

Bob G. Bodenhamer, DMin is a highly regarded trainer and innovative theorist in the field of NLP. As a teacher at Gaston College, North Carolina, he provides certified NLP training for Practitioners and Master Practitioners, and is also a therapy consultant. He is the pastor of a mission church and also runs his own private therapy practice.

"Through NLP and the strategies in this book I have won the *perfect trifecta*. I have used the strategies to dramatically improve the results I get in therapy, I have helped myself overcome stuttering, and I have enjoyed an explosion in my private practice. Study this book and find solutions for truly resolving stuttering."

**Tim Mackesey, CCC-SLP, BRSFD,
Licensed Speech-Language Pathologist, NLP Master Practitioner**

"At long last, speech language therapists and those who stutter have tools to address the most overlooked component of stuttering—the habits of thought that drive the speech block. The neuro-semantic processes described in this book will help the PWS to build a framework for fluency that can lead to permanent change."

John C. Harrison, National Stuttering Association (America)

"Bodenhamer's thesis that 'blocking is primarily cognitive rather than physiological', its roots in early childhood, is controversial—but his goal, to change the way people who stammer think about themselves and how they relate to others, is not. This text details NLP techniques for addressing stammering and documents fascinating case studies throughout. It is full of illuminating questions and practical exercises to help people who stammer 'reframe' speaking and access natural fluency more easily—an excellent resource for people who stammer and therapists alike."

Jan Anderson, Scottish Development Manager, British Stammering Association

"... a tremendous resource for exploring, understanding and 'unlearning' the habits, beliefs and feelings that create and maintain blocking and stuttering."

**Marjorie Rosenthal Foer, MA, CCC-SLP, Speech-Language Pathologist,
Board Recognized Specialist, Mentor, Fluency Disorders**

"A useful book relating NLP to stuttering in an accessible and practical way. The patterns are well conceived and address core stuttering issues. A great resource for NLP trained therapists."

**Rosemarie Hayhow, Speech and Language Therapist—stammering specialist
Debbie Mason, Speech and Language Therapist, NLP Master Practitioner**


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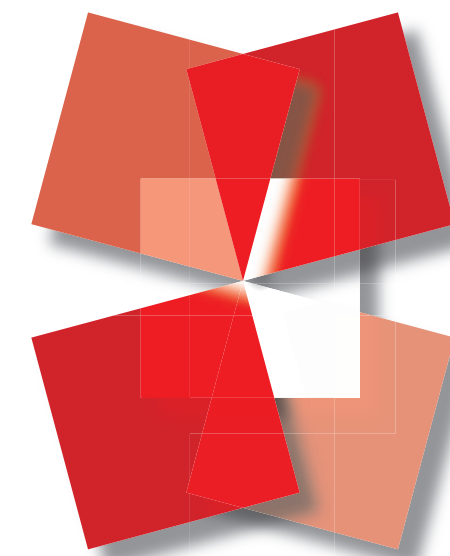


Bob G. Bodenhamer, DMin

Mastering Blocking and Stuttering

Mastering Blocking and Stuttering

A Cognitive Approach to Achieving Fluency



Bob G. Bodenhamer, DMin

Edited by Peter Young
Foreword by John C. Harrison

Have you ever wondered why most people who block and stutter do not do so every time they speak? Indeed, most people who stammer are consistently fluent in certain contexts such as speaking to their pet or to a person they are comfortable with. This has been a puzzle for people who stammer and for speech pathologists for many years.

At last the puzzle has been solved. In this outstanding new book, Bob Bodenhamer details a completely new approach to treating this debilitating condition. *Mastering Blocking and Stuttering* both explains the structure of blocking and provides the cognitive tools for gaining more fluency. From identifying the origins of stuttering, through teaching the stammerer to think differently, to working with stress, Bodenhamer provides a unique approach to achieving more fluency.