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# The treatment of stuttering with hypnosis: A Case Report

Eurasian Clinical and Analytical Medicine Case Report

## Stuttering and hypnosis

Betül Battaloğlu İnanç<sup>1</sup>

<sup>1</sup> Family Medicine Department, Faculty of Medicine, Muğla Sıtkı Koçman University, Muğla, Türkiye.

This study was presented at the 9th International Hypnosis Congress on 9-13/12/2015.

### Abstract

**Introduction:** Although the cause of stuttering is unknown, genetic, psychosocial stress factors, having obsessive personality or low-self-esteem, central nervous system anomalies, being first child in family are risk factors.

**Case Presentation:** In this study, it was aimed to treat stuttering with hypnotherapy that the boy was fourteen years old.

**Conclusion:** Conscious hypnosis a trance-like state in which you have heightened focus and concentration. Conscious hypnosis is usually done with help of a therapist using verbal repetition and mental images. Under conscious hypnosis we affect the brain, and people's confidence. Of course, further studies will be necessary but we have to learn brain power and its excellence.

### Keywords

conscious hypnosis, stuttering, brain

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**Corresponding Author:** Betül Battaloğlu İnanç, Family Medicine Department, Faculty of Medicine, Muğla Sıtkı Koçman University, Muğla, Türkiye.

**E-Mail:** betulbattaloglu00@gmail.com

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## Introduction

Stuttering is a speech disorder characterized by frequent repetitions of syllables or parts of syllables (sound/syllable repetitions), and by audible and inaudible prolongations of articulatory positions (prolongations and blocks, respectively). Although approximately one percent of the population stutters, the etiology of the disorder is still unknown.<sup>1</sup> Stuttering treatments are shown to have a lasting effect, both for speech outcomes and for social, emotional, and cognitive outcomes, if they contain variants of slowed speech, soft voices onset, continuous phonation, self-management, response contingencies, exercises in group sessions, and transfer into non-clinical settings. For preschool children, parental reinforcement for fluent speech has also shown effectiveness. Pharmacological treatments have had unsatisfactory outcomes.<sup>2</sup> A comprehensive approach to stuttering treatment includes dealing with both the surface elements of stuttering as well as the deeper attributes, and self-perception issues. This multidimensional approach follows the mandate of the World Health Organization (WHO). The WHO advocates a multidimensional paradigm of human health conditions, which includes the concepts of "impairment" "activity limitation," and "participation restrictions." The WHO model has been implemented as a model for evaluating both surface stuttering and the adverse consequences of stuttering. In this vein, stuttering treatments should only be considered successful if they reduce stuttering frequency (impairment level) and also reduce "participation restrictions or activity limitations".<sup>3</sup> In this context, here I report a case with stuttering and his treatment with hypnosis sessions.

## Case Presentation

It was aimed to treat stuttering with hypnotherapy that the boy was fourteen years old. Patient stuttering had been start in six years old, with an frightening happen. After then he was treated lots of times for stuttering. Patient's father had been stuttering childhood period too. Patient was informed about hypnosis and verbal informed was taken. Explaining and demonstrated breathing exercises were done. During hypnosis sessions, relaxation was achieved with supporting self-esteem. Said, to the patient again and again, there was no structural defect provides speech center, facial muscles, tongue, vocal cords, and in the mouth. And the patient listened, and repeated all sentences. And hypnotic depths provided. As a measure can achieve, the famous orator and philosopher Cicero had been described as a sampling, that he was a stutter in his childhood. It was asked to play a game that loves in his imagination. If he finishes his game successfully, his individual balloons that content insight stuttering, fear, anger, anxiety, excitement was flown respectively. Tell his daily activities, speaking in front of the mirror, and speeches putting pen in his mouth were given as a homework in his home with breathing exercises. In the third session, parents and teachers were recognized patient's current conversations improvements. The treatments were maintained, until speaking words without hesitation and regulated his body coordination while speaking, and to be able to speak fluently in front of the crowd of friends and community. The patient's stuttering recovered completely cure at the end of the six session.

## Discussion

Neuroimaging and lesion studies on the neural correlates of stuttering have suggested the role of several brain areas, including the supplementary motor area, the bilateral sensorimotor cortices and auditory areas, the anterior cingulate cortex, the bilateral frontal operculae and the cerebellar vermis. In addition, many authors considered the main problem to be in the defective production of timing cues provided by the basal ganglia-thalamocortical circuit. Indeed,

lesions in thalamus and/or striatum may cause acquired stuttering. Moreover, in persistent developmental stuttering, a correlation between severity of stuttering and activity in the basal ganglia has been demonstrated.<sup>4</sup> And hypnosis, has long been an elusive concept for science due to the lack of objective neurobiological markers of the state of trance, but the relentless advances in neuroscience in the last few decades have opened up a 'bridge of knowledge' between the classic neurophysiological studies and psychophysiological studies of cognitive, emotional, and sensory systems.<sup>5</sup> Under hypnosis was related to the metabolic activation of cortical areas involving left sided occipital, parietal, precentral, premotor, and ventrolateral prefrontal cortices and right sided occipital and anterior cingulate cortices, while a decrease of activity was observed in precuneus, bilateral temporal, medial prefrontal and right premotor cortices. And rostral corpus callosum affected, and transfer of information between prefrontal cortices.<sup>6</sup>

## Conclusion

Conscious hypnosis a trance-like state in which you have heightened focus and concentration. Conscious hypnosis is usually done with help of a therapist using verbal repetition and mental images. Under conscious hypnosis we affect the brain, and people's confidence. Of course, further studies will be necessary but we have to learn brain power and its excellence.

## Declarations

### Animal and Human Rights Statement

All procedures performed in this study were in accordance with the ethical standards of the institutional and/or national research committee and with the 1964 Helsinki Declaration and its later amendments.

### Informed Consent

Written informed consent was obtained from the patient for publication of this case report.

### Conflict of Interest

The authors declare no conflicts of interest.

### Funding

None.

### Scientific Responsibility Statement

The authors declare that they are responsible for the scientific content of the article, including the study design, data collection, analysis and interpretation, manuscript preparation, and approval of the final version of the manuscript.

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