



Lived Experiences: Listening and Learning (Part One): A taster of the day

Date: Monday 3rd March 2025

Time: 9:15 m to 4:30pm

Venue: via Zoom (recorded and will be available on our website for up to 3 months post event)

Speakers: Hanan Hurwitz, Anita Blom, Steven Taylor, Wendy Ronaldson & Christine Handsley. Our speakers will each allocate 15 minutes at the end of their presentations for questions and discussions. We are still hoping to secure another speaker

Registration: Book online via our website

Planned Timings of the Day (Please note, this may change)

9:00am - 9:15am	Registration
9:15am - 9:30am	Elaine Kelman and Kurt Eggers, Certified European Specialist in Stuttering (CESS)
9:30 am – 10:45 am	Hanan Hurwitz Presentation
10:45 am – 11:00 am	Break
11:00 am – 12:15 pm	Anita Blom Presentation
12:15 pm – 1:00 pm	Lunch
1:00 pm – 2:15 pm	Steven Taylor Presentation
2:15 pm – 2:30 pm	Break
2:30 pm - 3:15 pm	Presentation (Speaker tbc)
3:15 pm – 3:30 pm	Break
3:30 pm - 4:15 pm	Wendy Ronaldson and Christine Handsley Presentation
4:15 pm - 4:30 pm	Evaluation and Close



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Information about our speakers and Overviews of their presentation



Hanan Hurwitz

Hanan Hurwitz is a proud person who stutters, and former Chair and Executive Director of AMBI, the Israeli Stuttering Association. He lectures extensively on stuttering and is determined to help everyone understand stuttering in order to get past the limitations that the pervasive stigma about stuttering imposes on society in general and on people who stutter and their families in particular. He has been instrumental in arranging conferences on stuttering and was part of the team that curates the annual International Stuttering Awareness Day online conference.

Hanan is the author of the book “Stuttering: From Shame and Anxiety to Confident Authenticity”. Information on the book, and a free chapter download, can be found at OnStuttering.com.

Professionally, Hanan is an electronics engineer by training. Since 2019 he has been working as an independent Quality and Regulatory Management Consultant.

His primary interests are learning Buddhist and Stoic philosophy, Blues guitar music, reading, and of course, stuttering.

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Stammering: The Problem is not the Problem. The problem is our attitude to the problem.

Topics to be Discussed

Our discussion will begin with a brief review of the primary and secondary characteristics of stammering, and the struggle behaviours that are part of the secondary characteristics. This review will form the basis for the rest of our discussion.

From there, we will move on to discuss stammering and stigma. The problem in stammering, if there indeed even is a problem, is not stammering itself but the stigma of stammering. It is from stigma that struggle forms and the shame, anxiety, and fear that drive the struggle. The stigma and the struggle are the problem, as they are the true source of suffering than can be associated with the experience of stammering.

The public stigma, and even the self stigma, can be perpetuated by the use of toxic terminology, such as “recovery from stammering” or “overcoming stammering”. Unhelpful fluency-focused therapies can also perpetuate stigma, and thereby perpetuate the struggle with stammering and the accompanying suffering.

Looking at ways to effectively manage our lives as people who stutter, we will speak about how the struggle with stammering might be eased. Building resilience is part of that release of the struggle, and we shall discuss how principles from Stoic and Buddhist philosophy are applied to building resilience.



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Wendy Ronaldson

My Name is Wendy and I am a person who stammers. I love exploring new things and being creative, whether it is gardening, DIY or art/mark-making. I met Christine through Speech and Language therapy, which helped turn my life around.

I like to challenge myself, and my explorations after therapy have now led me into an art psychotherapy degree. I love helping others explore their creative inner self and now I know what it feels like to 'love your job'

Christine Handsley

I am Christine Handsley, a retired SALT with a continued desire to enjoy and learn from partnering with people who stammer.

Reflecting with Wendy through therapy and beyond, creatively in visuals and words, has led to collaborative workshops and writing.

I love connecting with people; my family, outdoors, gardening, walking our black lab, and dabbling creatively.

“What on earth has an Iceberg got to do with stammering?”

After therapy, in one of the many discussions we had reflecting about stammering and the process of therapy, Wendy challenged Christine on the use of the iceberg analogy. Christine faced the question “What on earth has an Iceberg got to do with stammering?” For Wendy it didn't fit, it was “cold and uninspiring”.



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This led to both of us collaborating on a presentation for StammaFest 2022 which included an “art” workshop and subsequently this short film. We wanted to “Bring Warmth to Remodel the Stammering Iceberg”. As part of our growing friendship, discussions about life, and sharing creatively we began to be excited by “Finding Beauty within the Hidden.” We embarked on a parallel “art” (really “mark making”) and photographic exploration of hidden things of beauty.

We produced a short 20 minute video looking at the use of the stammering iceberg to talk about stammering, its strengths and limitations, developments in thinking about the iceberg analogy and seeking to open up new dialogues.

We have not produced a polished production, nor cover every aspect, but rather we have tried to include down- to -earth, in the moment, reflections of how it seemed to us at the time. We are not experienced film makers but a video seemed the best way to try to express some of our thoughts both in words and by a more dynamic process with visual media; reflecting a process rather than to draw any conclusions.

Our purpose has been to stimulate a re-evaluation of the stammering iceberg, to provoke thought, to develop new metaphors and analogies, with a warmer focus, less harsh and with increased acceptance.

We would like to share this film with you to stimulate dialogue so please feel free to offer comments, reflections, give feedback, and particularly to continue to share your own analogies, metaphors and visual representations with us and the wider stammering community, therapists and allies.





Booking

You are able to access this study day (as well as a host of other benefits such as video recordings, Signal magazine, Facebook Group membership and further study days) by becoming a member of the National Stammering CEN with a 12mth subscription. You can purchase a subscription via the membership page on our website. The cost of attending the study day is included in your membership subscription. Bookings for the study day are made via our website on the events/news - study day page.

If you have any questions or need further support, please make contact directly through the website or email: nationalstammeringcen@gmail.com

Any Questions?

Please get in touch with us using the contact details below.

