuttering. You talk because you are the expert in this field. Who asked you for a recipe? Take a breath, then make an easy start, and use your specific learned tech from the speech specialist. Take your time, and even if you stutter, it would not be the end of the world. So if you stutter, stand up and take the same word that you stuttered with or use the so-called cancellation technique. It helps you and strengthens your confidence because you did not let stuttering beat you.

How to do case description? Any description of your condition and mood, are you happy? Why would a close friend ask you that question? You would better talk comfortably. And your condition is described whether you are comfortable or succeeding without giving precise details. The important thing is to show what is inside you so that you can rest and keep your feelings done increases your anxiety and sadness. Talk and through it relaxes you a lot. Stuttering does not make you barrier in front of anyone. Now you need training while applying the description, which is to imagine someone asking you where you are describing it. Or something on your own, and then you ask a relative or friends to ask you about a specific description, place or situation. Then you move on to the final stage in front of

the Erada Club's leaders. And you talk about the description where you are going to ask for a description of a place and a road all of a sudden and you talk in front of everyone with confidence. Remember stuttering decreases when fear and avoidance of speech positions decrease.

8.6 Face-to-face stage/Confrontation phase (1)

Trainer welcomes participants with stuttering back to a new phase of the Adult Club program, this is the showdown (confrontation). And the confrontation stage is one of the strongest stages of the program and the first topic is the progressive show. The presentation of progressive presentations is one of the most sensitive topics that pass through the stuttering when the stammer knows that there is a progressive offer for him in the future begins to worry and stress and feel scare of the stuttering. And PWS does not end during this period until the end of the show. This is sad to make our lives subject to these shows or other excitement stammering every day of our lives is important and we cannot allow this anxiety to disturb our mood. How do we deal with the confrontation? At the beginning trainer would recommend acknowledging the presence of stuttering for the official or the lecturer who asked you to prepare the prism. A confession reduces your stress and makes the lecturer interact with you and understand your stuttering. The first step is to get ready to show the Professor whatever kind of progressive presentation; 1) instead of tension and fear of presentation, we rely on Allah SWT to prepare and prepare for it; 2) start identifying the good content you want to reach the listener and interest them; 3) visualize the show and search and know the stories of special offers; 4) design a show in a distinctive way and make it more attractive; 5) navigate the easiest words and the easiest to understand; 6) plan the failure of technology to make a presentation and prepare small papers showing all the content of your offer/presentation; 7) write only short words and elaborate them in improvisation if possible but if your stuttering is strong, write all the content in the show and practice it; 7) practice more than once to make the presentation alone in front of the woman and record an audio clip for you and to put your mistakes and speed and then in front of a friend and then in front of the family gradually and listen to their advice and the application of the technique that learned from the specialist; and 8) record a video of you talking in front of friends to put yourself and your

mistakes and just you are now ready to make the presentation and the rest of the minutes to submit. Take 5 minutes of deep relaxation and pray to Allah SWT good luck and then rise on the podium with confidence and smile even and pretend with confidence no one knows what is inside you. Now you are on the stand and start your presentation; 1) Say hello to everyone and wait for everyone with confidence and start an easy start without pressure on the organs of the speech; 2) use body language and move your hands as it distracts the public from stuttering if it happens and use visual communication with the audience even if you stutter this increases your confidence; 3) use toning in words to raise your voice and reduce and stop between the sentence according to the content; 4) remember the audience does not know in advance what you want to say, you know them so accept your mistakes and stuttering with complete consent; 5) use the style of attraction through a saying or picture or a joke or a story; 6) use the technique and be calm even if you stutter a lot does not care so they focus on the content of your show; 7) make a show with joy and happiness and a smile will not leave you; 8) the public is humane and they have mistakes remember that you are doing a great job that not many can do; 9) take time to ask questions and then answer them with pleasure and calmness; and 10) ask one of your colleagues to record your offer (presentation) so that you can evaluate it and adjust your mistakes in the upcoming offers. What happens after the show (presentation) is over?; 1) listen to the opinions of your listeners and write their notes and suggestions; 2) always reward yourself even if you stutter and do not skin yourself; 3) you do not care about people talking, people do not realize you are a hero, and your job is great; and 4) I know that there are a lot of stammers who made offers and succeeded you are no less than them.

8.7 Face-to-face stage / Confrontation phase (2)

Confrontation altogether and we will talk about how to handle the interview. The interview is one of the fears and concerns inherent to the stuttering. It is one of the fateful seconds of his life, especially if she is in the process of looking for a job or applying for admission. At first we must know that living is in Allah's (SWT) hands and that everything is written to us in this life. What are the important points we focus on before the interview; 1) You must have a verbal tech that is suitable for you and an intern; 2) Imagine

success and talk to yourself that you will succeed and be optimistic; 3) Prepare and write your CV as it is one of the most important points he focuses on in the interview; 4) Prepare yourself properly in terms of clothes and the look; 5) Sleeping well before the interview gives stability and peace of mind; 6) Read well about the details of the company and the history and preservation that the interview will be working on; and 7) On the way to the interview, relax and take a deep breath and pray to Allah (SWT) to be good luck.

During the interview, do the following; 1) When entering the interview hall enter with confidence raised head and say hello to the attendees and smile and know for yourself and do not wait until they ask you your name; 2) If your stuttering is of a high degree, try to recognize it in front of them and tell them I sometimes stutter in my words, this worries you, the people who meet you care about your personality and your experiences more than the stuttering of your words; 3) During your talk communicate visually and spread the jerk to the listeners and use the body language in a nice way. Be calm and do not rush in your talk this gives a good impression of you and shows you more confident in front of him even if you are the opposite; 4) When you get a question know about yourself focus on your career and you will send in details but without prolonging it; 5) There are details of the usual questions mentioned in the interview and it is on the Internet try to refer to them will help you a lot; 6) When you get out of the interview, you will be personal, no matter what you are presenting, and consider it an opportunity to face off. And livelihood is in Allah's hands. Now you can practice the interview and apply all of the above before going to the official interview. You practice the usual questions always answer them on your own. Imagine that you are in front of a committee and you answer their questions. And then give a friend or relative questions and ask them to give you an interview and take pictures of yourself during the interview and watch your mistakes, correct them and just training is very important.

8.8 Face-to-Face Stage / Confrontation Phase (3)

8.8.1 Dealing with the phone

When you get a call or when you want to make a call several times increase your tension may be not connect, do not want to reply or delay it. Do not cry a feeling of frustration that you will stutter. It will increase your fear gradually in fact and you

start talking or expect to fail. Remember previous situations in this area and how you failed last time but here are some tips that benefit you; 1) Imagine that you are coming to someone in an interview and you will face the person who talks to you. Take a deep breath and start with confidence and this good feeling as if it is your first experience and you will find words coming out without tension; 2) Imagine that in an interview you reach the phone like it is the hand of your face and be calm and trust say peace on you say your name first this gives you more confidence; 3) When you feel a shortness of breath, you are very happy and part of your words are like peace; 4) Practice on the phone try to call easy people and then you gradually in the force for example start one of your relatives. Apply with him the tactic of speech and calm. Then gradually progress in the force call a friend and then call a restaurant. Then call and promise you one of your relatives and then call and you have a group as in the club will you gradually reduce tension. He has applied this way more than once; 5) Communication is not required or assigned to another person always be the initiator at home and work in response to calls or make them; 6) When you call, be prepared for what you want to say, prepare the expected statements and responses and how to deal with them; 7) The person who is calling does not care the way you speak he wants information and he needs you and you are the strongest party be confident you do not focus on the way you talk focus on the information he needs. Do not think about stuttering even if stuttering will not be the end of the world. Take a breath and start the word again or extend the first letter that stutters in it; 8) during your contacts and exercises try to record a video while you are talking to others after you have finished the call. Do not put yourself down and amend your mistakes in the next call; 9) If you succeed in one of the contacts, repeat the call with another party, this increases confidence and thus increases your fluency; and 10) Do not be afraid of the fractures/pauses/failures this is a normal thing, the important thing is to continue training because fear only goes with a lot of practice and training.

8.8.2 Dealing with sudden or embarrassing questions

The PWS, of course, does not favor the sudden questions he has not been to before or the embarrassing questions from curious people he does not currently have to answer. We encounter a lot of embarrassing questions in our lives that

sometimes leave us traumatized and unable to answer and stutter us while answering these questions. But we must learn and practice how to deal with it without showing any confusion or anxiety. There is a successful mechanism to deal with these questions whether you are asked at a dinner, an event or a meeting. From the tips supporting you next; 1) Collect a lot of embarrassing questions and wrote them in a paper and train to answer them alone in front of the mirror such as question about age, salary etc. Then include in training and ask one of your families to ask you a sudden question and film you during your answer. Then move to a stronger confrontation in front of one of your friends and in the presence of someone else and notice your mistakes. Then go to the Will Club and Will Club members ask you in front of everyone surprise and this training makes you have confidence and courage more; 2) When answering take your time and do not rush to reply and you can ask the questioner to repeat the question even if you have the answer to take more time; 3) Use the body lighter during the answer and visual communication with the attendees, especially the questioner; 4) Use the appropriate verbal technique you have learned to express this question as an opportunity to apply your new style of speech; 5) If the question is not local, there is no harm in the question to be chosen by saying that I do not think that this place or time is appropriate; 6) If you are not obliged to give a quick answer you can postpone the answer that you will answer at another time; 7) Praise the question without giving an actual answer if the question is embarrassing; 8) Question the question and ask for more information on the subject of this question, a good tactic in delaying the question and ask the questioner why he asked him; 9) You could suggest that the question I am asked before is answered by the people, we are not going back to this old subject. Then about the question of age; 10) A joke like if you ask someone about your age and age like 30 say I am 18 and 44; 11) The method of firmness about the embarrassing question is to apologize to him for answering this question, this information especially in me; 12) The method of evasion such as how many salaries and say thank Allah SWT; and 13) Repeat the question again where do you say what is the use of a question.

8.9 Sustainability Phase (4)-Panels

In this video, we will be discussing the last stage of sustainability and maintaining what I have

gained from previous training. The panel discussions and participation are an advanced stage for the PWS, where he becomes more confident and daring to discuss different topics with people who specialize in the field of work or even in public councils or meetings. The purposes of the panel discussions include the following; 1) Enable the PWSPWS to express his views on the panel discussion; 2) Enable the PWS with a formula that is appropriate and thought-provoking; 3) Training of the PWS on the skills of managing meaningful dialogue and expressing opinions that I miss a lot; 4) The PWS recognizes the behaviors of the disabled in the will of dialogue; and 5) Listening to and accepting the opinions of the participants regardless of your conviction or lack of conviction. What is the style of the discussion right? It is a way in which you exchange information, ideas and experiences and the discussion is managed by one of the participants. The questions start from and organize the answers and motivate the audience to participate and the discussions seek to achieve the goals desired. The topic of discussion and the time two weeks before the meeting at the WILL Club shall be determined. You provide participants with key information. The participants will train the expected questions from his face, his point of contact, and then in front of a family member. A friend discusses the subject of the alliance and talks and trains with him on how to answer and use of technique body language.

9. VISUAL COMMUNICATION

And when the panel meeting comes, the member has been included in the confrontation and ready and prepared for the subject well. Avoid during the panel discussion; 1) Dialectic (foreign language); 2) Sentencing; 3) Do not listen; 4) Not accepting criticism and other irritation; 5) One of them got the talking and did not give the others a chance; and 6) Preventing others from talking. And the moderator must do the following; 1) Initiative to put forward meaningful ideas; 2) Cessation of side discussions; 3) Monitoring the time available; 4) Encourage everyone to participate; 5) He expresses his opinion as one of the participants; 6) Coordinates the dialogue; 7) Choose the right time to give information; 8) Encourages the positive attitudes of the views of dialogue; and 9) Listens attentively to the opinions of others. I have to stammer during the panel discussion, may or may not but do the following; 1) Initiative in active participation dialogue; 2) Apply the appropriate technique for

you from the specialist; 3) Using body language and visual communication with everyone; 4) Calm during the discussion and continue to talk even with stuttering; and 5) In any dialogue, whether in the work or discussion, it is necessary to participate, so it is no longer silent.

9.1 Sustainability phase-dealing with events

Social fear is very annoying in the PWS and leads to extreme fear and the fear is concentrated in the feeling that people watch him in social situations where the individual faces people known to him. Or he is the focus of the attention and focus of others, and feels within a circle of light, as if everyone is looking at him. This fear is much greater than the normal feeling of shame or stress that usually occurs in gatherings and even those who suffer from social phobia (fear) may have to adapt all their lives to avoid any social occasion that puts them under the microscope. And the fear that others will be misled, criticized, ridiculed or ridiculed for stuttering.

Solutions include; 1) The PWS has to challenge the misconceptions that dominate the mind when exposed to social situations, and if one is able to challenge and overcome those ideas, things will become easier; 2) Learn skills that prevent from getting embarrassed in emergency situations; 3) Attention to dress and appearance helps to enhance self-confidence and abilities; 4) Gradually meeting others and speaking in front of them loudly, and can start with a small group of people who know them and encourage him. He brings a short speech in preparation well and trains to deliver it in advance and then deliver it to them and repeat it and then start applying in the club in front of a large group and then in the clubs of rhetoric (speech-making or public speaking); 5) It is also possible to step up the work of events such as inviting a friend and applying with him everything that happens on occasions such as welcoming and peace and presenting the occasion. And then starting to invite two people and so on; 6) Include in going to events if with your brother or father in the first to small occasions and then the average and then go alone for small events and then medium and so on; 7) Training on some of the usual sentences on gradual occasions, which are mostly afraid of stuttering with friends and then strangers. Like; a) Peace to a person in front of a group; B) Offer guests for dinner (May God bless you for your dinner); C) Inviting someone for an

occasion at home in front of a group; and D) Permission from the occasion (God bless you). For detailed information concerning various techniques and methods, see these references [23,37-42]. Additional material including Arabic Books concerning this training course, contact the first author on this paper.

10. DISCUSSION

This descriptive study focused on the Will Club for Stuttering and the training course and its modus operandi directed towards adult PWS. Evidently, speech fluency disorders are commonly found in children and persist to a lesser extent in adults and elderly population [1]. Nevertheless adults need treatment interventions including nonpharmacological therapies in order to lead a life without any challenges linked with stuttering. Online CBT administered to PWS additionally improves stuttering [40]. The two weeks training course directed towards adult PWS and delivered by a half dozen speech therapists discusses exclusively speech therapies in the light of several daunting challenges associated with stuttering. The scientific beauty of this course preceded by a comprehensive slide presentation is that this course has well defined vision and mission, values and goals [2] and rightly authenticated by trainees in terms of their success stories [38]. The PWS face a variety of challenges linked with worsening stuttering [43] were very well addressed individually and various techniques that help resolve stuttering were highlighted and the participants were guided to practice at home with family, friends, the Will Club Members and others. Some of the same challenges associated with stuttering were also discussed during addressing various methods, stages/phases of treatment possibly may have further consolidated the memory and knowledge of the participants for correctly practicing these techniques but this training perspective gave a sense of repetition of ideas scattered throughout this paper. This might be considered a weakness or limitation. The strength of this research is that PWS will learn various techniques and methods of improving stuttering during the course and will apply similar modus operandi at home in front of family members or friends in order to master speech fluency and might lead a good quality of life. Some but not all participants repeated this training course to learn robustly about various techniques and methods of managing stuttering at home; however this is normal because all participants do not have same intellectual power

and abilities to understand all the perspectives of this training course. We impress that this training course should be repeated regularly based on the needs of those persons who have stuttering.

11. CONCLUSION

This simplified therapeutic training course tailored and customized by The Will Club for Stuttering directed towards adult persons who stutter is first of its kind in Saudi Arabia and achieved its objectives and goals as well described by the participants in their success stories. We recommend a pre- and post-design study in future to assess the participants' comparative knowledge concerning several perspectives of intervention techniques and methods impacting the challenges linked with stuttering along with the improvement in speech fluency disorder.

CONSENT

As per international standard or university standard, Participants' written consent has been collected and preserved by the author(s).

ETHICAL APPROVAL

It is not applicable.

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COMPETING INTERESTS

Authors have declared that no competing interests exist.

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