DTHS, Kolding - den 12. november 2018
The McGuire Programme

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HELLO

The McGuire Programme is:

***Not* a cure for stuttering**

It's a method for controlling your stutter



Dave McGuire
(Founder of The McGuire Programme)

Requirements....

- Discipline, hard work & courage.
- Honesty & perseverance.
- Give up your old tricks & avoidances.
- Step outside your comfort zone.

THE McGUIRE PROGRAMME SCANDINAVIA

The Course

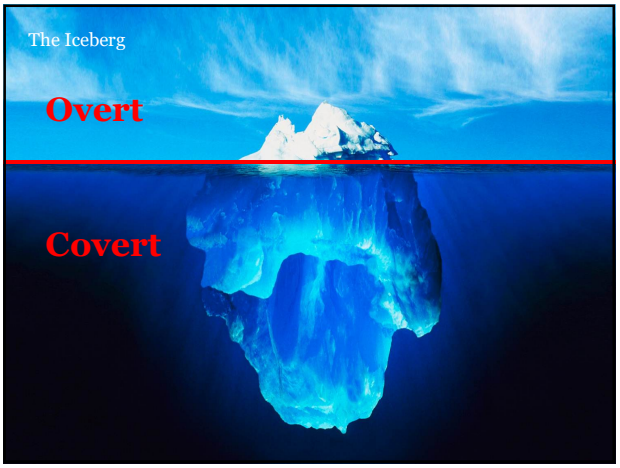


The Course



The Goal & Objectives of the McGuire Programme

The Iceberg

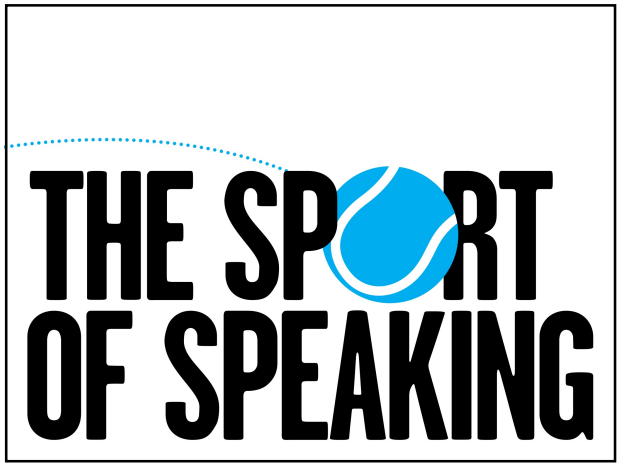


Goal and Objectives of the McGuire Programme

Main goal	Eloquence
Physical	To speak powerfully from the thorax by retraining your costal diaphragm
Mentally	• to understand the dynamics of stammering • to counteract the tendency to hold back and avoid • to deal with the fear through concentration and non-avoidance techniques • to accept yourself as a person who is working on your speech • to develop an assertive attitude to attack feared situations • to understand process of relapse and how to counteract it
Emotionally	Once you've dealt with the fear, let go and have fun
Spiritually	Self-actualisation. Are you the person you want to be?

The Iceberg





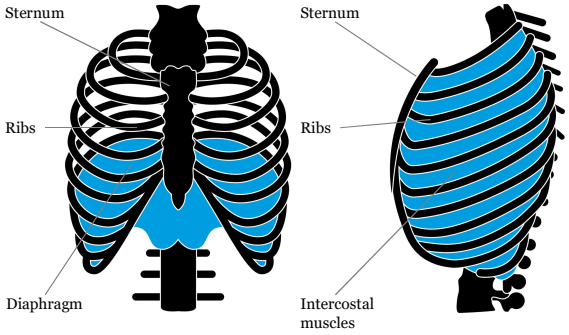
Look at this like a sport...





Learn and drill the technique.
Learn and drill the mentality.
Learn to perform under pressure.

Crural and costal diaphragms and intercostal muscles



Sports Mentality

"Those who treat this process like a sport are much more successful than those who treat this like an affliction or a part time hobby."
Dave McGuire

PLAYING TO WIN

"Rather than"

"PLAYING NOT TO LOSE"

Two parts of the diaphragm:
Costal and Crural

It has been your *Crural Diaphragm* that has been conditioned to contract when it should relax to release air over the vocal cords and articulators.

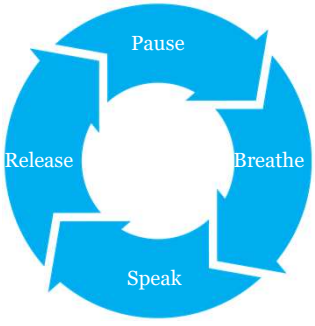
The *Costal Diaphragm* is not normally used for speaking, therefore not conditioned to contract and freeze when speaking.

What is stuttering all about?



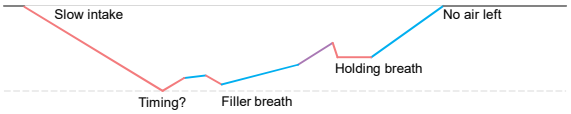
Basic Cycle of Speaking – also known as the mini checklist

PAUSE
BREATHE
SPEAK
RELEASE

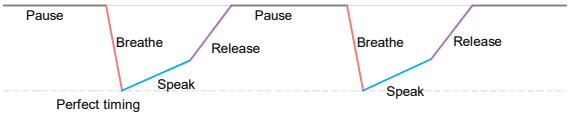


The Speaking Cycle

Spot the poor technique



Good breathing



If no answer is found for FSD, you go to "avoidance mechanisms":

- Tricks *(distraction, gimmicks, etc.)*
- Word avoidance and substitution
- Altering or avoiding sounds
- Avoiding situations

If stuttering were an enemy, what are its physical weapons?

PHYSICAL WEAPONS

Physical weapons against FSD

PHYSICAL WEAPONS

What happens physically during a stuttering block (FSD)?

Freezing	Diaphragm contracts when it should relax and freezes. No air, no speech.
Struggle	Articulators and muscles controlling vocal cords start to struggle.
Distortion	Articulators and vocal cords distort in an effort to get the word out.

Physical

Three Locations of blocking?



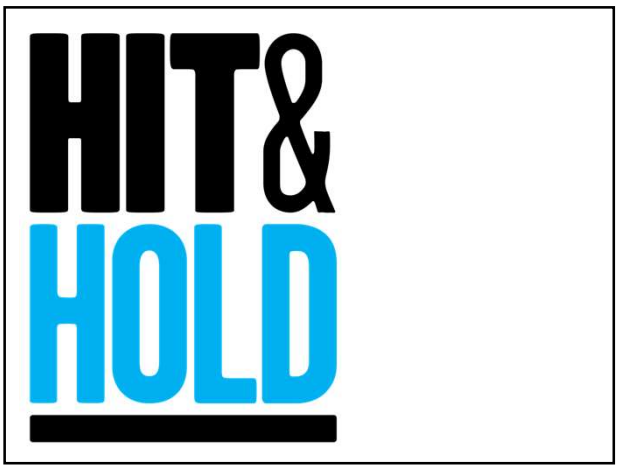


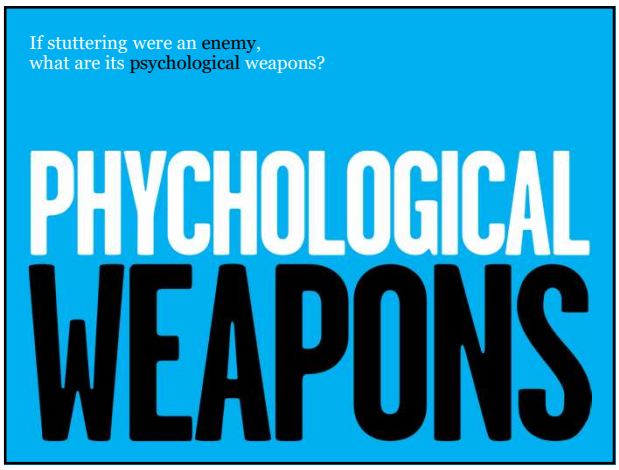


Tools and Weapons

- Costal breathing
- Hit and hold
- Block release
- Deep and breathy







If stuttering were an enemy,
what are its psychological weapons?

Fear	Of being seen as someone who stutters, strange, different, someone with a problem, etc.
Shame	When you've had a bad block, or can't express yourself.
Guilt	You couldn't express yourself or even speak at all.
Self hate	Beating yourself up for the above.
Sense of isolation	Old very deep feelings of being totally alone with this problem.

3 ways of

DELIBERATE D-DYSFLUENCY

MECHANICAL SPEECH

HIT & HOLD

BLOCK RELEASE



Things to keep in mind



- **You are being proactive rather than reactive**
- **Used on non feared words only**
- **Used to show people you are trying to improve**
- **Always used with the Basic cycle**
- **Use good eye contact**
- **Deliberate Dysfluency is a 'Package' that includes a mentality and techniques**

Mentality of

DELIBERATE D-DYSFLUENCY

The Directions

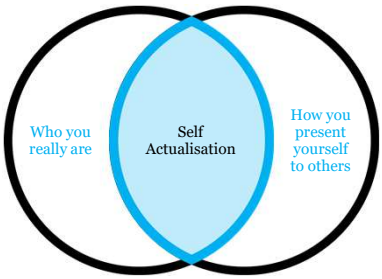
To get good at the sport of speaking, you must
do your best to work hard, be courageous,
and persevere in following these directions.

1. Breathe from the costal diaphragm all day long, except while eating. At least 1 costal breath per 5 normal breaths
2. Speak with at least the basic method (pause, breathe-in, speak deep through the chest, release residual air) whenever you speak
3. Practice hit and hold and block release everyday
4. Cancel poor technique
5. Overkill feared words to the boring stage
6. Keep pushing out your comfort zone by challenging your feared situations

Levels of Overkill

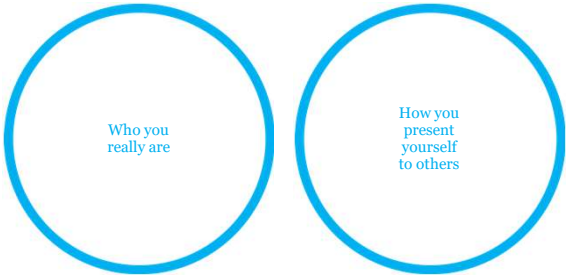
5 BORING
4 FUN
3 EXCITING FEAR
2 BARELY MANAGEABLE FEAR
1 PANIC

Self Actualisation



Level of functioning
Amount of Self Actualisation
How other people perceive you

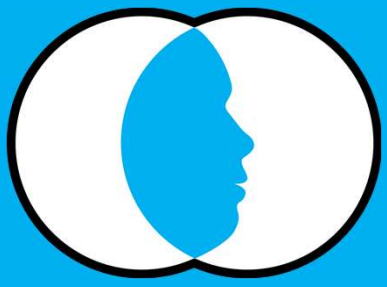
Self Actualisation



Self Actualisation



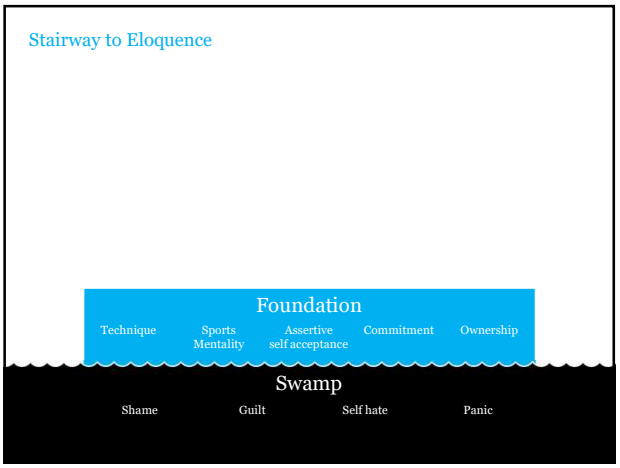
Self Actualisation

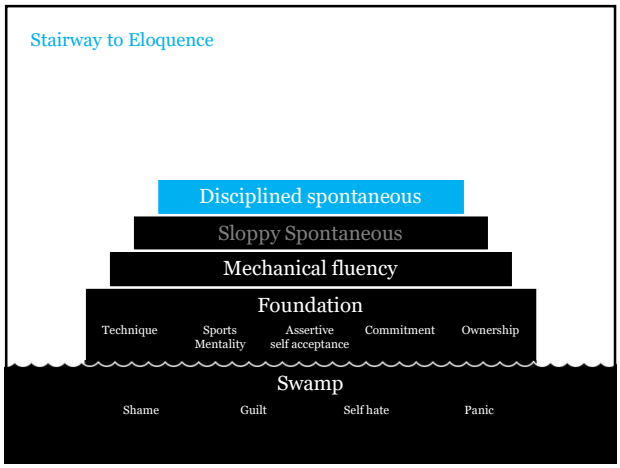


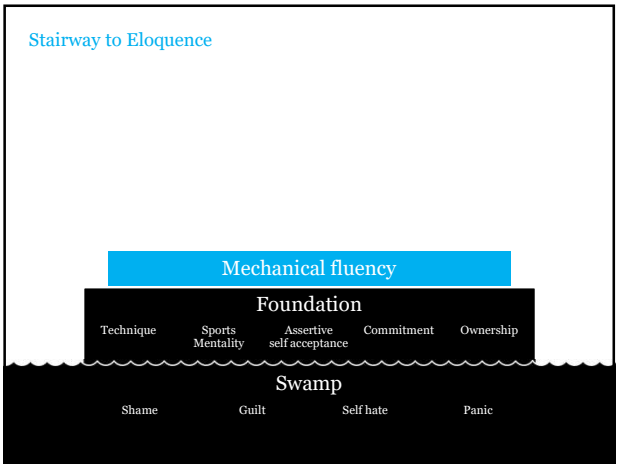
Stairway to Eloquence

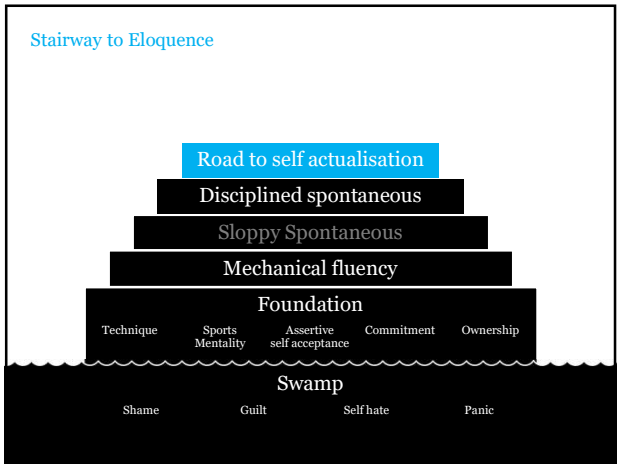
Swamp

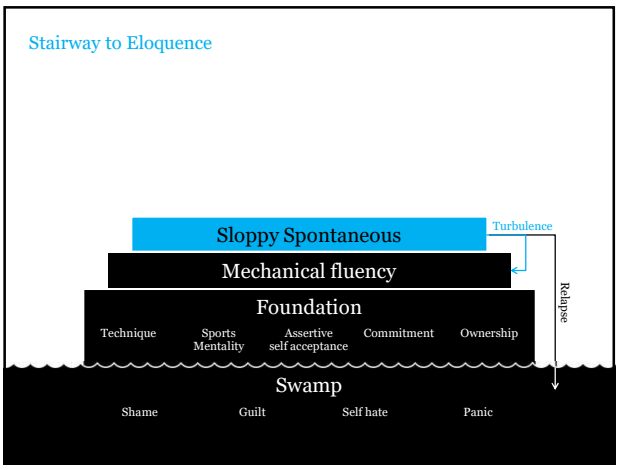
Shame Guilt Self hate Panic

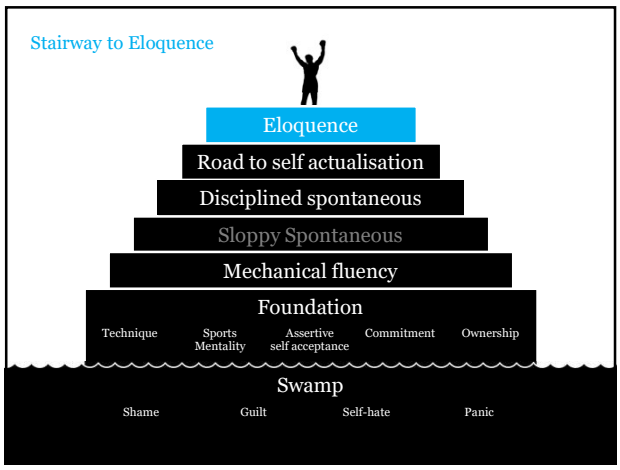

Stairway to Eloquence
Foundation
Technique
Sports Mentality
Assertive self acceptance
Commitment
Ownership
Swamp
Shame
Guilt
Self hate
Panic


Stairway to Eloquence
Disciplined spontaneous
Sloppy Spontaneous
Mechanical fluency
Foundation
Technique
Sports Mentality
Assertive self acceptance
Commitment
Ownership
Swamp
Shame
Guilt
Self hate
Panic


Stairway to Eloquence
Mechanical fluency
Foundation
Technique
Sports Mentality
Assertive self acceptance
Commitment
Ownership
Swamp
Shame
Guilt
Self hate
Panic


Stairway to Eloquence
Road to self actualisation
Disciplined spontaneous
Sloppy Spontaneous
Mechanical fluency
Foundation
Technique
Sports Mentality
Assertive self acceptance
Commitment
Ownership
Swamp
Shame
Guilt
Self hate
Panic


Stairway to Eloquence
Sloppy Spontaneous
Turbulence
Mechanical fluency
Relapse
Foundation
Technique
Sports Mentality
Assertive self acceptance
Commitment
Ownership
Swamp
Shame
Guilt
Self hate
Panic


Stairway to Eloquence
Eloquence
Road to self actualisation
Disciplined spontaneous
Sloppy Spontaneous
Mechanical fluency
Foundation
Technique
Sports Mentality
Assertive self acceptance
Commitment
Ownership
Swamp
Shame
Guilt
Self-hate
Panic

The Checklist	– Why the checklist? – Why exaggerate?
PAUSE	– Resist time pressure – Release residual air – Centre and clarify – Formulate – Establish and maintain eye contact
BREATHE	– Fast costal breath – Full costal breath – Quiet in the chest
SPEAK	– Perfect timing – Assertive first sound – Deep and breathy tone – Keep moving forward, no holding back – Articulate – Release residual air