

Józef Maciej Roślicki

STUTTERING CAN BE CURED

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Author: Józef Maciej Roślicki

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Translated by: Alina Sarna

Introduction

This book is not a dissertation on stuttering. It is not a manual either. It is a collection of some reflexions and accounts of people who managed to overcome stuttering. Each one of us came across this phenomenon and it activated our countless reactions, mostly negative. If the problem was affecting somebody among our close ones, we started to think what to do with it and how to be of help. Generally however, we used to leave the problem to those affected.

Stuttering or speech impediment that is displaying itself in diverse forms can lead to the situation when the person affected, unable to cope on her own with her/his problem, is often marginalized from society and stays alone. Even if it awakens our human instinct to help, we don't know how to do it, what to do, we leave solving the problem to speech specialists and language therapists, neurologists, psychologists or psychiatrists. Their help then comes down mostly to teaching how to live with this impediment.

Scientific literature in this field mainly describes the phenomenon, classifies it, presents research done, saying very little about the therapy. And almost nothing about effective therapy.

We learn about effective therapy from descriptions found in internet, from letters and comments of those who experienced it. Therapeutic programs of the Center for Therapy of Stuttering in Szamocin is a perfect example of it. It is an unique place, created and run by a qualified speech therapist MA Bernadeta Dziekan-Standowicz. Thanks to her and her work two elements were brought together here: a location and a method.

When describing this unique person and effective therapy I rely mainly on opinions of those who experienced it. What is important is not only that they learned to speak beautifully, but also that they became different people thanks to the therapy. They were brought back into life, and their faith and determination led them into the world of different values, changed their attitude to life, people and themselves.

Stories presented here show how impossible becomes possible.

It is worth to mention about a general principle applied in therapy saying that healing from stuttering is like learning to live anew. This is what I want to write about.

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Chapter I

And it began...

When meeting a main character in story of this book at the end of 2013 I had no idea how much I would experience thanks to her personality and through what she did in her life for others. A train journey I did one day turned out to be a journey into an unknown but how fascinating world. The world created by a person, which emanates joy of life, warmth and openness towards people. What I saw and experienced was not a perfect exercising of one's profession only, but a mission. And why? For the simple reason that her activities go beyond accepted norms and stereotypes of procedure in the speech therapy field. Opinions of those people whom she brought "back to life" confirm that. This is a report of the work of the person who undertakes and accomplishes things that are seemingly unfeasible. At this point it is good to quote Albert Einstein: "Everybody knows that something can't be done and then somebody turns up and he doesn't know it can't be done and he does it."

This perfectly describes the main character of the story in this book, Bernadeta Dziekan Standowicz who holds MA in Polish literature and in speech therapy. She treats speech impediments, but above all she focuses on exploration of stuttering therapy secrets.

She crafted her own, effective way of treatment based on the method of Prof. Lila Arutiunian, a speech therapist from Samara, exploring the subject, looking for ways of curing this ailment. I will write about the method itself later in the book, in one of the chapters. For now I will call the method "a new speech learning". This is what Bernadeta teaches her patients. She reinfuses faith in them in effectiveness of this therapy while learning about the nature of the problem of each one of them. It is very important, as in most cases these are the people that underwent therapy at other specialists who took this faith away from them. And what is even worse, their hope was also taken away. In the Center for Therapy of Stuttering in Szamocin, created in run by Bernadeta, everything starts with giving them hope for starting different life and convincing them that it's all possible, since others succeeded. It is initially served by interviews that take many hours. During the therapy that takes a year and starts from two weeks programs, patients get convinced that they are also responsible for the results. They need to exercise, practice and progress under the supervision of the therapist. What is important is not only exercises itself, but making the patients aware how much stuttering limits them. They also need to get rid of a belief that the problem they have makes them into the ones of lower category, as this causes many unnecessary and bad reactions. How important then is snatching them out of this circle of evil thoughts and beliefs by prompting them at least to seek an answer for the question "what am I good at?" After all, each one of them is good at something. This brings confidence in yourself, in your abilities. Boosts one's self-esteem.

When I listened to Bernadeta's patients, their thoughts expressed in beautiful words and in a correct Polish language, it was hard for me to believe that they were not able to utter any simplest word like "yes" or "no" before the therapy. But I could see it in the famous filmed "truth film reels". It's good that I saw them after the finished therapy or else it would be very hard for me to believe in the effectiveness of this therapy. How much power is then in the person who convinces others that impossible can become possible. Therapy in Szamocin is not only a "new speech" learning. More important is that the patients discover new layers of goodness in them. That they discover it and raise in their self-esteem. What an incredible personality is someone, who is able to make it real.

A "sorceress", "miracle worker" are all terms that often refer to this person. You will become convinced about it by reading this book. It is not all a bed of roses, because as Albert Schweitzer once said: "Anyone who proposes to do good must not expect people to roll stones out of his way, but must accept his lot calmly if they even roll a few more upon it". Much of it you can find in the center in Szamocin. The more you should bow at the creator of this extraordinary work. When thinking about the phenomenon of the Acacia Mansion I need to say that three elements got

connected here: the person, the method and the place. I will show it to you further in the book.

Chapter II

Opinions of experts

Here I will present what I found in an academic textbook “Stuttering” by Zbigniew Tarkowski, published in 1999.

The author of the book confirms that he presents his own view in defining the issue by assuming that “stuttering is a function of speech disfluency and its associated responses, individual or social.”

Further in the book we learn that “stuttering itself is not a problem. It may hinder the achievement of individual and social objectives. A solution to the problems lies in modifying the objectives or the removal of obstacles. For this we have a model of stuttering therapy that assumes the integration of speech disfluency training and psychotherapy”.

According to the author of this academic textbook and his referring to the opinions of other researchers on this topic, it is still not resolved if the stuttering problem is:

- a symptom or set of symptoms,
- an illness or a symptom,
- neurosis or its symptom,
- verbal communication disorder or learned verbal behaviour.

Most characteristic approaches say that stuttering is:

- a disorder of fluency, pace and rhythm of speech due to excessive tension of the respiratory muscles, the phonatory and articular apparatus (according to other researchers),
- speech disfluency resulting from non-compliance (incoordination) of muscle movements of the speech apparatus, which can be accompanied by anxiety reactions and excessive muscle tension (Engiel 1976, Van Riper 1982),
- pausing in speaking, when the person who stutters knows what he wants to say, but cannot do so because of the involuntary repetition, dragging or blocking of sounds or syllables (Andrews and others 1964),
- disorder in the flow of verbal expression characterized by involuntary (heard or silent) repetition or prolongation of sounds or syllables, which occurs periodically and is not subject to control (Wintage 1984).

Further in his arguments the author refers to the definitions of other researchers of this topic and says that they are only descriptive.

Bloodstein (1990) came to an interesting observation, when trying to bring down the definition of stuttering to three ways, which are:

- stuttering is what the specialized observer defines,
- stuttering is defined by other terms that are defined by yet other terms,
- stuttering is what the stutterer recognizes as his/her stuttering.

In his opinion definitions of stuttering are neither true nor false, but only more convenient in one way or the other. He also states, that he cannot imagine studies that may confirm which one of the ways of how stuttering is defined is more important, whether in the eyes of the observer or the author of this terminology. There are four criteria for describing and identifying the disorder, that cross with each other: linguistic, physiological, psychological and sociological. After trying to come to final definition of stuttering that comes from bringing together those four criteria we can present as follows:

“Stuttering is disfluency of speaking, caused by excessive contraction of respiratory, phonatory and articular muscles, which is accompanied by a variety of individual or social reactions, that are disrupting interpersonal communication.”

This is what we briefly learn about the definition of stuttering. The choice of treatment is a major problem in the therapy of stuttering. There are many methods described here in the mentioned academic textbook, often very diversified. Methods of Gutzman, Froeschels, Ferman-Horn, Van Riper, Shechan, Frazer, Lieberman and its descriptions are meant for professionals,

therapists of people who stutter. Programs of therapeutic procedures based on those methods have been developed.

The formulas of those procedures however are so confusing and difficult to understand for the average recipient, that there is no point in describing them here.

At this point it is worth to quote from the summary presented by Zbigniew Tarkowski: "Techniques, methods and therapeutic programs presented were partially verified empirically. The study did not demonstrate unequivocally, which of those procedures of working with the people who stutter are most effective ..."

Here we come to the problem of efficacy when talking about different methods. We experience it when we come to the therapy in the Center for Therapy of Stuttering in Szamocin. This is the therapy that can be described by one single word: EFFECTIVE.

When a child stutters

Film about activity of Help Center For Families of Stuttering Children that was aired by Polish Television in February 2013 brings closer problems of children who stutter and feelings of their parents. We learn about the problems that the stuttering people face from comments made by hosts of the program.

Michael Palin and Eleine Kelman speak generally about the symptoms and causes of this phenomenon, about its diversity and reactions it causes. Their arguments come down to a thesis, that the problem is in the minds of stutterers.

When they show a group of children taking part in two weeks therapy in their center, they put forward some conclusions, that can be brought down to one statement: there is no magic cure for stuttering, but there are ways of controlling it. One needs to really want to work on it and be able to live with it. This is what they teach in their center. When summing up the two weeks treatment, Michael Palin says in the last film sequence:

- one needs to talk with stuttering people, it helps them,
- the center allows children do something they would not do themselves,
- they were taught acceptance for their stuttering,
- the program they underwent brought self-confidence in them.

Presence of parents is an important element of successful therapy. By getting to know the problem they reach the cause of stuttering and that makes overcoming it easier. The staff of the center say that stuttering is related to the structure and functioning of the brain. Parents are not the cause of stuttering, but they may be part of a solution of the problem. Stuttering is formed in the mouth and causes loneliness of the stuttering person. Because of this he is not able to integrate with the environment.

In such a situation presence of parents is prerequisite. Showing appreciation for the child is also very important, as well as discovering in him and convincing him that there are other areas of life, where he is the one who is the best.

When progressing through the stages of the therapy participants learn smooth, slow speech by following the therapist. A crucial word in it is the word TARZAN. Further parts of spoken sentences are built based on it. Participants repeat it first after the therapist, then they do it unassisted. Slowly and smoothly. During the therapy children are taught how to come out of their shells, their safe zones and start integrating with the environment. Important is they don't give up despite initial setback. That they stay open to other people, to the world, confident and courageous.

Results of the therapy, even if it turns out to be not fully satisfactory, teach participants that stuttering can be overcome and that it doesn't have to be an obstacle in fostering one's other abilities, skills or talent.

The statement made by the leaders of the center, that technique alone does not eliminate stuttering, is important. You have to want it. In a sense, it is about leaving it up to the person alone, giving her the knowledge about the problem and teaching how to live with stuttering. Without eliminating it, and without giving even hope for curing it.

Adding opinions of other experts in this field to a short description of the film leads to one conclusion: stuttering is incurable.

If it is true or if it is to be so – we will find out from the next parts of this book.

Listening to the researchers of the problems created by stuttering one can easily come to an final conclusion, that one cannot recover from stuttering. This however is opposed by the method developed by Prof. Lila ARUTIUNIAN described as “A METHOD OF PERMANENT SPEECH NORMALIZATION”. This method proved to be very effective and is successfully used in the Center for Therapy of Stuttering in Szamocin. The creator of this method speaks authoritatively and convincingly about the treatment carried out there. Bernadeta Dziekan-Standowicz is her student. She added her own personal predispositions to the method, creating also a place, where the therapy leads to a complete cure from stuttering.

This is not rejecting stereotypes, but her skills with the consequent therapeutic procedure combined.

The therapy itself will be described in following chapters of the book.

“MEDINKUS” therapy program

One of participants of the therapy program in Szamocin gave me a leaflet advertising another therapy program used in the Center of Hearing and Speech “MEDINKUS”. I don't give an address of this center deliberately, as its program can be brought down to a statement, that stuttering is incurable.

The introduction part of the leaflet is followed by two parts:

I. How to help a person who stutters:

1. Take the person who stutters as a partner in conversation and listen to her/him carefully.
2. Accept the way of expression of the person who stutters.
3. Don't interrupt and don't speak for the person who stutters (this is a sign of impatience and deprivation of freedom).
4. Don't show nervousness, pity and anger, allow the person to finish.
5. Keep eye contact during a conversation

II. For the person who stutters:

1. Specify exactly your problem: what you do when you stutter, how you behave, what are your thoughts and feelings.
2. Always try to speak wisely, no matter if stuttering occurs or not.
3. Introduce all changes in your life slowly.
4. You don't have to hide your stuttering– it is not a contagious disease.
5. Take a risk of conversation.
6. Stutter openly and do not try to hide the fact that you're a person who stutters.
7. Your open attitude and a positive self-image helps you get free from fear.
8. Try to talk as much and as often as possible.

By reading only those two parts of the center offer-leaflet we can come to two conclusions:

- the staff of the center doesn't cure problems of stuttering
- they teach only how to live with stuttering.

Therapy program used in the Center for Therapy of Stuttering in Szamocin stands in contradiction to all this, because cures stuttering effectively and permanently (irreversibly). The therapy teaches a new speech, that we describe further in the book, particularly when quoting opinions of persons cured.

Freudian stuttering of the King of France

This is a subtitle for the film “How to become a king”, directed by Tom Hooper in 2010.

The film tells the story of King George VI, struggling with his big problem, that was his stuttering. It tells also about unconventional treatment methods used by the speech therapist, Lionel Logue, who was not a doctor, but the actor who unlawfully awarded himself the title. Therapy methods he used might seem shocking to us, because how to explain ordering a king that he reads

aloud the works of Shakespeare with the loud music in the background or forcing him to curse.

Speech therapist's provocative behavior towards the prince and later the king seem to be out of place, but reducing or removing distance forms friendship bonds based on trust. Continuous questions asked to the king, like: Why are you such a wet blanket? Why do you stutter? are not questions about neurological reasons of his ailment, but rather of psychological nature.

It would be good to describe at least some of the scenes from the film, so that we might come then to final reflections and their connection to therapies applied nowadays.

A method based on eg. relaxing by smoking a cigarette and reading a text with one's mouth full of glass balls didn't bring any results except the prince getting nervous. A distance brought by the relationship the prince - his therapist and his subordinate also played a role in it.

So applying unconventional methods that Lionel, the speech therapist – actor used, changes this relationship. Suggestion to address the prince by his name, even by a diminutive of it - Berti creates specific bond between them.

Prince Berti talks about his stuttering, that started when he was 5. When asked if he stutters also in his thoughts, he answers: “When I speak to myself, I don't stutter. When I have to speak in public, I stumble, I cannot say a word”. Big difficulty for him is that when he speaks in public, he must do it as a king, who is a head of the Church at the same time. This causes another, unimaginable tensions in him. He ends the therapy with Lionel, the speech therapist, and becomes alone in ascending the throne and in a conflict with his own brother. He fears a coronation ceremony.

In such circumstances he apologizes and returns to his speech therapist. Lionel orders the prince that he forgets about his fears, because “Every patient fears returning to a therapy.”

Reading a New Year message in public, in a complex political situation in the world at that time, is the biggest challenge for the prince. So that the prince is not alone in this situation, Lionel who is with him at that moment suggests him: “Talk to me as to your friend.” It happens so, and the speech delivered by the prince slowly, with pausing that creates special moments, becomes even more authentic and meaningful. Thus the king overcomes himself.

This very eye-opening movie brought some reflections to me, that have something in common with the therapy in the Center for Therapy of Stuttering in Szamocin.

I am totally convinced, that the relationship between a patient and his therapist are most important. Those specific friendship bonds, friendliness and shared faith in effectiveness of the therapy are paramount. Only then the therapy can be applied, with awareness that it is not about using magic spells but about prolonged period of exercises. This in turn depends on will, consistency and even determination of the patient, and also on a regular supervising provided by the therapist. Those specific bonds of friendliness (that don't exclude rigorous requirements) guarantee successful therapeutic action.

Reports that I heard from those who undergone first stage of two weeks therapy in Szamocin, were not the same may be, but were not devoid of tension and emotions. A slow and smooth speech was grounding them in conviction, that it is worthwhile to follow the rigors of that therapy as well as having hope and faith in effects of the therapy, and experiencing them at every stage of the work.

The difference between the therapy shown in the film and the real one, used nowadays in Szamocin is that the first taught how to avoid stuttering, while the latter teaches a new, smooth speech. A speech than can be learned, when you get rid of whole old tree with its roots, that is: disfluency of speech, anxiety and emotional disorders. To win, to be kind of Napoleon Bonaparte.

It is important that you cannot accomplish this by learning alone from an audiotape or a video. A real live contact of a patient and his therapist is needed, that is based on trust and friendliness, and even on mutual human love.

Effectiveness of the therapy of the Center in Szamocin, that is based on Prof. Arutiunian's method, is enriched with years of therapeutic experience. Therapeutic activities are grounded in a relationship: a patient - a therapist, which is confirmed by numerous letters of thanks and contributions coming from those, who learned A NEW SPEECH there. It helped them to become different people, changing their personalities and opening them to their true value inherent to them,

covered by their cripple defect.

We can see in the film about King George VI, that even if his personal speech therapist was by his side all the time, the problem of stuttering was not eliminated. The king was taught how to live with this problem and how to function, especially in a public life. Similar methods are still applied in many therapy centers.

When we look not only at the therapy alone that is applied in Szamocin, but also at the results it brings after the therapy is over, we can see its effectiveness resulting in a complete elimination of stuttering. Exercises recommended to the patients, when done individually at home help them to ground a new speech. This new speech learned during therapy is an important element of their new life, that opens for them.

The film (it was aired also in a television) reminded millions of viewers about the role that stuttering can play in one's life, making communication with environment impossible, particularly in situations when speech determines human worth. A king who is the head of his country can be accepted by his subjects when he has any other disability excluding stuttering. This king had a help however – a friendly speech therapist, and that's why it was easier for him to overcome his weakness.

How many people are there, that were not given a helping hand? Thousands of them have to live with their disability that pushes them down to the periphery of life, to the area of lower category people, to be trapped in one's own crippled world. Such people are not able to arrange their lives the way they dream about, they hide their personality from others, not being able to show to the world the beauty inherent in them. The speech therapist helped the king to surpass himself, unfortunately not eliminating his stuttering problem. Even today, seventy years later, after the ruling times of George VI many specialists teach how to live with stuttering, claiming that it is incurable. The more then we should bow at those, who eliminate stuttering in their patients, using unconventional, but effective methods and teaching them a new, beautiful and smooth speech. Life of every human being is the same important as a king's. Everybody desires to fulfill his role in life. It depends largely on how he are able to communicate with the world.

Chapter III

The person

Presenting the person, Bernadeta, is most difficult. She devoted herself fully to her profession, improving her skills and creating her own school of therapy for the treatment of stuttering. At the same time it is her life passion. She created a school – the Center for Therapy of Stuttering “Acacia Mansion”. Certainly, her personality plays a major role in it.

When we try to describe that person, answers to these questions want to be found: Where are these individuals coming from? What personality traits influenced the quality of the profession they practice? Can you learn all this improving your skills only?

It is written in a horoscope of Bernadeta that she is brave and strong like a bear. Her patroness, Bernadete from Lourdes, is a patroness of shepherds, the poor, the sick and the mocked because of their limitations.

Thousands of people come to Lourdes, looking for healing not only of their bodies, but their souls, trying to find strength to endure their suffering. Many of them experience miraculous healing, that science is not able to explain. I put this example here on purpose, because the words “a miracle”, “a miracle worker” appear quite often in letters from Bernadeta's therapy patients, who experience effects of her therapy.

Many think so based on their experience, when they were not helped by any speech dysfunction specialists before. Moreover, those specialists strengthened a conviction in their patients, that it is impossible. Those people found their way to Bernadeta's center, not being convinced much at first, some of them desperate. After first meeting hope has woken up in them already. With time faith that impossible will become possible came. Experiencing friendship and warmth they were given there laid a foundation for that. Friendship with all participants in the therapy, but directed and received by each one of them individually. Being open to another human being, respect and warmth are important in it.

Sensibility and delicateness need also to be mentioned here. These are very important when you work with people, whose stuttering made them retire themselves from other people and the world. Their awareness of being a worse category of people builds up and enhances itself with a sense of being useless, even if they are treading their own life path putting lot of effort in it. It is essential in such a situation to convince them, that they are not worse than others. It becomes possible, when they see it is possible to overcome their disability and somebody who is friendly and cordial will help them.

It is not enough to be a perfect coach or a perfect teacher, one needs to be able to go into the depth of the problem. Of course, pedagogical and educational skills are indispensable, but how they are used is important.

Artistic sense and aestheticism are important factors that make the base for exploring another, beautiful world. The world of new values, where the patient himself becomes a value, newly discovered one. Stories told by Bernadeta, apparently unrelated to the therapy, are used as a tool to this exploration. As well as meetings with other people, who already underwent therapy. And beautiful language they use for describing their experiences convince even the most skeptical person.

Perfection in working with patients should also be noted. Such an attitude is a model for them, and it justifies eliminating any kind of mediocrity. You can be and you are the best, in a field chosen. So be the best in your speech, new and beautiful one. Lot of discipline is needed for that, but what is important, working on one's speech brings joy when we see that it works. There is one expression repeated by those who continue the therapy individually following the rules set by Bernadeta: I can do it.

This is the crowning of what they were given during the therapy, that started from giving them hope, faith in the therapy results and awareness that even if it is difficult, it is within the range of

their capabilities.

Chapter IV

Let the facts speak

I took part in many stages of therapy in the Acacia Mansion to learn about this therapy method. I got to know the participants, starting from the first day of therapeutic meetings. I got to know the people there and how their disabilities manifested, and their personality changes happening with time. Everything can be brought down to one word: effectiveness.

Let those, who experienced it, speak.

Jacek i Marzena – doctors. He is a surgeon-oncologist, she is a neurologist. Parents of 14 year old Janek, who has been stuttering from his first days in primary school. They have sought help of speech therapists, psychotherapists, but with no effects. They looked for many methods, wanting to help their son. Their opinions are interesting, as they are specialists treating other people and they wanted that the treatment of their son is effective. Jacek says that there is sort of suppression of other speech therapists and their methods in the world of this profession. What adds to it is that society, or the environment is not grown enough to understand the problem of stuttering, not mentioning successful curing, and the person who stutters is left alone with it. All speech therapists, with emphasis on “all”, send their patients to read the manual titled “How to live with stuttering?” Unfortunately, there is no manual titled “How to overcome stuttering?” As a doctor he thinks that an ability to show the negative impact of the disease is most important. As a person who took part in two weeks therapy of his son, and evaluating it, he thinks that the most important in it is:

- it is a family therapy, that brings personality changes in a patient and in his parents as well,
- it is psychotherapeutic as it is a group therapy, and this form of therapy is important to allow each participant open up internally and get convinced by observing others that one is not alone there with his case, that one can overcome and change negative personality traits that go along with stuttering,
- each participant is approached individually during therapeutic group exercises, which helps him see both positive and negative examples in other participants,
- the therapy teaches also to look at the world around us from a different perspective, to look for positive relationships and behavior, and boost one's self esteem and faith in one's abilities.

It's good to quote a fragment from their letter that they gave to Bernadeta after their two weeks therapy in Szamocin: *We came here with big hopes that by joined forces we would succeed together in overcoming our son's stuttering. As for now you didn't fail in fulfilling our expectations. We are grateful for your work, great energy, warmth, understanding and patience, with which you taught us how to overcome stuttering. In fairy tales when heroes have difficult moments, good wizards and fairies arrive with help for them. Good God put you on our way. Of course, we realize that we will not overcome stuttering of our son Janek using magic wand and that a year of hard work is ahead for us. We will do it!*

These words confirm the fact that they will be given a reward in the form of cured son, from the moment of giving them hope through work and faith in the possibilities. Their son, Janek, writes in a letter to Bernadeta: *stuttering really bothered me at school, disturbing my contacts with friends. I have always had many buddies, but it was often annoying me when some of them were gossiping about me behind my back. Now I've finished the first stage of treatment and I feel much better than before, not only because I am sure that I will cure from stuttering, but also I am in a better mood. I can speak more slowly, but without the fear that I stumble. I can say what I want, because I'm a lot more confident than before the treatment. Thank you for helping such people like me.*

PS. We can see after a year the therapy proved to be effective. We are very satisfied.

Marzena and Jacek Kargul
Szamocin, 25.01.2013

Dear Mrs Bernadeta!

A human being is a social being. He fulfill in a society his basic needs like eg. communicating. My "old speech" was not allowing me to be a real human being. It was not allowing me to enjoy life fully.

I've been stuttering for 17 years. My life was terrible. I avoided speaking in public like a plague. I was afraid of going to shops, to a post office or any other office. But with time I learned how to live with it. I came to terms with my stuttering. Although not in all situations I could do well. When going to a shop, I planned full phrases in my mind beforehand. I chose words, so that not to stumble. It helped a little. But one certainly cannot live like that. It was very tiring way.

My social life was very limited. I had low self-esteem. I got to know many girls over the internet. When I wrote emails to them I was exuberant, I had many topics to talk about. When it came to a meeting in real world, the girls had the impression that I'm a completely different person. I was very silent, did not say anything. I was afraid that they might find out about my stuttering and simply run away.

The therapy program ends tomorrow. I really don't want that tomorrow comes! I don't want to say goodbye to those wonderful, friendly people, who want the best for their children. Mrs Bernadeta... You have already cured so many people from stuttering. You have the gift of healing hands. No words are able to describe what I feel right now. I know that I can achieve all my dreams with your help. I know that it is the best investment of my parents in my future.

You have a great patience, humbleness and lots of experience. I have not met a person yet who is able to explain things so perfectly. One can listen to your calm voice for hours. I'll really miss it. If I succeed in life, it's only because you cured me of stuttering. Thanks to your therapy my self-esteem is likely to grow. In short...only good things.

PS. February 2014. Therapy has changed my life. I became a different person. I don't fear challenges. It also taught me to be consistent in the exercises done at home. Thanks to it I feel much better when getting in touch with people. I think that curing people from stuttering is your destiny. May you never cease to do this because you made an art out of it, something perfect.

Kamil Szczęsny
Złotów, 25.01.2013

Dear Mrs Bernadeta!

I am very fortunate that I found out about your therapy and could participate in it with my son. I have lost all hope that Michael would ever speak normally as we all are.

He began to stutter as a little boy. In the beginning we visited a speech therapist, a psychologist, but with no results. They said it might just go away, when Michael is less nervous. But how are you not to get nervous when you cannot utter a single word, everythings clogs up in your throat. Who does not stutter, he does not understand that.

It was hard for me to look at my son, how he suffers. He clammed up, he didn't want to go out anywhere with his colleagues, or to go to camps. He became shy, avoiding crowds. He wanted to be at home all the time, because here he could feel safe.

Michael stopped caring about anything, he abandoned thinking about future plans for his life. According to him, it would be the best idea to finish school and stay at home helping my husband.

Michael is very vulnerable and sensitive, and he could do more. If only he did not stutter, learning would be easier for him, he would have more willingness.

Therefore, I decided to take up the fight and come to you. I want that my son has achieves something in life, that he goes out to the people, becomes brave, not afraid to embark on a journey. I also am a shy person, very few places I visited, so I know how much of those beautiful places and experiences my son can lose if he gives up and doesn't take the fight with his stuttering.

Thank you very much, because what you do for my son and others is something beautiful. You have so much inner peace, understanding and love, that one can be envious and wish only to learn this from you. As I recently read : "To love means to wish everyone what you wish for yourself - health, prosperity, blessings of life."

And that's the way you are. Thank you!

Katarzyna Wiśniewska

Dear Mrs Bernadeta!

I don't know how to write letters, because I've never wrote any to anybody. I can remeber only once, during classes, when we wrote a sample letter. Now we have mobile phones, but I don't use it much, because I stutter.

I have many friends at school, but I feel safe the most when I am at home, because I'm not nervous there and I'm among my closest ones, who love me.

I came to you, because in two years time I will be changing the school and the environment. And that's where I would like to stutter no longer and feel free to go to the cinema or to disco with my colleagues. I want to become brave and strong like Napoleon, to confront evil. I think I will attain that with your therapy.

You helped me believe that I had so much strength inside which would help meet my expectations. Thank you!

Michał Wiśniewski

Dear Mrs Bernadeta!

The hair stands on my head when I think that if not the coincidence, we would never meet you. What's more, looking for help in the internet we could have found a pseudo speech therapist, who would rekindle hope again, and it would only turn out to be unsuccessful. A real tragedy would be if an irresponsible doctor stood on our way, and pointing to the authority of medical knowledge he would try to convince us that stuttering cannot be cured.

We have been witnessing incredible things for almost two weeks. Promise made by you during our first consultation meeting, there there is no stuttering that you would not handle, got fulfilled literally before our eyes. Those sad children that we came with to Szamocin, turned into joyful beings, because they finally, for the first time, got real chance of a complete cure. We had a chance during the therapy to observe your huge professionalism, knowledge of the craft, but also your extraordinary personality. Listening to the stories of your daily work and many years of success in your profession, only this comes to my mind: "Hats off to a great woman".

Let me end with a small reflection - "intellectual elite" of this world has an official standpoint, that stuttering cannot be healed. Many daredevils who took the challenge to cure stuttering, were only able to offer their patients the way of functioning in life, but with stuttering. Rejecting an idea that you are a miracle worker I have to admit you are a remarkable person. Both you and your teacher in Russia should be awarded a Nobel prize. Eventually, this prize was awarded many times for more trivial achievements.

With best regards,

P.S. February 2014. Anne gained confidence in keeping the rules of the therapy, and we can talk about success now, although not always has she been consistent and systematic in doing exercises. Your personality has made it happen.

Anne's father, Szamocin, 25.01.2013

Dear Mrs Bernadeta!

I would like to thank you very much in this letter for bringing back hope for a normal life without stuttering.

I'm really so happy that I could participate in this therapy, which allowed me to learn many new things. I think that I am able to calm myself down using breath and that for sure will help me at school and in my life. A slow speech with using a hand scared me at the beginning and seemed very difficult to me, but with time I learned it. I think that this therapy, in addition to a beautiful speech, will give me confidence when I talk with another person, with the help of the Napoleonic posture and eye contact.

I promise I will not waste the knowledge that you gave me, and that I will practice faithfully.

Ania

Dear Manageress!

I admit that at first I was afraid of this therapy, the period of slow speech and silence. I knew you would help me cure from stuttering, yet I had some reservations about it. Fortunately, my willingness for the treatment was exceeding all the rest... and that was good.

When I met and talked with people in our group, I knew that kidding is already over. One block? Two? Ten? Numbers don't matter – stuttering is stuttering– so in any case, I did not try to compare with others.

Already during the first practice I noticed that speaking comes easier for me. I can admit that during the period of silence I forgot about not speaking a few times, and during the slow speech I was speeding up. However, you helped me make a decision that such behavior is irresponsible and must be fought.

I don't have blocks now and I hope to keep it up like that. All keep their fingers crossed for me. Now, I'll do my part and get rid of stuttering.

With gratitude,

Marcel,
Szamocin, 25.01.2013

Dear Madam!

When I watched the recording, I was very dissatisfied, because I stuttered. During first days here I guessed that there would be a work for me to be done. But I will do anything to cure from stuttering. Now I know what to do to speak beautifully.

Thank you, Mrs Bernadeta, for the rules. I promise to keep them.

Greetings,

Radek

*I believe that everyone will succeed
because faith does wonders.
During the course in Szamocin
thanks to the therapy like in the family
I know what protects from stuttering:
avoid fast talk,
regulate your breath,
keep "the crack" between your lips,
speak using your hand and don't hurry
all this is not a torment.
That speech is beautiful and perfect,
rules, that she gave us, must abide.
Who wants to cure from stuttering,
must practice regularly.
Without constant practice at home
nobody succeeds in overcoming stuttering.
Mrs Bernadeta gives iron rules,
you must obey them, there is no other way.
By your big power and strength,
you cured thousands of people.
I believe that my son will join this group,
overcomes stuttering with support of his parents.
I wish you lot of success,
that each patient achieves his goal,
yet more people cure of stuttering,
may you wake up in them their beautiful speech.*

P.S. February 2014. The therapy helped my son, there are visible results, although he practices less at home. It's good that there are those check marathons, that help us to persevere in doing the exercises.

Katarzyna Joniak (mom of Radek(11))

Twin stars

Magda & Monika, twin sisters from Poznan.

Similar to each other like the proverbial two drops of water. Similar to each other not only in appearance, but also in character traits. They have been going through life on their own since they became adults, which is not easy. They could seek support only in each other. They graduated from university working in university library and reading room. They've been living together since they became independent, understanding each other well, while their family didn't understand their problems, not only those associated with stuttering. It can be summarized as follows: you both graduated, you have good jobs, what else is there that you want. With this they were put into a box for people of lower category, that means those who live accepting their disability. They had a speech impediment, their stumbling, and that was a problem not only at their work, but also in public life. Mere laconic statements were not enough for them. How, for example, to present a speech at a conference, especially when you have so much to say? How to overcome nervousness, even fear attached to the uncertainty of being able to make any comments? It was a continuous stress, and even avoiding any contacts with people.

When I listened to how they were expressing themselves at the beginning of the two weeks therapy in Szamocin, in front of others similar to them in having speech difficulties, I was struck by their determination in striving towards eliminating their problem. They knew it required doing the exercises, and that they wanted to persevere because this new speech would first of all change their personality, attitude towards life and people, and would open new life perspectives for them, and allow their dreams come true.

When I spoke with them two months after the therapy, it was as if I was finding another, new persons. Full of girlish joy, smiling and looking at the world with optimism.

During the therapy, which is carried also in their everyday environment, when they use this new, slower speech, they cause surprise and interest in others and a lot of friendliness towards them. People with whom they stay smile at them, listening carefully to what they have to say. This new speech is an award for them, it eliminates all sort of annoyance it was causing before. They are happy that people smile at them more often, as Poles are generally grim people.

They know already, after this short period of the therapy, that it would be even difficult for them to return back to their old stuttering speech. Their determination grows on that, and even a year after the therapy they still decide to do exercises, because they are pleasureable for them.

They hear each other's beautiful speech, reading daily texts aloud and talking a lot, without stress that they won't be able to express something. Monthly meetings in their therapy group with which they started the therapy allow them to verify their own accomplishments, complementing it with experiences of others. It's good that those meetings are in a group of friendly people who know each other. It is very important despite the fact that the problem of each one of them was somewhat different. Everybody participating in the therapy was able to enjoy his/her own achievements, and at the same joke about his/her imperfections. This vibe is created by a "good spirit" of the center, whom Bernadeta is, as she approaches each one individually, and most importantly, talks to them about their problems with cordiality. This doesn't exclude her being rigorous, which only helps her patients to completely eliminate shortcomings in their new speech.

They say: *She is our greatest trustee of our worries and joys. We haven't been experiencing that in our own family. We also help others, clearly seeing and understanding their problems. We write poems that are a document for our philosophy of life. Here is a fragment of one of them:*

Life passes quickly and every day is significant, that's why people need to be given even small things or a good word.

Only those, who started a new life can say that. Only they can discover a new, better world and describe it in beautiful words, and understand this world better. They want to change their life for better, achieve what was their dream. They are convinced about it even when 40 years of their life has already passed. They will design gardens because is there anything more beautiful than that? They will design it and see how they grow, they will describe their beauty in their beautiful language, that they learned in Szamocin.

They are the stars of this place, they changed their personality, shining more and more with their joy of life. They will bestow it upon others. We can be sure.

Magda and Monika, twin sister, who changed their personality by changing their speech, will also change their life, making it more beautiful. This for sure will happen. They will make many others happy, because they are the stars of the world they rediscovered.

It's been a year now after their therapy – they don't stutter.

Mrs Bernadeta!

My father picked up the phone. A few words of welcome. He replied that he had a client at this moment and cannot talk. He lied. I'm sure. He was waiting for this moment for half of his life. His eldest son speaks normally. And no longer has to be afraid of talking to the other. He can introduce himself to the others, provide for his own life, take care of his own happiness. Coming to Margonin, I didn't expect that a day would come, that I would not be afraid to go to a store, an office, a bank or pick up a phone.

Despite my twenties, it was only a few days ago that I really started to live and feel what it means, also fight for what is mine, and not let thoughts of defeat come to my minds. For this new birth - thank you!

Robert Wypych
Twardy Dół, 10.09.1998

Dear Mrs Bernadeta!

As I cannot be at today meeting, that ends our struggle with this terrible monster, stuttering, I would like to write a few words. Words of gratitude, although I don't know if I am able to find such words.

Our family was born again thanks to you. I will never forget that year, when we were overcoming hardship of therapy, but were doing it together. I knew from the very beginning that it is a priority for me, something that is most important at that moment. Despite many responsibilities, Sergiusz was doing really well and with each day he was rediscovering how beautiful it is to speak without blocks, how easily it can be expressed what his thoughts are at any moment. As a mother I was always envious when looking at other parents, whose children were just running up to them and saying in a few seconds what they want, what are their worries, what they want to share at that moment. It was so natural for them, and my heart hurt, because my dear son couldn't do it...

Mrs Bernadeta, we thank you very much, from the bottom of our hearts, that you opened a new world for my son, a better one, colourful, interesting and with no secrets... All can be done, achieved, all can be asked for. A world without barriers. Wonderful! It was my dream that Sergiusz is able to share all his knowledge and eloquence with others. Thanks to you this goal is closer, is achievable for him. This therapy makes our deepest dreams come true, and in a sense it made us fulfilled as parents. Thank you!!!

Marzena and Jerzy Romaniuk

Chapter V

From email letters

This therapy has changed my life.

Now I can fulfill my dreams and professional aspirations. It was 2004, I was 26 then. And now I am an university lecturer.

This is real. I wish everybody success and perseverance – and it's worth doing it!

Greetings for Mrs Bernadeta.

Marcin from Żywiec

My son Maciej was participating in the therapy with me many years ago...

in Margonin and the results stay until today. He is 23 now. As his mother I can say it was the best investment in his life. That's why I recommend this therapy to everybody who has such a problem, as we had years before.

Thank you and sending my greetings

Małgorzata
(from Biała Podlaska)

Hello!

A year has passed since my 13 year old son Daniel finished therapy of stuttering in Szamocin. It was a family therapy by nature. I could see how my son's confidence was growing with each day. After a year long therapy he speaks beautifully, he doesn't stutter, and he doesn't have any blocks. He overcame his fear from speaking through perseverance, and a lot of work and faith in himself. Thanks to Mrs Bernadeta Dziekan-Stnadowicz my son found a way to a better life, and I am very grateful for that.

Greetings

grateful mom
Iza L.

Dear Mrs Bernadeta!

I would like to thank you for giving me this chance for another life.

Thanks to this therapy it's 10 years now since I've started living and functioning as a normal human being. Only those who went through it would understand it, and you of course, Mrs Bernadeta. A hundred times thanks to you for the chance given to my eight-year-old son. Unfortunately, when he was 4 he started to stutter after his sister was born! Thanks to your help, hard work and your big heart we overcame this problem. Today Maciuś is a wonderful, joyous boy, he forgot about his stuttering completely. Mrs Bernadeta – it is as if I was given a third chance, a third life!!!

Thank you from a bottom of our hearts!!!

Mom (10 years after therapy)
Son (3 years after therapy)
Ewa Zając

It doesn't even come to a mind of a person, who's never stuttered...

how big this problem is. It's beyond understanding how a person who stutters feels, the same way as a healthy person would never understand how a paralyzed one feels.

Fear of opening one's mouth, fear of speaking can paralyze. Then avoidance of such situations starts, and lack of willingness to make new friends or joining a simple conversation even. The best thing would be to curl up and die, then no one would bother us.

The fear has been accompanying my every step for nine years. I rarely volunteered to answer during lessons, a simple thing like asking about the time was a real trouble for me. I could feel a

block in my head. Constant pressure was overwhelming to me, I even started to slouch. I hated visiting a speech therapist, it was irritating me, I couldn't see any progress after the work we did together. My parents tried to help me the best way they could. Once they even bought a device called a Digital Speech Aid. I don't recommend it, especially for children. Although it seemed to me that it worked in the beginning, but it was probably placebo effect. The speech aid is cumbersome, you need to carry it with you all the time, and a mike attached to your collar and huge headphones were funny to me, not mentioning how funny it was to the people around. Seeing that my parents are doing anything they can, I assured them that the speech aid works, and that improvement is clear. Well, it was a lie. The speech aid didn't help me even a little.

Everything changed, when my father found an information in the internet about the therapy led by Mrs Bernadeta. First it was a two weeks program for the people, when both me and other participants learned a new how to breathe and speak. Then, after those initial two weeks, we had to speak in a slow pace for the next three months. Then, after those three months, we were able to speak smoothly, without blocks, but still one-hour-long exercises needed to be done every day.

I really don't know what would happen if not this therapy. Now two years after it is finished, I can see the world in a completely different way, I can speak without blocks, what was impossible before. It's my immense gratitude for Mrs Bernadeta, and I can say that she changed my life completely. For better.

Mrs Bernadeta, thank you with all my heart.

Szymon Dułak, 2012

The therapy with Mrs Bernadeta had a family mode...

it was helpful not only for my son, but also for me. I was never able to get by with my son's stuttering. I couldn't understand, why it struck just our family; it was a big problem. Szymon is a talented child, but because of his stuttering he was not able to express it. He preferred reading books over contacts with other children.

We walked from one speech therapist to the other, but with no results evident. We found out about a digital speech aid. When we acquired it for our son it seemed in the beginning that this is a final solution to the problem. Unfortunately, after an initial improvement the stuttering came back. The digital speech aid let us down.

One day my husband found a website of Mrs Bernadeta's therapy. All the positive feedback that we read about it brought hope for us. So we started a rehabilitative holiday, at that time still at the Margonin resort. It was an amazing experience. First we were taught again how to breathe, then time came for learning a new, beautiful speech. Each day led me very deep. Bernadeta's calm speech was filling me with peace of mind. I believed in chance for a better fate for my son.

I could watch how my son's faith was growing, how he could speak like other people do, with no stuttering. My son was gaining confidence, he became my hero.

I remember the day when we went out for so called "questions" for the first time. The exercise required that Szymon goes out shopping unassisted. He succeeded, he spoke using beautiful and calm speech. It was the happiest moment in my life. I felt like shouting for joy and thanking God, that He put Mrs Bernadeta on our way.

At this moment, two years after finishing therapy, Szymon doesn't stutter, he speaks beautifully, without blocks. I feel immense reverence for people, who do their work with passion, who by their calmness, composure and hard work give faith in a better tomorrow. Mrs Bernadeta is such a person.

Lucyna Dułak, Szymon's mom

My son was subjected to speech therapy in Szamocin...

My son, Wojciech Krupinski, born 2003.09.19 was subjected to speech therapy in Szamocin in the Center for Therapy of Stuttering, The Acacia Mansion. The therapy started in February, 2011. It e in a standard way, that is two weeks of continuous practice led by Mrs Bernadeta Dziekan-Standowicz, and then monthly meetings for a year.

Before he started the therapy my son stuttered in a way that was significantly impeding his communication and functioning at school. I can say that my son Wojtek got completely cured from stuttering. Before that we made attempts of treatment at other speech therapists, without any result. I am a doctor by a profession – a surgeon specialist working in Clinical Department of Vascular Surgery of Public Clinical Hospital No. 4 in Lublin.

Krupiński, Lublin, 2012

Our son, Wojtuś, experienced his First Holy Communion recently...

We've been preparing for that day for a long time. We were learning catechism, attending rehearsals, inviting guests and doing everything needed to be done. Wojtuś was given a beautiful and responsible task and during the mass he sang Allelujah as a soloist and read the prayers of the faithful. He did both very peacefully, looking up at the audience, with relevant punctuation - like an actor.

There would be nothing surprising in it, if not the fact that a year ago Wojcio spoke very slowly, with one hand, doing eights with a hand, that means according to Mrs. Bernadetta's speech model. Wojtek was practicing two hours a day, and he was repeating movements with his hand in his sleep: a beeeatle caaame to a laaadyyybuuug ... It was a year ago.

And two years ago our son was not able to finish a word, repeating syllables, sounds; nobody except us, parents, wanted to listen to him. Even his grandparents chickened out and didn't pay attention to what he wanted to say, because it was so difficult to listen to him and understand this super intelligent and incredibly witty boy. Neither his colleagues nor a shop assistant wanted to listen to him. Sometimes it seemed they treated him like a retarded. He who has such a problem knows such feelings and such emotions. Thanks to the skills and huge commitment of Mrs. Bernadeta, and exceptional thoroughness and perseverance of Wojtuś in exercises there is no trace of stuttering today. REALLY!

When Wojtuś began to sing or read during communion mass I also took deep breaths with my diaphragm, also sang in mind that soft "a", as if I wanted to store a bit of air for him, in case he runs out of it before finishing a sentence. But it was really enough for him what he was doing!

A year has passed since the therapy and Wojtuś actually forgot all about stuttering. His colleagues laugh when he tells jokes (no, they don't laugh at him, they laugh at jokes!), his grandparents are delighted by his accurate riposte, he is life and soul of the party at children's events, his smooth-tonqued sister cannot get a word (we often hear: - Wojtek, shut up!). Mrs Bernadeta, I gave birth to him, and thanks to your therapy you helped him to come into existence anew. Somebody might say that I am exaggerating, but please believe me – I know perfectly well what I'm talking about.

Anna Krupińska
Lublin, May, 2012

Hello,

we would like to thank warmly Mrs Bernadeta Dziekan-Standowicz, a qualified speech therapist for what she did for our daughter Monika. Thanks to Mrs Bernadeta's therapy Monika has become an open child, without her hung-ups. She became self-confident and believes that she can pursue her dreams linked with poems recitation.

Visits to many speech therapy clinics have not been successful, only the therapy done by Mrs Bernadeta led to a sensational result, for which we are very grateful.

Once again we thank you very much for everything and wish you continued success in your career of a speech therapist.

With greetings

Ewa and Robert Czajkowscy
(daughter 3 years after therapy)

I started thr therapy of stuttering four months ago...

and I thought that it is a right time to write a few words about it, especially for those people who, like I once did, wonder about starting this therapy.

The biggest difficulty for me as a person who stutters was my relation with environment, that was subjected to constant disturbances. Inability to express what I wanted at a particular time and place was generating in me a sense of artificiality; I felt that I cannot be fully myself, that I have to play someone other than me all the time because of my problems with speaking. For me it was a serious internal problem known only to me and nobody else, because of my withdrawal and uptightness.

I haven't been saying what I wanted for some ten years, only choosing what I was able to, and what at the same time was as close to what I really wanted to say as possible. This sentence might be amusing to some, but it is not to somebody who understands the essence of the problem. Extensive system of dodging, fast matching of possible accurate synonyms, continuous attempts to change the word order in a sentence (all this was done to increase at least a little my chance for getting off my chest what I wanted to say), in return for all that heavy, constant stress, time lost, millions of unwanted thoughts, fatigue – this is how in short I would describe my old speech mechanism. Problems with the simplest things, such as introducing myself, saying a few words about myself, saying "good morning" or "good-bye" – were creating a collection of absurd constraints accompanying me in my everyday life. On the other hand, I knew that something can be done with this problem for sure, because I could feel that I am able to speak smoothly, but for some reason I cannot achieve that. I made a decision about starting the therapy when I was writing my master's thesis. I knew that sooner or later after graduating new challenges would appear on my way (much more serious than writing and defending the thesis), and I would have to face and overcome them. The prospect of new challenges on a new, unknown territory motivated me to take a final decision to start the therapy in Margonin. There was only a question: when? Before defending the thesis, or after it? Choosing a date for it would not be such a problem if not my concerns about the period of slow speech. On one hand, starting therapy during the time of writing the thesis would entail defending it during this period of slow speech, on the other hand starting the therapy after graduation would be an unnecessary waste of time for me, and I would not avoid this time of slow speech anyway. So I decided that optimal solution for me would be starting therapy as soon as possible. Today I know it was a good choice, I defended my master's thesis during my third month of therapy.

When comparing my situation before the therapy with my current situation I can say that the most visible change done by the therapy is a LUXURY first of all – the ability to say exactly what I want to say. That is what I meant. If I put the decision about the therapy away for later, I daresay I would defend my thesis, but for sure with greater effort and stress, while doing an extra, unnecessary work, as it has been so far in similar situations. Instead of preparing for defending the thesis contentwise, I would supposedly spend most of time on examining the possibility of replacing the "inconvenient" words by other words (while certainly there would be such words, which can not be replaced). Today I know that my fear of slow speech was just a natural fear of something unknown, and slow speech itself is nothing scary comparing to logophobia. In addition, during the defense of my thesis an opportunity appeared for starting my doctoral studies (I can admit that I did not take this possibility into account before for obvious reasons). Thanks to the fact that I made my early decision to start the therapy, more paths are now open for me.

As I mentioned at the beginning of the letter, I see the problem of stuttering generally as a distortion of the proper relationship between the person who stutters and his/her environment. In my experience, life that is consistent with with your inner self, openness to people, authentic genuine smile – this is the key to natural and joyful relationships. Positive conviction about what I do is very important in this, as well as being certain about corectness of my actions, that I take on (e.g. my therapy). Finishing this, I would like to present to you my goals that I wrote on a piece of paper, when going to the first consultation to the Lady of speech therapy:

- get rid of logophobia,*
- gain confidence in speaking,*

- *break the improper habits of speaking,*
- *regain my true, smooth speech.*

Although my therapy is still in progress, I can already say that I accomplished these goals. Of course it required, and still does, my own engagement in the course of therapy. The most important fact is that my stuttering was independent of my will in the past, while my current, new speech depends only on me, and I know this - the implementation of several principles learned and trained during the training in Szamocin ensures smooth speech without logophobia and sets me free from my old, unnecessary anxieties. Therefore, I think that we should not be afraid of a change for the better.

Artur from Wrocław
5.11.2009

Dear Mrs Bernadeta!

It's a year now since we've started this marathon together. I assure you that we will remember this period of time to the end of our life, because it changed life of our entire family. It is from your side that hope for us came, and then we went step by step, with great perseverance, towards realizing our targeted goal.

Let it stay in the realm of memories, how difficult it was. Today we are all very happy when we see our son who doesn't stutter now.

Thanks to the therapy we reclaimed our joy, our son became a different child, the one who believes in himself and is happy. He came back from the world of loneliness, insecurity and intolerance. Today he is able to get by, he knows how to help in difficult situations, and above all he has a lot of plans for the future.

We, as parents, know that he will get by, although we will watch him and support him in each moment, but what he has already received and what we learned ourselves on this occasion – this is just wonderful. We are very happy all together and each one of us separately – thank you.

We had a lot of luck in meeting you and participating in the therapy. We wish you lot of success, joy and perseverance in what you do and faith that you meet expectations of those like us, who came seeking hope and received it.

Yours faithfully,

Barbara i Andrzej Ratajczakowie
with son Krzysztof
Poznań, 09.02.2001

Dear Mrs Bernadeta!

And yet this miracle prayed for since long has happened - our son stopped to stutter, he is normally functioning teenager, without his inhibitions that had been discriminating him earlier among his peers. His life changed completely, he became a happy, confident teenager.

This all happened thanks to your wonderful method of treatment, your patience and warmth you emanate. Me and my husband would like to thank you for all that and wish you happiness and perseverance in multiplying the outcomes of the therapy, that is patients grateful for curing them.

Zofia and Andrzej Świerczyńscy
Żary, December 2000

My experience with speech therapy

I wanted to help my son get rid of stuttering so much. I've been trying treatments at different speech therapists for a few years. Unfortunately, to no avail. We were helpless, powerless. We reconciled ourselves to this problem. Two weeks of the therapy in Margonin became our last chance, and Radek was qualified for it after a preliminary consultation. This is how we came to Margonin on 25th September 2000. When going there I had doubts about my presence in the therapy. Soon I understood that. When speech of my son was recorded I understood that stuttering is a disability making it impossible for this 22-year-old student to start his adult life, which is so full of unpredictable, difficult situations. I also understood that by being in the therapeutic classes

with my son and participating in all of them I would be able to supervise all recommended exercises.

All exercises were based on earlier detailed explanation of their purpose. Everyday classes, even though taking a long time, were not monotonous. They were intermingled and varied.

I am very happy that I could also make use of the therapy. I don't stutter, but after going through those exercises myself I became stronger mentally, and became more self-confident. Now I know how to deal with stress and face difficult situations. I think that methods I learned will help me also in my life.

I know that I had to go through my son's difficulties in the therapy with him to be able to understand and support him during a year of treatment.

I call this therapy a miracle. I am not able to tell a definition of happiness, as it has many variants. For me happiness now is my transformed son, Radek. He was born again, with his new speech and psyche.

I don't have to be worried about his future. I believe that with his diligence and ambition he will make it to the end of the therapy and will get by in his life. What can be more beautiful for a mother than her smiling, happy son, with joy in his eyes.

Providence has made it, it has put such a wonderful, warmhearted, kind and committed to us human being on our path – as Mrs Bernadeta is.

Barbara Jundzill
Margonin, 06.10.2000

I've been stuttering since I remeber.

Nobody has to bring it to my attention how difficult it is to live with it. I've experienced enough of humiliation for 19 years to be an authority in that matter.

When I found out about the therapy that brings concrete, positive results I saw a chance for me in it. Therapy turned out to be succesful. Thanks to your dedication, my commitment and support of our the whole therapy group, I don't stutter today. And for that I thank you and all the group.

Mikołaj Urban
Margonin, 1999

I am charmed and delighted with results...

of two weeks of therapeutic holiday in Margonin. Wonderful flowers bloomed from our full of hung-ups, tensed and sad children. Today, only after 12 days, we look at those all smiles faces, resolute and talkative. They are able to speak beautifully, they laugh and joke as if they've never had any problem. And also we, as parents, changed our attitude towards life thanks to this wonderful relaxation.

Marzena Szczerbińska
Margonin, 19.12.1998

Dear Mrs Bernadeta,

when I think about the therapy I attended with my son, I always think of you as of a person who doesn't divide children into healthy ones and those sick ones. For a few years now I have been told that everything that could be done, has been done. My child was using a language that was incomprehensible for others, and now he speaks clearly, so what else do I want. I was enjoying his achievements in every field, but I always wanted to help him, if possible, in becoming even better. This was the reason why I wanted to try it, without long thinking, after only hearing about the possibility of treatment of stuttering. When I was leaving Szamocin after meeting with you, I couldn't believe that Szymon got qualified for the therapy. You saw his tension and his stiff fingers and you knew that you would have to work with him more. But you are not choosing only easy cases. You want to help every child that needs that help. Thank you for you BIG HEART.

The therapy is exceptional. I was going there with great hope, but also many doubts. I was afraid that Szymon might not get the better of exercises. Today I look into the future with ease and calm. I

know that Szymon is a conscientious and diligent person, and your work on his speech has brought already wonderful result. The therapy corrected already smoothness of his speech, taught him how to relax. My whole family makes use of those exercises. And one more important thing. Szymon is thirteen and during all those years he slept only a few whole nights. He used to drink herbal teas and syrups to sleep (he was under a supervision of a neurologist and psychologist all the time), recently he even started taking pills. It was helping him to fall asleep, but was not removing his problem fully. He used to wake up at night and had long breaks in his sleep. At the end of first week in Margonin he was able to sleep already whole nights. I put away all the pills and herbs. Szymon sleeps well without his previous problems now. This therapy cures not only stuttering, but also other problems of stuttering persons. Moreover, the vibe during the therapy is nice, pleasant and helps much in overcoming difficulties. I am happy that I could participate in it.

Alicja Tulińska
Luboń, 20.07.1997

Dear Mrs Bernadeta!

In the beginning I would like to thank you for these wonderful two weeks spent in your center. Thank you for a lovely room overlooking the lake, wonderful atmosphere, warm words, for understanding, and above all for all the advice and tips on how to live better, speaking beautifully without blocks and stress. I am full of admiration for you, for such an individual approach to each patient. With you I felt like another, more confident and appreciated human being.

These two weeks have made me look at the world in a completely different, better way than before. You're not only a great speech therapist and a psychologist, but also a wonderful, marvelous woman with a warm heart. I am happy that I had a pleasure to meet you and thank you again for all wise tips on how to proceed and be a different person.

I know that the coming year will be groundbreaking for me, and thanks to you my life will change for the better. This time spent here will remain in my memory forever.
Yours faithfully,

Tomasz Niewiadomski wraz z rodzicami
Szamocin, 14.06.2013

After the therapy in Szamocin I can see the results. They are possible to achieve, because I know the rules for individual practice, which I strive to do.

Chapter VI

Talks with people brought back to life

While learning about the the Center for Therapy of Stuttering in Szamocin, I also met people who have finished a year long period of the therapy. Their views are the most authoritative and convincing. It is not just the curative glorification, but obvious conviction about how they have changed thanks to the therapy there. It's not just that they have learned a new, beautiful speech, but also that their personality changed. How they became different persons, as this is what we can bring all their arguments and opinions to. It is worth to bring it all here at least for one reason - to show that impossible can become possible. Their contributions confirm the interdependence of three elements: a person, a method and a place.

Personality of the person leading this effective therapy is the most important, which comes to the fore in contributions of of interviewees.

The method is also very important, especially the conviction that it is effective.

The place, its vibe, the location away from the hustle and bustle of the world, being among friendly people who share a common goal.

There are three words: faith, hope and love. Rules of coexistence between people should be based on them. They are actualized among people.

Let those who have experienced it speak, those who experienced common love of one human being to another in need of help. Isn't it what we need in the modern world?

It is worth quoting Clemens von Brentano, who said: *Only love understands the mystery: bestow on others and become rich yourself.*

One more truth needs to be added here: *Your worth is measured by how much you help the other.*

One of the participant, when asked about describing the leading figure of the center in Szamocin in shortest words, said: SSBL. When asked about deciphering this shortcut, she said: Short Stature, Big Love. What else to say?

Adam – 42 (when he started the therapy he was 42, now he is 48)

He is an example of a man who professionally deals with the study of people with speech defects. He underwent treatment in Szamocin himself. Member of the Faculty of Health Sciences, Medical University of Łódź, holds a PhD there. University lecturer. His scientific and statistical study corresponds well with the therapy performed in Szamocin center. He conducts his research there too, while being a classic example of a person cured from stuttering. Leaving aside his research, as we will find out about it in the future scientific papers, let's focus on the results of the therapy that he underwent.

When asked about his feelings about the therapy, he says: *I noticed mental and personality changes in myself already during therapy and after finishing it. I became open in dealing with people, with students whom I teach. My friends also noticed positive changes in me. I became a different person, confident and full of joy.*

It is true, as when trying to describe him in one-sentence definition, I should say - the man of smile and joy. We did not talk about the symptoms of stuttering, because it would require a broader study. It is worth to mention them, however, relying only on questions asked in the survey developed by him. So here are the symptoms he describes:

- repetition of syllables or repetition of words,
- lengthening of some speech sounds (vowels more often),
- hand, head and torso motions, but uncoordinated with speech,
- hands clenching and excessive sweating,
- head shaking, uncoordinated movements of the head,
- escaping with one's eyes from an interlocutor,
- covering one's face with hands, flushing or turning pale,

- rapid heartbeat,
- multiple symptoms at the same time.

Only somebody who is not only an expert in this field, but experienced all this himself could map out such a classification of symptoms. No reasoning is needed for anybody to know how difficult for him it was to function not so much in his personal life, as in a professional one. We didn't talk about the therapy in Szamocin itself, believing that I would know it by watching other participants there. When asked what is most important in it, he put it simply: Mrs. Bernadeta's personality.

Coming back to his personality changes after treatment, here is what Adam says smiling, smoothly and quietly: *I practice my speech every day, mainly in the morning. Loud and correctly. After the therapy I see myself more than others. I get rid of negative thoughts. I still speak slowly, especially during the lectures. On one hand, it gives me the time to think about what I want to say, on the other hand, a listener can better comprehend the content of what I say; then we become understandable better for each other, and so perfect in this.*

When asked about a recipe for not losing all the effects of the therapy in the future, he says: *Apply the principles of the new speech. Use selected exercises for a lifetime. Don't be afraid of listening to one's own voice, know that a scream is also a form of the therapy. Speak slowly, smoothly, and thereby clearly and understandably, even if such a speech can put somebody out of his patience. Do not react to others saying: "Speak fast, no time to waste." Speech should be an element of respect, and should show this respect in contacts between people. In my practice I finish every talk with a smile and a thank you. It's an expression of respect to the other. Please pay attention to how Bernadeta expresses herself through speech, even when saying a simple "good morning". You want to listen to her immediately. In my classes with students, where I use a "new speech", we departed from a model that they HAVE to listen to me, to a model that they CAN.*

When asked about what therapy in Szamocin was for him, he says: *I was restored to life. Through a new speech I discovered the beauty of the world, that I hadn't been noticing before. Here I learned a new, beautiful life.*

Mateusz

Twenty-six year old men from Świętochłowice in Silesia.

A materials science engineer, graduated from the University of Technology in Gliwice. He runs with his father a steel processing plant, and they are the co-owners of it. They produce, among other things, semi-trailers and bulky trailers. They employ around 120 people. They created their company from a scratch, starting from his father's locksmithing business. Their company is their passion and the most important goal in life. He owes everything he achieved professionally to his father, and has a deep respect for him.

Shared life passion, persistence and consistency in action enabled him to complete the necessary specialized higher education in order to be useful in their family business, to attain the heights of the profession, to be competitive in the market, not only in the country but abroad. That was a full success.

There was a problem however. Stuttering... Even if earlier in his life it was not that pressing on him, as studying and working concerned more him and nothing else, later it became a problem, needful of solving it. Not having too many reasons for stress at home and in his family, he was able to deal with it somehow. But when he became the person representing his company - then the problem, which he naively thought he would handle himself, arrived again. At the age of 12-13 he sought counsel of a speech therapist, but without much effect. His laryngeal stuttering with all its stumbling and blocks was bringing frustration, anger at himself and humiliation. He began to doubt in meaning of such a life, considering that he had to speak often when participating in professional public life. Stress, a sense of helplessness were making him angry, leading him to darkest thoughts. He was looking for a way out of it, seeking help of speech therapists and doctors. Unfortunately – in vain.

By a pure chance he found information about the center in Szamocin in the internet. When a\I

asked him what had took him to go through his therapy here, he says: *Mrs. Bernadeta's voice when she talked with me. A voice, which had some angelic peace and sincerity in it. After the conversation with her I knew that the proposed therapy will be effective. Her calm, equanimity and the ability to convince me that we would overcome my problem together, filled me with hope and trust that I could become a different person. I was becoming this already there, in Szamocin.*

He says that other important elements of the therapy are: *showing videos with the effects of the therapy of other persons after 3 months or after one year, and then showing how the same individuals spoke before the treatment. Now I look at the video of my therapy, and I don't believe that it is about me.*

It should be noted that Mateusz, with whom I spoke a year after the treatment, talks about it using beautiful speech, with no trace of former stuttering in it. The way he speaks show a person who is able to say everything he thinks and feels. In his opinion, speech that is smooth and slow is beautiful. It is also convincing to a listener, giving him the feeling that he is taken seriously and distinctively.

Whom he owes the success of his therapy to: *...of course to Mrs Bernadeta, her calm, equanimity and sincerity in teaching us next elements of the therapy. My girlfriend, soon to become my wife, gave me huge help. On behalf of both of us I came to Szamocin to invite Mrs Bernadeta to our wedding and reception. It will be joyful. I will raise my life's glass there for restoring me to life, that is beautiful if we describe it in a beautiful speech.*

P.S. When I met him half a year after his wedding, I saw a nice, joyous man, talking as if he had never stuttered. Confident, being an amazing head of a large company, managing a team of a few hundred workers. His company, DEMARCO, has a strong position in the world, as well as he has himself.

Sabina

Single, 28 year old, holds a bachelor's degree in sociology. She was a manager in a coffee shop.

When asked about her reflections about the problem, she says: *It was difficult for me to be a manager while having a bad contact with the environment, because of my speech defects.*

Because of this she changed her profession and a place of living. She works now as a saleswoman in a clothing store. She has a boyfriend in England, and she wants to have a certificate in English. She decided to do the therapy in Szamocin claiming that it was her smartest and most important step in her life. *Before, I was very nervous, which was related with my stuttering.* Even now, after a year of the therapy she can't believe that she doesn't stutter. She knows that in order to ground it, she has to practice. She promised that to herself.

At the end of the year long therapeutic marathon she wrote a letter addressed to Mrs Bernadeta. Here it is: *This therapy not only fulfilled one of my secret dreams, but allowed me to fulfill the next one. With this treatment, I feel that I am myself. I say what I want and I do not hesitate, how to say something and not stutter. First of all, I say - good morning - that was my biggest problem. Now I do not think whether I will be able to say "good morning" after entering someone's house, or if there is an intercom at the gate of my friends. Or all this pretending that I don't notice somebody, avoiding him or running away when seeing already from a distance the person to whom I would have to say "good morning" . Now answering phone calls and phone talks make me happy. The day is not a constant struggle and tension. All those continuous thoughts – will I say it or not - don't accompany me any more. Nowadays, when I go to sleep, I don't think about the coming day, about next words that I need to add to the dictionary of a person who stutters. There is no longer such a dictionary.*

Thanks to this therapy I regained inner peace. I not only changed my attitude to myself, I am not so tough to myself. I've become firm also, I do not agree on everything the way it used to do before, even my sensibility is quite different. I just feel stronger. Year of the therapy flew so fast that I almost can not remember the beginning.

Mrs Bernadeta, thank you for your patience, care and understanding. As I said earlier – you have a positive impact not only on my speech, but also my soul.

What can be added to this letter? We should be just glad about the fact that the world has got such a beautiful, valuable person.

Lukasz

An accountant, financial analyst from Poznan, age 29. After a year of therapy.

When we watch a film together, starting from the beginning of his treatment, it is hard to believe that this is a movie about the same person. We perceive his previous big stumblings, protracted aaaa... or oooo... as if it did not concern him as that person who is in the film. After a year of therapy, there are no blocks, although he speaks fast. During that time, he was afraid that something could go bad. Being inherently lazy, he owes much to his fiancée, who was forcing him to practice at home, as a necessary part of treatment effectiveness. He owes a lot to her, and now he knows that the entire treatment period of one year was not wasted.

When asked about the story of his stuttering he says: *I remember myself struttering from the age of five. I practiced with a speech therapist at primary school and cured myself of that partially. Unfortunately, two years later stuttering returned, intensified even. On finishing high school, I chose mathematics for A-level exam, because not much speaking was required during that. If not that, I would choose English. It all intensified in college. I couldn't be independent when taking a job. So I worked only with my mom. I saw myself as a hopeless case not suitable for normal functioning. I found a job, and even an interesting one, but there was a basic requirement - no stuttering. It was then when I decided to go to a therapy and went to Szamocin. I didn't believe in it much, as I was in a similar therapy before. Similar by name, but different in course of the therapy. A result - no effect.*

So what is it that makes szamocinian therapy different?

Personality of Mrs Bernadeta, who leads the therapy. She planted faith in its effectiveness in me. She didn't hide the difficulties that I would have to overcome. Identifying my shortcomings, she gave me the impulse to exercise. She controlled my progress every three months. I had the impression that she treated me in a special way, individually, although part of follow-up meetings took place in the therapy group. Participating in this group mobilized me. I began to speak smoothly, although slowly. I changed my job and the environment, in order to cast aside this bad period of my life. Start a new life, more beautiful. I work at the housing department. I am in touch with people, and meet them at different levels of emotions. I am calm and composed, and I know that I will be able to reason my arguments the way that is convincing and credible.

So you became a different man.

Yes, I can say so. My personality has changed, I discovered a new world of values. I made a speech at my wedding without any embarrassment. Those who knew me before, couldn't believe I was the same Lukasz.

What advice can you give to those who started therapy?

First of all don't give up. Believe that you are able to be guided by the principles of the therapy and exercise yourself. Persevere for one year and then look at yourself and discover, how you became a different person.

Pawel

A resident of Turek, unmarried, 40, works as a locksmith.

His friends sent him to the therapy in Szamocin seeing his positive qualities like: honesty, integrity and accountability, but above all, his loneliness. He was an example of an acute case, unable even to utter the words "yes" or "no". How to live with it? Perhaps for this reason he finished his education at the trade school level, although he was very good at work.

Describe your life ordeal.

It was easier for me at home, as my brothers and sister also had speech problems. With this we understood each other. It was already worse outside my home. And it was tragically bad at school. I was alienated. I received some help from a speech therapist, but without any effect. So I lived in my crippled world until I found myself in Szamocin. At first I did not believe in the effectiveness of the

therapy conducted there. But I believed in it after the "exam" in the city, when I finally could communicate with different people. Using words rather than gestures or writing. I realized the importance of different exercises done during the program, but above all, the way Mrs Bernadeta taught us how to use them. Learning, exercises and tests. Classes in the group, which made me increasingly convinced that it is worth to meet the challenge. What was also important was how I was taken individually, with understanding, but also consistently, sometimes even strictly.

You have completed the treatment period of one year. What now?

I became a different man. I am open and more breezily walk up to other people. My friends are surprised at the results of the therapy. Paweł, physically the same, and so different. Maybe I will no more be single.

Paweł's friend – Marian, who saw his problem, sponsored his therapy in Szamocin. When asked why he did it, he says that his life philosophy is that to be good for another person is not about talking only about it, but really helping him. He is happy that Paweł became a different, beautiful person. He opened up to the world and the people. It was a good investment.

Józef - a father and **Mateusz** – a son

Both two years after the therapy.

Józef is a mechanical technician by profession. He runs his own construction company in Nasielsk. Mateusz - 11-year-old student. They are already both after one year long therapy. They speak correctly and quickly as everyone else. They learned this.

The father came to Szamocin in disbelief for the effectiveness of the therapy. He regrets that he didn't find his way here already 10 years ago. It would be easier for him in his life, he would feel more confident in being with people. When he gets angry in a conversation, he helps himself with exercises he learned like a breath or hand movements.

What was the most important discovery of the "other" Józef?

I can speak wiser with my speech slower. I focus on the content of the words spoken and not on whether I will be able to utter them. My stuttering forced me to achieve my goals by going my own, crippled way. It was difficult. Now, after the treatment, I am a different person.

And how about Mateusz?

Maybe he still does not have a deeper motivation for practicing the exercises. He is accepted by others at school and I'm afraid that he might abort the exercises. That's why I consistently follow the rules of exercises that Mrs Bernadeta gave us. I am happy with the periodic therapeutic meetings in Szamocin. I may not have her skills, but I know that I cannot squander all this. We have changed here in therapy, and so we might be able to change our lives through it.

I am convinced about that. You will discover a new, valuable world.

Chapter VII

After a year of the therapy

While I stay in a szamocinian center I talk with mothers of children who have completed the year long period of the therapy, and met together at the final test to listen also to further recommendations of the therapist.

Before coming to the test each child was given the assignment to carry out a two-minute conversation with a stranger, from outside of the immediate family, and register it on an electronic device. It should be noticed that those interviews were done by children whose age ranged from 6 to 19. On one hand, this test was to check their speech quality, and on the other it was to prove how they changed their personality during this time. When asked for assessment of these tests, they used the rating - 4 and 5. They were more critical in comparing the material of other children in the group, than their caregivers - parents.

When asked about what after-treatment changes they consider most important, most of them list gaining self-confidence. Another important element is the joy that they can speak nicer way and that they gained control over, or even forgot about their old stuttering.

Some of them, especially in interviews, spoke quickly, without stumbling and stuttering. I think this was because they wanted to show it better to themselves and to others what they can do. Some have used finger gestures in the conversations, what gave them greater confidence. They want to continue meeting in the group after this period of three months, not so much to test the effects of the therapy, but to show their "other self" to the group of colleagues.

It's worth presenting moms of those patients who have undergone this year long therapy.

Barbara – mother of 6,5 year old Karolina from Poznań

Our daughter began to stutter a year ago, without being aware of her limitations. She used to start a sentence smoothly, but then began stumbling, and then more and more. We sought help of a school speech therapist, who advised treatment. We placed our daughter in the Department of Phoniatrics in a hospital in Poznan. There she was even denied of further treatment. We were devastated. We didn't give up however, and we got to Szamocin. I came full of hope, and after the first interview with Mrs Bernadeta I was filled with faith in healing of Karolinka. I participated with her in all stages of treatment, practising prescribed exercises at home. Now I can say it was all successful and I can be happy to see my daughter changed.

Ilona – mother of Adam, 12

Adas had different phases of stuttering. He already started speaking when he was 3 years old, although using his own dialect. He spoke unclearly and incomprehensibly, and he also was stumbling. Children in the kindergarten mocked him, so he felt alienated. This situation deepened, forcing us to do something about it. Visits at a speech therapist were down mainly to pronunciation of sounds, but it did not benefit at all any improvement of his quality of speech. It's been said by all that he was a heavier case. Now I can see how he changed after the therapy in Szamocin. He became open, more active and is able to manage his speech. To be more confident, he uses his hand when speaking. His interview with the nurse, recorded on his mobile video confirms that he learned the "new speech", but in my opinion he speaks too fast.

Patrycja – mom of 13 year old Weronika

Weronika as a small girl was fast in her speaking. Problem with stuttering added to this when she started attending school. It was hard to understand what she says. She has been meeting alone with a speech therapist for several years, and I was given from him only exercises written down on a sheet of paper. Unfortunately, the exercises didn't bring any result. I sought help, and found information in the internet about the Center in Szamocin. Here, after the first interview, I learned

about the effectiveness of the therapy, and took responsibility for part of required exercises. After follow-up meetings I already knew that VVeronika would speak the new speech, what became true.

Renata – mother of 19 year old Paweł from Poznań, this year's high school graduate

Paweł didn't stutter as a small boy. It all started only in high school. It surprised us all. He, the boy with wide interests in world affairs – was slowly shutting himself up. This caused him to be excluded at school by his classmates. His stuttering used to diminish during summer holidays, but didn't back down. Facial skin disease added to this. We were heartbroken. Paweł searched the internet himself for help and this way he found the Center in Szamocin, where we went. It was a good decision, I can see it from the progress he does in the therapy. He is able to speak smoothly, although a bit slower, and speaking with help of his hand, may be not necessary any more, but makes him self-confident. We believe that he will go for his A-level exams without stress and will pass it.

All mothers, when asked about their opinion about the therapy in Szamocin, talk about Mrs Bernadeta and her methods as a person with incredible skills, and charisma. They say, for example:

- *children want to come here for the next therapeutic meetings,*
- *Mrs Bernadeta is a constant support for them not only at the meetings, but also in phone conversations,*
- *it is visible that she cares about curing each one of them,*
- *she teaches children self-confidence, and that they believe they can,*
- *she is not only an excellent speech therapist, but also a psychologist and Polish language specialist,*
- *she has understanding of the subtleties of pronunciation of each one of them,*
- *it is amazing how using a "reprimand" can be motivating for the patient, who accepts it without any grudge.*

Participants wish to meet each other in Szamocin even after completing a year of the therapy. Bonds of friendship grow among them, regardless of differences in age. They are a community of those, who were brought back to life. They probably want to learn the beauty of Polish language from Bernadeta, and through it become more beautiful themselves.

It is 4 years now after I finished treatment of stuttering in Szamocin. My speech changed immeasurably. Before the therapy, I was not able to go through such "trivial" situations like buying something in a shop or ordering something in a restaurant. Not mentioning even poem recitation at school - I was not able to utter a word. Sometimes I happened to buy something different at a store, because I was not able to pronounce the name of the product. Now I talk freely with my colleagues or strangers.

Mieszko Dobek
Szamocin, 26.10.2013

I participated in the therapy of stuttering in 2009. My stuttering was average or strong depending on circumstances. Therapy with Mrs Bernadeta has finished with success. I am now 37, I've been stuttering for 17 years.

Michał Pielat

Chapter VIII

About the method of Prof. Lilia Arutiunian

Bernadeta's work is based on a method of Prof. Arutiunian. Describing this method of permanent normalization of speech developed, and - more importantly - proven in practice, we can conclude that it is a method curing patients completely from stuttering.

The professor compares it to the tree with bad roots that need to be pulled out. All at once, and single-mindedly. The three roots are: speech disfluency, anxiety and emotional disorders, and hiding this defect.

It is obvious that trees are slightly different in each case, they have additional smaller roots and offshoots, and that's why the therapy is to destroy them all, so that a bad tree, which is stuttering, withers away. Only then one can learn a new speech.

Observing the two-week treatment phases in Szamocin one can notice how many factors are introduced there simultaneously. Learning proper breathing, which amongst others reduces tension and stress; exercises of the muscles of the body and face, bends, head turns etc. All of them guide to achieve inner peace and equanimity, control over their bodies.

There is an important element of therapy and that is a symbolic mouth locking with a key, as a metaphor for stopping stuttering once and for all. The period of silence, not allowing you to speak any words and sentences, begins the time of learning a "new speech", starting from saying single sounds combined with using body gestures and exercising a speech apparatus.

What is most important at this stage of learning the new speech is its control by movements of the fingers. A characteristic synchronisation of speech with movement of the fingers. It is an universal method, when a hand becomes an inspector of speech while it leads to a new internal state of the patient. This synchronization of spoken syllables with simultaneous movements of the fingers allows for smooth speech, although slower initially. After a few months of practice and gaining a new stereotype of speech, help of the fingers becomes needless. All therapeutic exercises, such as: muscle relaxation, breathing, hand help, head movements and others are very important for the formation of the habit of calm, which is a prerequisite for the transition to the new speech.

The "hand" method of Prof. Arutiunian is validated, because the synchronization of the hand is related with the speech center located in the brain. Each of the fingers is also linked in the brain to the movement center of the dominant hand, that influences the speech center.

Working not only on speech, but also matching voice with movements of the body is an important component of the treatment done according to this method. This cannot be achieved by learning from a CD or DVD. Its role is also to convince the patient that the cure is possible and the result depends also upon him.

What is needed is charisma, will and the ability to persuade, and also firmness in actions, after convincing the patient to it. According to Prof. Arutiunian, her proven method can be modified and improved, but many years of work and experience is needed for this. This is what is happening in the Center for Therapy of Stuttering in Szamocin. Bernadeta proves that the spirit of the professor watches over all that happens there.

Prof. Arutiunian says that Bernadeta is one her most clever and talented students. I think that both women have passion and charisma, because any treatment should be done also with one's heart.

Chapter IX

Recurrences and comebacks

People completing the therapy in the Center for Therapy of Stuttering in Szamocin put the term "effectiveness", which is confirmed by many examples, to the fore. A name "a miracle worker" is also mentioned there, which is not entirely true, because the therapy there is based on rational methods and years of experience, and not on some magic procedures or spells. The term "a miracle worker" may come more as an actualizing what those desperate people believed in, after trying many different ways of curing their ailments experienced only their ineffectiveness. Not only that, they were further convinced that they had to live with it, accepting their disability, and then they were left on their own. Thus they were deprived of the chance for a normal life, for fulfilling their dreams and actualizing their intellectual potential. Although they gained knowledge, finished college, became experts in their own profession, they could not be fulfilled because always the condition appeared: yes, but you would have to not stutter. This however didn't depend upon them only. It is hard to imagine what a child experiences if he is graded lower, when having more knowledge than his peers, but not being able to express it in words. Those who completed the treatment in Szamocin got reborn anew, started to believe in their potential and took advantage of the chance given to them. They achieved it through therapeutic methods used there and their own determination when practicing the exercises recommended for establishing New Smooth Speech. This stage of the therapy depends much upon them and has to be done under regular supervision of a therapist.

If they abandon the exercises after two weeks therapy, even when they learn this new, slower speech, certainly it won't be strongly integrated and there would be a return to the state prior to the treatment. It is worth to use a few examples of such cases, and to see what they say as the most important thing – that it was due to their fault, by their ceasing to practice, and negligence arising from the conviction that all is well and old problems won't come back.

Nikodem

A handsome, full of life, 26-year-old man. IT by profession with secondary vocational education. He lives in Poznań with his mother and brother. He worked as a warehouseman, was downsized after six years. This may be led him to deeper reflections about himself and his future.

He was in the therapy in Margonin in 2003, watched over by his mother, unfortunately only at home. Outside of his home he was totally different, forgetting about the exercises recommended to him. He went through a period of early juvenile rebellion. He didn't really believe in effectiveness of the therapy, especially that he experienced previously some other treatments that were ineffective in his case. One of them was putting needles into the body, called acupuncture, and the other was touch-massage treatment done by a shaman, as he called him. He tried those treatments before going to Margonin, where previously the szamocinian Center for Therapy of Stuttering was located. To justify himself, he calls it a time of rebellion in his life. Doing everything "against the current." Parties, girls etc were more important for him, and that led to termination of the therapy. A deepening problem of blocks in his speech recurred.

I was not able to dig myself out, because I didn't remember the recommended exercises - he says. It is obvious that it had a negative impact on the quality of his life. This compelled him to return to the therapy, go again through its elements, and comply with the therapy rules.

Now I know that I cannot make the same mistake – he says with conviction and a happy smile on his face, speaking his words of declaration slowly but smoothly.

I watch over myself – he says knowing that this is the most important part of the therapy, which he restarted. I am 100% convinced of the effectiveness of the therapy. Bernadeta is unique, she knows how to calm somebody down, reach out to an individual human being. My personality has

changed with this therapy. I am glad that I will be able to talk about many things with my girlfriend, as it was making me nervous before - says Nikodem. I thank Bernadeta for this second chance.

For now, he doesn't think about the future, focusing on the therapy, that will allow him to change. Seeing his determination, one can be sure that he will discover new values in his life, a new reality, because well, he is only 26. The world will open itself for him, and he will find his place that he dreamed about, and will be able to describe it in his own words.

At the time of publication of this book he is finishing his year long therapy. Nikodem speaks beautifully, and he doesn't stutter.

Asia

The star of the whole therapy group, as she is called by all participants of the therapy, that begun four months earlier. Beautiful, cheerful girl in her twenties, captivating men by her appearance. *Men appraise me by how I look externally - she says.* But their attraction decreases when they hear her talking.

Together with her brother Grzegorz she went to Margonin for a therapy eight years ago, under the supervision of her grandmother. It is worth to describe those people closer, because they are an excellent example of what can be achieved by an individual who can express himself without stuttering.

We pointed out initially only her superficial qualities. However, she is a person of a rich inner world and personality traits that will help her achieve her goals.

I want to open myself to the world - she says.

She had a missed opportunity that she squandered. She is aware of it. She lacked perseverance in doing the exercises. She wanted to get the results immediately after two weeks of the therapy. She did not think that the new speech needs to be strengthened, and bad habits that reappear need to be eliminated. She stopped practicing. Her stuttering recurred. She became nervous and angry. She fell into a neurosis. Abdominal pains were tormenting her, as well as dizziness and other bad symptoms. Falling apart, she calmed up. She just lived with her stuttering. And then she decided to go to Ireland. There, she stuttered less speaking English. It was easier for her there, because she graduated from high school with the preferred English language. After coming back home she began her bachelor's degree course of the same profile. She didn't hold on to the end of it. She was not able to express herself, and problems with stuttering deepened. Desperate, she decided to repeat the therapy in Szamocin. From the beginning, moving through all of its stages. Now, after a four-month of the therapy, when coming to follow-up marathons she knows that this is the only way to learn and master a new speech. She also has her own crises due to the fact that she speaks slower. Her close friends are even capable of telling her "have you lost your marbles?", not understanding the essence of this therapy. People mock her "slow speech", they are getting on their own nerves. Even her doctor who is aware of the therapy she goes through, says to her, "don't do this sham." She goes through it her own way, but she knows that this is a transitional period, and the opinions of the people come out of their lack of knowledge of the nature of the problem and the principles of the therapy.

I am no longer afraid whether I will be able to say a word without any stuttering. I say all words that I want to say. Slower and smoother. I know that I can make my speaking faster with exercises. For now I enjoy the fact that I subdued my stuttering. I conquered it - she says.

With this she started a new chapter of her life. She opened herself to the world being able to communicate with people, and became independent.

Listening to her contributions, balanced and reasonably presented, one can be convinced that what she says will come in her life. Asia will become a true star, not only because of her appearance, but also her inner beauty inherent to her, undiscovered yet by the people that surround her because of her stuttering. It will be easier for her to overcome difficulties of life, because she herself defeated the evil in her.

When asked about evaluating Bernadeta's work she says: *She is an angel, and not a mere therapist. Her patience and dedication are like not from this world. This also motivates me.*

I would like to quote the speech therapist of the king of England from the film "How to become a king." There was a moment when the king-patient, after resigning from the therapy came back later, desperate for treatment, struggling with his stuttering getting worse. And his speech therapist says then: "Each patient is afraid to return to the therapy." It doesn't even need to be defended, because even if the patient is aware of his own neglect and abandonment of the therapy, somewhere deep inside him he supposes the therapy to be ineffective. Then faith in success of therapeutic actions is lost. One starts to look for excuses not in himself, but in others. Then he is left alone and lonely with his own problem. Break down, desperation, awareness of not being able to get the better of it alone makes one return to the therapy. It becomes a necessity. It becomes the only chance.

We can be sure that this was also in Asia's case. A beautiful woman whom - as she says - men see only on the outside. But there is something more inside her, there is this beautiful world of values, ambitions and dreams, that she would like to express, and for that you need words. The words said in a new speech, that she learns during the therapy and nurtures it so that it doesn't vanish. Asia will shine in the world, not just with her outer beauty, but with all of her personality. For her, it's inevitable.

Today Asia is after the therapy, works as a teacher of English, and drew important conclusions from her past. She speaks smooth and beautiful language; and this time she didn't waste her second chance given to her by life.

Chapter X

Pawel

Pawel's faith

A man of deep faith, that he found going his own ways. All he achieved in life, he won himself. Hence his belief that he should fight with his own stuttering himself. And this is true, because he has been looking for ways to defeat it throughout all his adult life. He tried different therapeutic methods - unfortunately they were unsuccessful. He describes all that in details later in this chapter. He is convinced that he will defeat this evil, which for him is stuttering. He talks about this after a few days of the therapy in Szamocin. It's hard to find anything to add to his arguments.

In direct contact and conversation he turns out to be a man who knows what he wants to achieve in life. He does it, entrusting himself to God. He supports his prayers-requests to Him with his own actions. Paweł knows what he wants to achieve, and at the same time he is open to the world and people, whom he not only wants to help, but also does so. As an example we may mention his readings in a church and radio programs, targeted to those who have problems with speech. These broadcasts are more important than academic arguments of different people dealing with the problem of stuttering. In previous chapters, describing the therapy in Szamocin, we have identified the essence of it with words: faith and hope. For Paul, it is his faith in effectiveness of the therapy that will allow him to overcome his own problems and open up for him new, more beautiful prospects, even though he has already achieved so much.

Witnessing of faith and struggle with stuttering

A prayer before writing, so that Jesus mainly is glorified in what I write. And that Holy Spirit comes in a gift of wisdom and sincerity.

Come Lord Jesus and grant me wisdom of writing and making sentences with a sense, so that I can share my witness how wonderful things you did in my life. Come Holy Spirit in a gift of understanding words of wisdom, so that this message reaches human hearts, strengthens their faith and awakens their will to fight with a problem they're struggling with, and to commit and entrust themselves to God's mercy.

My name is Paweł Doboszewski. I was born on 13th August 1982 in Białystok. After being born I was a rejected child. When I was 10 months old I was adopted. My first stuttering problems started when I was in fifth class of grade school, when a teacher told me to read from a book aloud. I could read smoothly, but then I started to stammer, I was not able to say those words. Then in sixth and seventh class I was stuttering much, even when I was at home with my parents. My mom arranged an appointment with a speech therapist for me. I've been visiting the speech therapist for some two months, but it didn't help.

My mom instilled in me faith in God. I prayed in my own words since my youth. I didn't go to a church, because my mom is estranged to Catholic Church, and she joined Jehovah's Witnesses when I was twelve. I studied a Holy Book with my mom and Jehova's Witnesses. But I didn't agree to be baptised and join this faith. I always had a love for churches and holy pictures in my heart. My grandma Stefcia took me once to Capuchin church to show me a nativity scene when I was four. I liked it very much.

When my stuttering was terrible, I started to be fascinated in sports and exercise a lot, first at home with weights, dumb-bells and I also trained taekwon-do. Watching films with Stallone, Schwarzenegger, Van Dam and Chuck Norris was also empowering me. I didn't think about stuttering. I used to take out all my aggression and pain from inside me in the gym. I dreamed that when I grow up I will have muscles like Schwarzenegger. Stuttering was blocking me a lot.

I chose vocational education – a bricklayer doesn't have to talk much, but he has to have strong muscles. Time at school was terrible, especially answering teacher's questions during the lessons and contacts with others. Even when calling somebody, I used to ask my colleague for help in case

a mother or a father of my friend answers the phone and I am not able to express myself.

When I was at vocational school I used to lift weights of 150kg. Then about 170kg. I wanted to train sports, and my town Łomża is such a dump that there was no sports club, and nobody gave me a chance even if I was very good in it.

After a vocational school I went to a secondary school for adults and after three years there I did my A-level exams. In those times I already stuttered less. Then I have been attending College for VIP Bodyguards for two years. Sometimes my stuttering was less, sometimes more at that time. When I was older I could speak normally at home. I didn't stutter when I was with my colleagues. But when at school or at work, or when I didn't know somebody, it was a catastrophe for me then.

I was always headstrong in life. I already accepted it and that I had to live with it. I looked for help at a psychologist, but his help didn't bring any effects after half a year. Once my friend told me about a therapy of stuttering. It was 2001 then. I went immediately to the office of Maryja Radio at Capuchins to ask them about it. But they didn't get any helpful information on such a therapy and where to find it. I went to a church to Capuchins and didn't listen to my mom's talking nonsense and her criticism of the Church. I liked religious chants very much. Sort of gospel song.

Looking for God, I've been attending Pentacostals meetings for one and a half year. I liked their church services, very alive and with lots of chants. But I didn't feel wholeness there. My neighbour, Józek, whom I drank beer with many times, told me he had a priest in his family. I asked him to help me in getting baptised. I read a Holy Book earlier, a New Testament. I wanted to get baptised, because I thought that if want to get married it might be useful. Józek's nephew, father Kazik proved to be quite a nice priest and when I was 23 he baptised me and gave me further sacraments. I had difficulties with my speech. He baptised me in my parish and there was another priest there, from Piątnica town. He gave me a Holy Book and told me that there are regular adorations held by a Gloria Trinita Movement in a Divine Mercy Sanctuary. It is a community in a Holy Spirit. The movement came into being in Italy 8 years ago. First adorations took place at my town, Łomża. After attending the first adoration I felt oneness there and I saw how much better they chant than the people at Pentacostals Gathering. I was not erring any more.

Once, during a Sunday Mass of Gloria Movement at noon, I went to a confession. The priest noticed my problem with speech and said to me such beautiful words: " Jesus wants you to speak, you were not born with this defect. He enjoys that you come to him and open your heart. Jesus wants you to be active in the Church for his glory; you will give witness. Go and find those, who will help you in this. Lord wants you to trust him completely." At first, when I went outside the church I didn't understand what the priest had told me until later it became clear to me, gave me a deeper faith and willingness to act. I attended prayers also, that means holy masses with prayers for the healing. There I saw father Czarek, who celebrated those masses and who told me those words during my confession. I continued to pray and look for a therapy. I am a romantic, my biggest dream was to have a nice girl, a wife. To take care of her and love her, be a support in a difficult situation for her, open a little heaven for her, mourn together, enjoy together, carry her in my arms enchanted, treasure her and see her as a gift from God. And when I talked with girls, my stuttering was making it more difficult, especially when I liked the girl much. But I didn't give up. Girls took advantage of my goodness and I often got a slap on my wrist. I knew and I know my worth and I didn't give up. I prayed for a wife every day, entrusting it to Lord, as he knows human hearts. And I entrusted it to Maryja. That I offer this goodness and kindness that I have to a person who will appreciate it. I made dates with girls, but didn't do it well because of my stuttering. None of them wanted me. And I desired nothing more than to have my better half.

Before I found out about the Center for Therapy of Stuttering in Szamocin, my friend Grzesiek gave me a phone number to a mom of other friend, Adam who then gave me a phone number to the Center for Therapy of Stuttering in xxx. I called there and went for a consultation. I've been saving money for this therapy for a year and started it on May 10th, 2010. I had a good job and I was paid well, but it was hard physically. I worked in a factory producing feed for animals. I loaded 50, 40 and 25 kg heavy bags on pallets. I applied for this job through a work agency and have been waiting for it for a year, and then the manager called me and told me I would be employed directly.

I was given an indefinite duration working contract. I drove a forklift truck there. It was a fine job. I was able to have some success there even with my stuttering. Before I did seasonal jobs and worked as a labourer, so that I didn't have to speak much. My stuttering went at that time through different phases, better and worse. When you stutter, you do slaloms. When I couldn't utter a specific word when talking with somebody, I replaced with another word. I closed from the people, feelings of rejection and shame accompanied me. For me stuttering was an inability to express my personality, feelings. Wounds and pain grow in the hearts. When you entrust it all to God, Lord heals those wounds, gives strength to fight with it and live.

On May 10, 2010 I started a new life with a new speech. There was a period of silence in the beginning of the therapy, to forget about my stuttering and discard the old speech. There was a lot exhaling exercises, a patchwork of syllables, words. On Thursday we had to go out to the people with pieces of paper, without speaking. Sort of a first break through. Then on Friday already, we had to ask questions in stores, what price is this or that. Every stuttering person had to break through, overcome shame and fear, that he had had for years. The chains that held us in stuttering, had to be broken. My faith and persistence helped me again. It was a very slow speech. But hey man, I felt so happy. The moment I stopped to stutter was the happiest moment in my life.

The therapy consisted of three stages. The first stage, basic one, lasted 8 days. The second, intermediate stage consisted of 3 two-day meetings, and the last stage, advanced, consisted of 4 two-day meetings. Every meeting was once a month. In my case, the therapy lasted seven months, I finished it in December 2010. My speech got smoother after each meeting.

I felt great, I got the wings. During the retreat led by Father Mrijakola Jaens I went up to the microphone and said my brief witness. I thanked for a new speech, for courage and faith. More than 2000 people listened to me. I heard the voice of the Lord in my soul: "Go, do not be afraid, trust me." I went to my parish priest to ask if I could read during the mass. Father Andrzej agreed, welcomed me warmly, even if spoke with prolongations. But he told me that I need to look like a man, not in shorts. The purpose was to go to those places mainly, where my stuttering was present: schools, offices and strengthen a new speech. After the phase zero of my therapy, when I went to participate in adoration in a church, where previously I used to run away from the microphone, this time I didn't. I raised my hand and introduced myself, saying what parish I am from. After a week, when the priest saw me in the church, he sat down beside me and handed me the microphone. Then I started preparing radio broadcasts about a therapy and faith. I gave faith witness many times. I am also a member of the Recitation Club "Carpe Diem" and recite poems to this day. The club is made up of handicapped people, but we all know that we do something for healthy people, and something else for the handicapped ones. We go along great with each other. The film made about the Club won the European Festival in 2012. It was awarded the Butterfly award. There, in the beginning of the film, I recite a poem. I felt very happy that I stopped to stutter at least for a short while. After the therapy, but also during it, some minimal block were coming. After the treatment, in December therapists wanted us to repeat it again in March, and again pay a lot of money for it. Some people, my group colleagues began to complain about its effects. They said they had problems, that stuttering recurs. I organized a radio show, inviting with five participants in the therapy and those after the therapy into it. Only one person agreed. The rest lacked courage. I kept and I keep faith and I have so much courage thanks to it. I saw that the problem starts to reappear also in my case, but in the beginning I didn't care about it, because they were just the blocks I had when talking with people, and in reading all was going very well.

Then blocks started to reappear during the adoration in the church, when I spoke through the microphone. I consider reading at mass as a thanksgiving to the Lord God for the gift of a new speech. I could not understand why the problem came back. I have to admit that my speech was, and is ugly while talking with people.

When I went to work in Germany, my speech deteriorated more and more. At the beginning I lived with a sort of people that were, to say the least - scums, alcoholics, drug addicts. When working with the hens it was just the worst of it, they used to relieve nature right where they stood. Then, at a building site, it was not much better, and the boss was a ringleader of alcoholism and

drug addiction. After that, at another site it was already better, the people were normal and the boss was ok. My speech got so bad then already, that they noticed my deficiency. But my faith was keeping me strong, even if I couldn't keep pace with them. I felt bad with them. Then I had better jobs and lived on my own. That was good. When I drove back home from Germany, I used to drop to xxx to load myself with calm. However, the problem was coming back after a few days. I got nervous about it and started doing speech exercises with my friend, through Skype. I tried all possible ways, but they all failed. Somewhere, I lacked the air. Again, I felt such a great shame and pain that I stutter again, after completing the therapy. It was less than before, but the problem existed. I decided that I would not give up and I would continue to fight and look for solutions. In Germany I found a Polish church, where I read during Mass, but my reading was also getting worse. I walked with faith and relied on the Lord. He was helping me so it was not that tragic. I found out what a man experienced when after getting rescued from darkness to light darkness again entered into his life. Many patients from xxx broke down. My faith kept me from it. Through prayer and action I found the Center in Szamocin. I liked videos, where I saw how patients opened their mouths wide and how beautifully, clearly and fast they were able to speak. The method of Prof. Arutiunian is the same, but the difference is huge.

I called Mrs Bernadeta. Listening to my intonation she recognized right away I had had a therapy in xxx. I spoke ugly and with blocks. I decided to go into the therapy once again, the same method. With faith, and with no doubt whatsoever that it will be successful. I liked it that it was a year long therapy. Not like in xxx – only to do it fast and quickly take in another group. There, in xxx, it last only three months, it's a catastrophe what they do with the people. First stage of the therapy is 8 days long, while it is 13 day at Bernadeta's. What I also liked was that there were group meetings every month. Not like in xxx – finish, and if you like you can take the therapy once again, or they invented therapy packs, depending on who wants what and how long, either quick course or a long one. But people are not guinea pigs. Not only it was very expensive, but it was also a momentary satisfaction only not a cure.

Comparing those two places, their attitude towards a patient, devotion, work, patience – it' like heaven and earth. Starting from the base, from teaching proper breathing, relaxing exercises, thorough teaching and explaining speech technique, and only then going out and asking questions. And not – quick, quick, go out and talk as much as possible with as many people as possible, and who does the most is the best, without any proper technique. In xxx a hand was used to accompany our speech, while with Bernadeta we used whole five fingers of the hand and their positioning the way that it doesn't induce any tension. In xxx only two fingers were used what resulted in our inability to speak longer sentences as we were simply lacking fingers. And people stood at attention, instead of loose head movements and wider mouth opening, as Bernadeta teaches. In xxx small mouth opening. Zero understanding about breathing. It is better in Szamocin. A homework is given, the exercises are from 9am to 5 pm and then we repeat it in a group. In xxx there is only relaxation and exhalations with bunch of syllables, and sometimes something before a speech. It's all only about videorecording it and putting it quickly on youtube. I have not met a single person undergoing the therapy in xxx, who could say: „Well, I'm 5 year after the therapy, and it works.” There, two months after finishing their therapy, or even during it, many people start to have blocks. The therapists are not able to diagnose types of stuttering. Nobody teaches there how to put lips, tongue so that the words, sound you speak sound nice, the way Bernadeta teaches. It is only about slowing down and prolonging your speech. It was helpful for a while, but then stuttering recurs. They are focused mainly on experience and money, as why do therapy in the year when you can do it in three months and immediately take the next group? But it doesn't profit. One of the therapists still stutters, and the other considers himself to be a great therapist – ha, ha. You can teach everybody for a while and record him right away. Let them gather the people after their therapy and then record them. They have an assistant, who finished their therapy a year ago and speaks not much faster than we do after 8 days in Szamocin, after only half of a whole two weeks therapy there. She talks with people via skype and corrects their mistakes. I took into a consideration doing a faster therapy there, but when they told me she would correct me for a month, I laughed at it. I think that I can talk with her,

but not the other way around. If only she has one tenths of my success I had, all those going out to the people. There I showed to them that I am slightly disobedient, rebellious. They have therapy packs there, cheaper or more expensive, depending on how long you want to stay in their center, eg. 7 hours, or 8 or 6 a day. It is shameful. I even don't feel like talking about it, rather a book could be written. I did many programs, where the name of their center was given and I was to go with those programs to the people and advertise it, and for me that would mean - one show equals one day of exercises, but they told me that those programs were not so good. Yes, I can agree with it now, and whenever something didn't go well I went to correct it, because I felt obliged to do it.

It is not about denigrating them, but rather about saying politely what is the difference. Because I feel pity for those people. Not everybody has so much faith and strenght to keep in his fight. Some break down upon realizing that the light they saw was taken away from them later.

I came to the therapy in Szamocin with faith that I would have to make my break through again and to really straighten the old. The same as with Mercedes cars – older models like 116, 123, 124, 126 are made for generations, durable, the same way as the therapy in Szamocin is, and those new ones, torqued, are already falling apart, such is their improvement.

I wake up every morning and start my day with a prayer. I entrust everything to my Lord. He takes away all wounds, all doubts, he fills in a loneliness in my heart. I went to the church on Mercy Sunday, before going to Szamocin, with faith, trusting in God's Mercy that I've been gloryfying since longer time. Feeling that I have some problems with my speech I went to a sacristy to read. I heard a voice in my heart: "Go and trust, do not be afraid, I am with you." I could not doubt it, so i went for it and read two chapters. It went very good. I've experienced Lord's presence in my life and my soul many times. A voice that speaks to us: "Before you were born, there has always been a place prepared for you to live in My heart. I stand at your door and knock, if you open it – I will enter your heart. Give away to me all your sufferings. I need you." This is what Lord says to each one of us.

In therapy in xxx I was alone physically. Here I am also alone. My mom was against the therapy, and my wife is dissatisfied. She met me when I already spoke better, so she is not able to understand my problem. But I don't feel alone. I know that Lord is watching over me. During my wedding that took place in my parish church on June 23, 2012 I also read. I didn't give the reading away to anybody.

At the end I would like to wish all of you, in this Year of Faith, - that you have faith in making your life plans true. That you walk on water like Saint Peter did, and when you fall down, or if you don't succeed in something, that you always look in God for help. As Peter exclaimed: „Lord, save me!" Jesus stretched out his hand to him and asked: „Where your faith is?" Jesus stretches out his helpful hand to us today, if you trust him and allow him to help you, he will lead you through you r life. You really won't regret. That you don't give up you dreams and walk on water when you fulfill them, and look for help in Lord when you fall down.

My therapy is still going on, in fact it just started, but already today we had contacts with other people and I believe it its efectiveness. I forgot to say about hazard, what not to do in the therapy, what might be dangerous.

- 1. You must not speed up, not increase the pace, take away the hand. Sometimes people are so delighted and happy, that they want to say everything at once, blurt everything out of their happiness. Then they speed up, breaking the rules.*
- 2. Defeat your shame. Sometimes people are ashamed of their new slower speech and they deceive themselves, that they do it only once, and then this "only once" doesn't work, it is more and more and then problems come.*
- 3. You must not terminate the therapy. Some might think that they are doing so well, and that there is no point in exercising more if they speak well already. If it is not cured well, the problem recurs. Humbly listen to the recommentations of the therapist and practice dilligently. Do not neglect. It is a hard work. Go forward with faith, that you succeed in everything. Break through all barriers. Fight for yourself, because life is too beautiful to loose it in stuttering and wasting oneself.*

Something about my wife

I treat my wife as a great gift from God. Once I used to pray for a wife. Now I pray to be a good and patient husband to her. As in a family, God is in the first place, because we come closer to each other by coming closer to God. Because without God the way is long. I was looking for my wife all over Poland, making appointments with different women via internet, and I found her living not far from me. She lived next street, in a rented room, and her family home was 12 km away from Łomża. I treat Emilia as the greatest gift from God, even if sometimes she plays on my nerves. I know that God is not wrong. If He gives something, it is good. There are no perfect people. It is me who loves her. The wedding was in my parish church, not in her. There my faith roots are. A band from "Gloria Trinita" played at our wedding. I read the Bible. It took place at 3 pm in the God's Mercy Hour. The wedding party also went out with a bang. I don't pay attention to wedding parties. Honestly saying, I don't like such a splendor, that the people sometimes grow stupid from. Most important is that it is nice in the church.

Comparing therapies

Both therapies, though seemingly similar, are fundamentally different from each other:

- 1. In Szamocin – you keep your hand positioned in a relaxed way. In xxx – the hand is tense and positioned in a wrong way, not mentioning fingers – this is even worse.*
- 2. Mrs Bernadeta starts from building a solid and most important base – breathing. It is not taught in xxx.*
- 3. Mouth opening. Bernadeta teaches very wide opening and explains, how to put your tongue and lips to pronounce a sound, a letter. Nobody teaches that in xxx, and mouth opening is small.*
- 4. In Szamocin, we do an „eight” during speaking, relaxed head movements so that the body relaxes itself. It is not in xxx.*
- 5. Before going out for first questions asking, Bernadeta teaches the technique thoroughly first. In xxx – they teach it the way they know it themselves and you – go quickly out asking questions.*
- 6. An attitude. I can see how much patience, warmth and kindness Bernadeta has for every patient, and how wonderfully she deals with the youngest patients - children – this is great. In xxx children do what they want, and by their being there and listening something might fly into their heads or might not.*
- 7. Therapy at Mrs Bernadeta is 13 days long, then meetings every month, so it takes a year all together, and then there is a control visit every year for three years. In xxx – I had 8 days and then two days meetings every month, for 7 months. Not it is shortened to 3 months, because what sense is in doing it for a year when you can do it in 3 months and then next group, and then a control. May be soon there will be only one month for that. 8 days, then 2 meetings, each 5 days long. And the price is much higher.*
- 8. Style of speech. In xxx – it is a kind of speech for singing an eulogy, like „O Lord my God.” It is not suitable for use at work, in the radio or in the office. People used to summarize my speech saying that I spoke like after a stroke. In Szamocin speech is more beautiful, much more clear. I saw that when patients come for marathons. It is really beautiful. Even when we compare only those initial stages. We speak not much slower on the ninth day of the therapy than yyy – a student and a therapist assistant in xxx, who went through a therapy there a year ago and speaks somehow. If I put her in public speaking – wouldn't it be interesting?*

I am during the therapy and I believe, that my reading will be more beautiful, as well as my recitation, and first of all a talk with the other person will be clear and without accidents.

Regarding the place, the Acacia Mansion is wonderful. It is located at the lake, I like its old style. It feels cozy for me and warm. An ideal place for a therapy.

I undergo a new speech therapy for the second time. It is a bit hard to eliminate old habits, but I

will do it.

When I was looking for this place and went into a webpage of Mrs Bernadeta's center, I could feel that warmth. When I called her, my first impression was of being met with warmth and kindness and with the way she spoke, such a clear and understood pace. Mrs Bernadeta has a very good attitude towards people, I can see how patiently and with how much awareness she corrects everybody. How wonderfully she deals with children in the group, how angelic patient she is with them. She teaches not only how to go out of stuttering, but also how to speak beautifully, how to put your mouth and your tongue for specific sounds, and how to emphasize in order for the speech to be beautiful. She is an educated person, she is familiar with all this. She is a philologist and explains everything attentively. She has big perseverance and dedication to help you get out of stuttering. She doesn't treat people as objects, as if they were things. Before that, a year ago, I called a center in another city, and talked with a therapist there. I could feel such a reluctance in his voice, that they do not take people who had undergone other therapies. Mrs Bernadeta, when she heard that I had undergone another therapy in xxx two years ago, she accepted me. When I watched a film about opening the center in Szamocin, and heard her speaking about her devotion and kindness toward patients I felt that she is really devoted to her job. I could feel such a warmth and kindness knowing already that she is created for that. She can explain everything. I could feel in my soul that I chose the right center. There is such a nice vibe, full of heart, kindness, and all is classy. She is able to listen to everybody with patience and does so.

The center is build in a dream, old style. Without unnecessary tv sets in every room. You can quiet down and calm down. Staying in such a beautiful place is calming and relaxing itself. The idea of serving tea and coffee during half an hour break is so nice, it is nowhere like this. It is so nice here, that you don't feel like leaving.

I prayed to find such a center and I found it. I could not find my way better. I already read opinions of others, they are great also. It's a pity that I didn't find it earlier. Or may be it was to be so? I have a sensitive sould and faith, that makes me stronger with each day, and opens me to another human being. I believe that when I fall down because I am not perfect, I know that Lord lifts me up from every life situation. I start each day with a prayer to Holy Spirit, I read a Holy Bible and liturgical calendar for every day. At 3pm I say a prayer of entrusting myself to God's Mercy. When I have time I say a chaplet prayer, and a short thanksgiving in the evening for passing day, and a prayer for helping me in fulfilling my plans, for a success, strenght and perseverance.

When I wrote earlier about my confession, what Lord said to me through the priest, that it would all happen, because for God there was no time. He told me I would overcome stuttering. I know that a lot of work waits ahead for me, that it won't be an easy journey. But in spite of lacking physical support of my wife and my family, although my mom says what she prefers, when life sandbags me in my poverty, she helps me right away, so I am not alone.

I forgot to add that Mrs Bernadeta accepts for the therapy even children slight disabilities, requiring particular patience. No other place for such a therapy accepts such children, they are not given a chance, but after all it is the same human being, sensitive and responsive. Such children are sometimes even more sensitive than normal ones, often spoiled brats. I need to add that Mrs Bernadeta leads this therapy better than xxx and and xy in xxx, who were patients of Prof. Arutiunian, even if she doesn't have problems with stuterring herself. It would seem that as someone once stuttered himself, he should have a better approach, but it was not the case there. Well, sometimes the priest forgets that he was a clerk and gets lost.

Mrs Bernadeta tells many interesting stories about the people, who overcame stuttering and how they did it. It is not only a therapy of stuttering but also a psychic strenghtening and support.

When I came back home after two weeks therapy in Szamocin, the people had a good attitude towards me. My grandma liked those wide mouth opening very much. I went to sacristy to demonstrate my new speech. Everybody cheers me on, both a pastor and priests. My neighbour Krzysiek told me that he believed in my success, and knowing me well he knows, that God performed many different miracles in my life. My father told me a similar thing, believing that I would succeed. My mom was astonished, but she always helps me and I can count on her. When I

“practiced” getting in touch with people and met my acquaintances, they told me very kindly how nicely I speak. Some of them asked me about what happened, knowing my earlier problem.

My first contact with people after coming back from Szacin was in a shop, the same where I had that tragical contact after coming back from xxx. I got convinced that my speech after staying in Szamocin was nicer.

During seminary faith retreat, that are 8 days long, I spoke twice in a row. I spoke loud, from my diaphragm, I didn't need a microphone, wanting to check how it works for the glory of the Lord. I read a Holy Bible during last prayer meeting and nobody was disturbed with my reading slower. But when I am at Piątnica on adoration meetings on Thursdays and speak in the church, there happened to be a handful of people who felt ashamed of my speech.

I spent a May Day picnic myself, my wife and her family didn't invite me to join because of my speech.

When I went to visit my family and a neighbour came, they asked me to keep silent. I decided that for a while I will not be going there. I was sad and angry, but this anger didn't influence my speech and I did a witness in front of a large public. I used those days of for exercises and meetings with friends.

I found a job very quickly. I don't mind that a handful of people doesn't like the way I speak. Later I will be ashamed of them. You need to do your own thing, without looking at others.

I had a confession of my whole life on May 20, it was three hours long. It was good with my speech. The therapy works. I make many contacts. My wife also starts to change for better. Slowly. I found a job after making one phonecall. The managers are understanding and give me days off for attending meetings in Szamocin. I am a labourer at a concrete plant. People at work are nice and nobody is disturbed with my slower speech.

I made partial decription of differences on FB. People agree with me, that it didn't work after the therapy in xxx. I write about it, so that others regain faith in themself, and don't have any remorse that they let somebody down. It is not their fault that they found their way to a wrong place. I saved one man, who had already signed in for the therapy in xxx, telling him not to go there. I believe he will not go there, for his own good and the money wasted. I gave him a leaflet of Szamocin center, because my acquaintance told me about this boy and thanks to her I saved him.

After today's confession I feel great. I abandoned all evil, because I always had my life tougher than others, but God was helping me and I always succeeded, and only had to work more than others.

My friend, and my godmother with her boyfriend went with me for a meeting in Szamoci,. They asked me themselves if I agree to take them with me. I am happy that they had a good time there, sailing the lake in a dinghy. They prayed also with me.

In an oil shop I also have very good colleagues. They always give me lower prices, this is how they help me and support me financially in my therapy.

A confession of all your life is like cutting off your bonds with evil. It is closing the gates to all evil, all mistakes of your youth, family sins that can have an influence on development of those mistakes, and life in the future. Sometimes we do something unconsciously. Sometimes our parents take us to a bioenergotherapist, or to a fortune-teller, or a lucky charm-teller etc. A confession done with a priest is a conversation with the Holy Spirit, that shows us our whole life and then you get an “empty card”, a vclear life, all evil gets cut off.

There is nothing discordant with faith in the therapy with Mrs Bernadeta in Szamocin, nothing to pick on. No practices, no meditation, no going into any hypnotic states or relaxation techniques that would differ from the norm. There are mainly exercises that are to help people overcome stuttering. Unfortunately, it is not the case in xxx. Their work there is based on relaxations, stupid films, and not on exercises. That's why it is not effective and long lasting. If you take something from an “evil”, it will be helpful only for a while. If God gives something, it is permanent. If He gives something, He doesn't take it away. The closer you come to God, to the truth, the more whole your life will be, happier.

Now I am in the sixth week of a retreat, a faith seminar. I did my witness there already twice. It

strenghtens and nourishes me. I did my penance on Thursday, gloryfing him in an adoration.

In the church in Piątnica I could speak out words of glory to God very loud and clear without using a microphone. The therapy works. I chant nicer, I am able to keep sounds longer, and I am very glad of that.

Today, on June 26, during a picnic after the noon Mass I spoke my witness about the therapy, that if something is not in accord with faith, it is uneffective, and my faith is for God's glory. Relations with my wife got better after that retreat. She became more pleasant, and understanding. I called my mother on a Mother's Day and told her I loved her. It was Mrs Bernadeta who always reminded us that we don't forget to say words of warmth to other people. I've been to a retreat with Father John Baptist Bashabora, who explained thoroughly the meaning of holy paintings in the church and the meaning of our dreams. This is a wonderful time spend for God's glory.

I talked with my friend, who had been in the therapy in xxx a few year earlier than me. He told me that stuttering recurred in all the participants in his group, and it is better or worse in his case. I had many contacts with people, I tried my best to ask them with great sensitivity, talk with them about God. A conversation with yyy is one more proof that the therapy in xxx doesn't work, because yyy is not with the Lord and doesn't have His blessing. I gave my witness once again. About 900 people listened to me – internauts. My speech was great and it is not important how many people were there, but it is important that it was for God's glory.

I donated blood today. I participated in an Action for Donating Blood with Christ for the first time in my life. I donated it for free and decided to do it whenever I can. There is a silver anniversary of priestly ministry of our pastor, Father Andrzej. He organizes such events.

A new employee in my work asked me, if I learned my new speech in xxx, as his friend has been twice there in the therapy with no results. It's sad. I explained him that I hadn't learned it there. I got a referral for a massage therapy from my family doctor yesterday. I told her I had been in the therapy in Szamocin. She answered that she had heard me reading in a church and was impressed.

I went to a beauty parlour. I had a face and head massage. It was great. I prayed a week ago for my therapy to be effective. I spoke with a beautiful voice, from my diaphragm, I started to feel it and bring my voice from there. It is a prayer that helps me. It works.

A commentary to the description of Pawel's therapy

When we quote descriptions of all stages of Pawel's therapy from his letters in its entirety, his experiences and sensations that he went through, he appears to us to be an interesting personality, full of faith and trust.

His deep faith in the Lord God, entrusting to Him everything, helps him to believe also that he will overcome his own evil, which stuttering is for him. Faith can move mountains. In his case, faith in effectiveness of the therapy he undergoes in Szamocin allows him to change his own personality, his attitude towards the world and people. It is good to notice that even the closest family is not supportive for him. However, it changes. Slowly, but it changes.

Being convinced about effectiveness of the therapy he undergoes in Szamocin, Paweł wants to help others that have problems with stuttering. Particularly those who had the therapy in another therapeutic center. He stresses also how important personality of the therapist is.

It's not just to praise Bernadeta, but to emphasize that even the same therapies does not necessarily bring the same good results. This confirms the main thesis of this book, that in order for a treatment to be effective, there needs to be three things synchronised, namely: THE PERSON, THE METHOD and THE PLACE. It's all put together in the Centre in Szamocin. Not only letters of Paweł confirm that, but also opinions and impressions expressed in the letters of others.

Staying in the Acacia Mansion is not only a therapy of stuttering, but ensures also your mental strenghtening.

Chapter XI

People need me

An interview with Bernadeta Dziekan-Standowicz, a creator of the Center for Therapy of Stuttering

There is a part of your statement in a leaflet of the Center for Therapy of Stuttering in Szamocin, that says: “It was my dream to create such a place in Poland, where therapy participants could cure from stuttering in peace and quietude”. This dream have come true. The Acacia Mansion exists and functions. Where did the idea to create such a place come from?

I received a certificate from Prof. Lilia Arutiunian in 1996. Starting my activities and leading the therapy required organizing a place for the patients and their carers for their two weeks stay.

First classes were held in various places, rental centers in Borzechowo, Margonin, and even Wdzydze Kiszewskie and Zakopane. These objects were not adapted to the requirements of the therapy. Too frequent changes of the place of the therapy made it difficult for new patients to get there. There were also cases of ill-treatment of such specific visitors that the stutterers are, which badly affected the quality of the therapy. I started to get ready for the idea that only a resort used for this particular purpose can fulfill both my expectations and the expectations of participants. A resort where they will feel comfortable and safe, where I'll have the conditions for the treatment of my patients in peace and quietude. Thus the idea was born to build the Acacia Mansion. The therapy requires that, aside of therapeutic halls, there are hotel facilities for participants and their families. Construction began in 2000 and the opening of the facility took place on May 7, 2010. It was one of the happiest days of my life. My dreams about the ideal place where I could be with patients and do the therapy for them, came true.

This was a joyous day also because of the presence of many of my former patients, proving that the creation of Acacia Mansion made sense. The greatest joy on this day was the presence of many patients from the early years of the therapy, especially those who started it still being children, and came already as adults. Fulfilled, speaking beautifully, describing their life path. It is significant that bonds of friendship started between participants during the therapy, and those bonds stay until today. One of it turned into love and resulted in a wedlock. As an example. The presence of Iza and Przemek, with their son Pawełek, confirmed that Acacia Mansion is not only a symbol of a house, but a real home for the former, present and my future patients. A lecture on stuttering presented by one of the former patients, Dr Adam Depta, a lecturer at the Medical University of Łódź, brought the whole issue of stuttering closer to the people struggling with this problem, and it was deepened by his own reflexions of his own 7 years earlier. His scientific research on the problem of stuttering bring it closer to all concerned. Performances of former therapy participants created an artistic setting of the day: a pianist - Kasia Maćowiak from Pniewy, a cellist Zosia Ziemkiewicz from Toruń and a pianist Grzegorz Broniarczyk from Konin. Their concert, as well as touching testimonies of my former patients, made me not only happy but also confirmed that it makes sense for the people what I do. It was the day that crowned a dozen years of my work for them. It was also a motto "stuttering can be cured" which actualized itself. I carry the joy of this day inside me to this day. It inspires me and gives me strength in my life when I have to overcome many difficulties in my everyday struggles.

My longtime friends and acquaintances, knowing what I do, realized only that day that the Acacia Mansion is a supplement only to what I do, although very important one. I hope the Acacia Mansion will always be open for people in need of help in their fight with stuttering.

Those who have undergone the therapy, confirm my theory that the effectiveness of the therapy in the Acacia Mansion depends on the person, the method and the place. Reading the

list of cured patients, listening to their speeches and audio tapes and watching video recordings, I saw a person emerging from it, that the patients call "the miracle worker." Lets bring closer this person, her life path and her achieving in such a perfect specialization.

When I record my stuttering patients on the first day of their therapy, when they often are frightened and so choked up that they cannot speak a word, I think about the miracle of this therapy, that changes them completely after several days. They still don't believe it fully, but I can see them already changed, the way they are in a few days. I always tell my patients that I am not a miracle worker, a wizard with a magic wand, but a professional, a practitioner, and that only our joint work can bring great results. Of course, I am aware that being a trained philologist, educationist and speech therapist I have vast knowledge deepened with knowledge obtained from Professor Arutiunian that is necessary, but not sufficient to achieve complete success. This requires certain personality traits, that is curiosity, persistence, consistency, but most of all you need to love people, to feel their needs to help them effectively.

See and discover beauty in them, which they do not perceive themselves. This helps in overcoming stuttering.

Still, we talk round the person, its features and qualities. The description of your horoscope sign, which is Aries, says: "Aries is a fire sign, which is characterized by dynamics, mobility, rapid mode of action and enthusiasm. If the creative power of the mind prevails, then intellectual abilities, energy and constructive nature develops. How much of it describes you?"

What I enjoy most is my enthusiasm and energy. This is very important in my life, in taking up challenges, especially my professional ones. The joy of creating the beauty, regardless of what it refers to. Discovering the beauty around you, in the people who surround me. I experience it every day, seeing how much goodness is inherent in everybody, when we notice it, and if we convince the person that he/she is able to discover it himself/herself, what are his important aspects, where he/she is the best. My patients have the biggest problem with this, they don't feel unique, of value. I try to convince them that when they overcome stuttering – they can achieve anything they want in life.

It further says in your zodiac sign description, that such persons are called to lead, influence others, give advice and assistance, as well as educate. They are characterized by self-confidence, authoritativeness towards others.

I always had that leadership ease in my life, when being with peers. I think it didn't come out of the desire to lead alone, but from my character traits like: diligence, responsibility, resourcefulness and reliability, as well as the ingenuity and creativity. At the same time I'm not a big-headed person, but I have my self-esteem. Whatever my age was, I always felt responsible for what I did. So it is today. I was brought up with a sense of respect for the other person, especially the one waiting for my help, respect for parents and grandparents. While my high school classmates went to discos, I along with my sister looked after our bedridden grandmother. My sister became a doctor, I also help people. It was a lesson of humbleness. Today I would do the same.

How to accommodate strength and determination with kindness, warmth and friendship that your patients experience?

I would rather not use such pompous terms. When I professionally started to work with stuttering people, I didn't think that it would become my life passion, that I would immerse in it completely. I feel and I know that people need me. I am glad that I can use my qualities in serving the people. I can see it on a daily basis. Even when after a day of work I am simply, humanly tired, one phone call fills me with energy and gives me strength, one message sent by someone saying that he became a different, happier person because stopped to stutter thanks to me. I think this is the

permanent mark that I will leave on this Earth. I think that being a challenging authority, while being open, warmhearted and much-loved by the patient is the most difficult. I am surprised, but I think I succeed in it.

Let's return to the tangible things, a large number of patients cured. Thousand of your actions led to it, because in addition to the collective therapy, each one of them experienced your individual actions. And each one of them, putting aside his ailments, has a different personality, and reacts to your actions differently. What convinces them to work together, to go through the rigors of the therapy?

Now, after a dozen years of my work, it is easier for me to convince next patients that stuttering can be cured, because they can see the effects in others. I am most grateful to my first patients to whom I could not show the effects of the therapy, because there was no one who was before them. They believed, they speak beautifully today, and don't remember their stuttering. You can only see them how they were before the therapy in old archival recordings made eighteen years ago.

What then is an essential factor determining the effectiveness of the therapy?

The most difficult is to convince my patients to persevere in grounding this new speech when they are back at home, after they have already been able to use after two weeks therapy. This motivation is reinforced by monthly marathons - checks, as well as individual interviews with them. They do not always see their flaws, but I have to unceasingly catch and correct them. When the patient ceases to stutter, he often forgets very quickly that he needs to establish a new speech. There is no room for sloppiness. You cannot permit experiments here. But it is a therapy for ordinary people, not for superhumans. A child can undertake it, an mature person as well. It's not a matter of age, but the responsibility for yourself – we talk about it a lot.

Patients say the therapy has taught them not only a new speech, but also how to use a beautiful language, beautiful Polish.

That is true. After treatment, patients are able not only to speak smoothly, but also to use a beautiful language. They pay attention to the accent, intonation, diction. I consider it my personal success as a specialist in Polish language and literature. One thing is curing oneself from stuttering, and speaking fluently and beautifully is the other – only then it makes sense. I am thoroughly happy with the results of my work, when I hear my patients speaking and I delight myself in their speech. All children speak not only smoothly after one year of therapy, but they do not have earlier speech defects. We also work on that. Our language that we use is our most beautiful dress; Juliusz Slowacki has already written about it in his poem "Beniowski". We also talk about the fact that words can also hurt, so while taking care of the beauty of form of expression we must remember also about its content. Being with another person who speaks beautifully creates the world of aesthetic experiences, comparable to those we have when we experience while listening to a music or admiring painting. Therefore, sensitivity to the beauty is of great help to achieve ability to use a beautiful mother tongue.

In conversations with patients, especially with those who underwent speech therapy in other centers, with other speech therapists, we hear about the effectiveness of your therapy, about a distinct school of therapy of stuttering. Do you share these views?

I respect all those who make attempts to treat stuttering. It is in fact a hard, arduous work. Before learning the method of Prof. Arutiunian, I've been also using methods learned during my speech therapy studies that are applied by other speech therapists to this day. Unfortunately, they did not bring any significant effect. Most of those exercises not only didn't help the people who stutter, but

even perpetuated their stuttering. Today I know it, and therefore I consider the method of Prof. Arutiunian that is used in the world, as the most effective. Of course, I put my own elements into it during those 19 years of applying this method. I try to develop it further all the time, seeing its effectiveness in my patients. I always care, however, that the wireframe of Prof. Arutiunian method is retained. Hence, my frequent contacts and consultations with the professor. She will always be my master. As the only specialist from Poland invited by her, I attended a conference in Moscow, in November 2011, about “Stuttering as seen by the people who stutter and” where I shared my insights and experiences. I got a III level certificate of this method there, as the only person in Poland. However I still know that the treatment of stuttering is an for ever open book. I am glad that I made it as my little entry in this book. I thank my patients for placing their trust on me, for so much gratitude and their warm words they shed on me, that I experience. This makes my life meaningful.

List of photos and drawings:

str. 38 A dramatic drawing by one of therapy participants illustrating what stuttering is.

str. 49 After a year of therapy participants gain self-confidence.

str. 51 Prof. Arutiunian and Bernadeta Dziekan-Standowicz

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str. 78 Certificates of Bernadeta Dziekan-Standowicz

list of colour photos:

1.

The master and the student, Prof. Lila Arutiunian with Bernadeta Dziekan-Standowicz. - I always care that the wireframe of Prof. Arutiunian method is retained. Hence, my frequent contacts and consultations with the professor - says Bernadeta Dziekan-Standowicz. During a joint conference in Moscow, 10.10.2011.

2.

A speech made by the professor played from the videotape for the guests gathered at the opening of the center in Szamocin.

3, 4.

the Acacia Mansion is a large resort by the Siekiera lake in Szamocin.

Its construction took 10 years.

5, 6.

There are therapeutic rooms and hotel facilities in the center for the therapy participants and their families. It is furnished with great taste.

7.

The opening of the Center for Therapy of Stuttering was honored by the patients.

8.

The governor of Chodzież, Julian Hermaszczuk, also came with congratulations.

9.

The opening ceremony was held on May 7, 2010. - It was one of the happiest days of my life. My dreams about the ideal place where I could be with patients and do the therapy for them, came true. - says Bernadeta Dziekan-Standowicz.

10.

A practical exam at the firefighter.

11.

A practical exam in the market.

12.

A posture of Napoleon Bonaparte trained during the therapy.

13.

The end of the stay of one of the therapy groups.

14.

Therapy participants visiting Izba Muzealna in Margonin, listening to the museum guide, Wojciech Burzyński.

15.

Exercises are an inseparable part of the therapy.

16.

Children practise with huge involvement.

17,18.

Group exercises are varying.

19.

Curing people from stuttering is my life passion, that absorbes me completely – says Bernadeta.

20.

Therapy groups are put the way so that people of different age are there.

21.

Dance also helps in the treatment.

22, 23.

Being a challenging authority figure and a much-loved by the patients and kindhearted person is most difficult...

24, 25.

One of the basic exercises during the therapy of stuttering

26.

Father and son thanking for a successful treatmment.

27.

The end of stay – good humours show that the therapy brought good results.

28.

John Paul II blessing.

What I enjoy most is my enthusiasm and energy. This is very important in my life, in taking up challenges, especially my professional ones. The joy of creating the beauty, regardless of what it refers to. Discovering the beauty around you, in the people who surround me. I experience it every day, seeing how much goodness is inherent in everybody when we notice it, and if we convince him that he is able to discover it himself.

Bernadeta Dziekan-Standowicz

Trained as a philologist - speech therapist, specializing in the treatment of stuttering.

In 1985 she graduated from the Polish philology at the University of Nicolaus Copernicus in Toruń. In 1996 she graduated from speech therapy studies of the University of Gdańsk. As a newly qualified speech therapist she knew that stuttering was the Achilles heel not only in Poland, but also in the world.

During this time, she met Professor Lila Arutiunian from Moscow, who already then, as the only one in the world stated that stuttering could be cured. She became her student and continued obtaining further certificates in the Institute conducted by Prof. Arutiunian. She is the only one in Poland holding a Level III Certificate of this method.

On May 7, 2010 she fulfilled her dream by creating the Center for Therapy of Stuttering in Szamocin. Named by he patients "The Acacia Mansion." People from all over Europee come theree, in need of help in overcoming stuttering.

Józef Maciej Roślicki

A journalist, columnist, and author specializing in social issues.

Co-founder of the Polonia Media Abroad Global Forum. He began his work as a journalist in the 70s in the editorial offices: "Sprawy Chemików", "Gazeta Krakowska", "Odrodzenie", "Świat Turysty" "Po Ziemi", "Bank i Rolnictwo", "Wiadomości Kołobrzeskie". He was the deputy editor of the national weekly "Wieści" in Cracow. A parliamentary reporter. Author of books: "Europejczyk spod znaku RODŁA", "Zeznania lustracyjne", and book publications like: "Raba nasza nadzieja", "Europejsko-chrześcijańskie refleksje."

Honorary President of the Association of Father Dr. Bolesław Domański "We serve others".

The Center for Therapy of Stuttering
64-820 Szamocin, Parkowa street 3
phone: 62 283 33 66, www.jakanie.net