

Présentation Sun, snow, flower an anglais

Diapo 1

I would like to thank the scientific comitee of the ECSF for inviting me to this event.

I am a cognitive and behavioral speech therapist, and I am teaching at Université Pierre et Marie Curie in Paris and at Université Claude Bernard in Lyon. My first contact with stammering was trough my brother Rémy when he was a child (he is know presenter on the radio). I stammered myself as a teenager when I began highschool. My youngest daughter Agathe also had trouble with her speech when she was 2 and a half years old. She is now twenty and it fortunately lasted only a couple of months.

I wanted to tell you that because it gave a particular perspective to my work.

Diapo 2

Since 1990 (nineteen ninety) and thanks to Anne Marie Simon who passed me her knowledge, I use the iceberg metaphore by Charles Van Ripper, with my patients and during group therapies.

Diapo 3

And a couple of years ago, I though this iceberg was imposing and hard to deal with...

Diapo 4

And I thought about the sun.

Diapo 5

I was searching for a better therapeutic alliance, and I thought it could be useful for the patient to findthe tools that would make the iceberg melt...

Diapo 6

Patients, children, teenagers or adults find different solutions, each in their own way

For example :

- how to improve fluency ? with the speech therapist, a motion technique, relaxation
- how to gain self confidence ? by working within a group, practicing sports...
- how to dare speaking to the class ? by informing the teacher, the other students...

The patients find those tools reassuring and realistic solutions for each part of the iceberg.

Diapo 7

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But we have to stay realistic and we all know that the iceberg can also become bigger. Even if I really am an optimistic person, we have to be careful...

The snow can be dangerous...

Diapo 8

Tiredness, hunger, stress, bad results at school, un-informed teachers can be negative aspects...

Diapo 9

This concept is quite easy to use, with small kids at school as well as with adults.

Diapo 10

This is a complete iceberg, easy to draw on a paper board

Diapo 11

And when the sun is shining, the iceberg melts and the snow changes into rain, and beautiful flowers can grow...

I think of Aurélien, who is a 20 years old student in engineering, and who gave me the idea of this flower :

« Why do we always talk about the negative sides of stammering ? Why don't we talk about the qualities that we have, despite or thanks to our stammering, and that we also developed thanks to therapy ? »

I thought this was so true that I decided to invent this flower.

Diapo 12

Aurélien has enough self confidence to talk about his qualities, but it's not the case for every patient.

Diapo 13

So, we have to arouse these qualities to reinforce them !

Diapo 14

This is possible in individual sessions but it's much more efficient in group sessions.

Diapo 15

The mirror effect of the group is valuable. It helps the more inhibited people and the patients who are simply not aware of their qualities.

Diapo 16

The stammering flower can also be drawn during sessions with the child and his family. The parents, brothers and sisters' opinion of the child can quickly change. The flower can heal many injuries...

Diapo 17

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In practical terms, you just need to have a paper board, to draw a flower and to write the patients names in its center.

Diapo 18

Then, the patients, with the help of the therapist, have to find the qualities they have developed thanks to stammering.

Diapo 19

Humour, to be always ready to listen to someone, creativity, sportsmanship, better human choices, all these qualities wouldn't be that strong without stammering...

Diapo 20

The flower concept can be easily transposed to give value to anyone who needs to be, who lack self confidence, who is going through a hard time in his life, someone with a difference or a handicap...

Diapo 21

Finally, to exemplify more clearly my work, I would like to show you a movie I made called « Image de soi, regard de l'autre » « Perception of oneself and by others »

Diapo 22

This movie his a portrait of 4 French and African families in wich parent and child have been affected by stammering.

It is to show how perception of others can change thanks to therapy, sun, and snow in these families, and also the beautiful flower which exists in each of these people.

Diapo 23

Thank you very much for your attention.
I am available for questions if you'd like.