



## 72 Years of Stuttering

*My Name is Doug Ramsay. I was born at Inverell on 2nd May 1927.*

*When I was 7 years of age I began to stutter. I attended a small country public school with only about 10 children. The other children treated me as an equal. If I stuttered in school, that to them was normal.*

*When I was 13 years of age, I attended the Inverell High school. There were about 400 children who went to school there. Suddenly my life changed. I was soon let know by others that I was different, some with intent to torment and make cruel taunts, others with wonderment and curiosity.*

*My speech became worse as the years went on.*

*I will not dwell here on the endless years of disappointment of self hate, of unjust self recrimination, the feeling of inferiority. At times in my teens, my feelings very, very black indeed. I now know, with thanks to our Heavenly Father that for some reason I was being cared for.*

*For years I attended speech therapy at Tamworth. The speech therapists were wonderful and I have the highest regard for them. Their patience, caring and their honest desire to help people with speech problems. Whilst I was in their company, I could speak with other people and speak on the phone as well. The only problem was that when I faced other people without the speech therapist, I was back to being an out of control stutterer.*

About June 2006, I heard about the Mc Guire Programme on the Current Affair Programme on T.V. I thought at 79 years of age I would be too old but I sent away for the information anyway. In the return mail was a DVD which, when viewed, showed stutterers before and after the course. I then changed my mind and enrolled in the McGuire course which was held in Sydney between the 6th and 9th September 2006 .

There were four very, very intensive days of practicing costal breathing and changing our attitude, facing up to our everyday speaking fears, using new tactics and being made to feel that we are here for a purpose and to regain our self esteem.

There were 28 of us ,all different ages, from Year 12 students, including three doctors and me, who was by far the eldest at 79 years of age.

On the 3rd day, we all ventured down to Darling Harbour where we were all called upon to make a speech to the passers by and to tell them who we were, why we were there and to tell who ever was interested ,that we were stutterers of the McGuire Programme.

On the last day of the course, all of us made our farewell speech with not a stutter amongst us. What joy we felt amongst us as we all experienced the brotherly and sisterly love of being out of control stutterers to being on the Freedom Road to recovery.

As I write this, in the 5 weeks following the course I have made lots of phone calls to people I would have thought I could never talk to. I expect a huge phone bill but it was all worth it. I rang coaches all over Australia to give me reinforced confidence. The coaches, their staff and all the instructors and in particular Geoff Johnson , the S.A. director have all been stutterers. They truly understand how stutterers feel.

*You may ask me why I am telling you this story? By telling someone else I feel it will help those who have a problem with stuttering. It is important to get in early to avoid the frustration and mental anguish that people like me have experienced in my life. If by telling my story I can help someone, it would make me very happy.*

*I have had 72 years of uncontrolled stuttering and realise that I will probably undergo relapses but I am prepared to face whatever comes. With the help of coaches whom I can talk to in the phone, at anytime, I believe that I am on the Freedom Road.*

*Please spread the word about the wonderful Mc Guire Programme.*

*.....Doug Ramsay*

*For those who wish to contact me, my address is :--*

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