

# Autogenic training is an essential component in the rehabilitation of stuttering children

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**Abstract:** the article discusses the features of functional autogenic training with children suffering from stuttering at different stages of the rehabilitation course.

**Key words:** stuttering, autogenic training, stutterers, phobia, muscle tone, imagotherapy, tranquility, relaxation, rehabilitation.

Autogenic training is a psychotherapeutic technique aimed at restoring the dynamic balance of the mechanisms of the human body, disturbed as a result of stress. Strengthening the nervous stem Removal of the muscular corset Elimination of fear of speech

This technique poses general tasks that are characteristic of all existing variants of AT, and specific, characteristic only of this modification. The solution of these problems is aimed at normalizing the speech behavior of adult stutterers. The purpose of the general tasks is to reduce muscle tone and emotional tension Particular - correction of the tension of the articulatory and vocal muscles, regulation of breathing, overcoming the feeling of inferiority and logophobia.

These tasks are solved in the process of step-by-step training of patients in the methods of self-regulation, speech training and conversations of a psychotherapeutic and explanatory nature. In the modification of AT Lubenskaya A.I., the main methodological techniques are **the "Formula of Tranquility" and imagotherapy.**

Classes of the special course AT are held according to the following scheme:

1. Advanced peace of mind formula.
2. Voluntary regulation of muscle tone.
3. Speech training.
4. Advanced tranquility formula.
5. Motor exercises.
6. Self-reports of patients.

**At the first stage**, stutterers master the basic methods of self-regulation: an expanded formula of calm, relaxation skills and management of vasovegetative reactions (breathing, rhythm of cardiac activity, vascular tone). Patients are indoctrinated with a feeling of warmth in the upper extremities and in the epigastric region. Mastering these skills is especially necessary for that group of stutterers who associate stuttering with a subjective feeling of tension in the chest, with insufficiency of speech breathing.

For example, the first lesson of stage 1 begins with an introductory conversation, in which the presenter talks about the content of the "extended formula of tranquility" and the connection between the speech, emotional and muscular state of a person. Then the stutterers move on to training self-regulation skills.

**The second stage** is very important both in psychotherapeutic and speech terms.

In the process of training at this stage, one of the particular tasks of self-regulation is solved - the development of local relaxation skills of muscle groups in which convulsion occurs. The work acquires the character of directed organizational training in the group "Speech".

The condition for conducting speech training changes somewhat: trainees begin to work with open eyes at the second stage.

The main feature of this stage is the introduction of representations of pathogenic speech situations, the lengthening and complication of speech training and the consolidation of speech achievements of stutterers through heterogeneous suggestions. The legality of using the technique of representations to develop new forms of response to situations that were pathogenic in the past is based on the provisions that were expressed by M.N. Valueva (1967). Namely, the representation of emotionally colored situations can cause emotional and vegetative shifts in an individual, similar to those that occur in a real situation.

The representation of a difficult speech situation for stutterers is created due to its verbalization. With a bright figurative language, the presenter draws a verbal portrait of a pathogenic speech situation.

**At the third stage**, in the course of autogenic training, stutterers master abbreviated formulas of self-hypnosis, methods of active regulation of muscle tone and activation of local relaxation skills in the process of speech activity.

The extended formula of calm is replaced by short formulations: "Calm, collected, focused." Formulas aimed at relaxing individual muscle groups are replaced by short self-hypnosis: "Abdomen, chest, throat, jaw, lips, tongue are relaxed."

At this stage, individual self-suggestions are introduced aimed at overcoming the painful attitude to the speech defect, to the interlocutor or to the audience, which is characteristic of this individual.

In the course of speech training of the third stage, the acquired skills of self-regulation are actively used in the process of speech activity. To this end, trainees are invited to enter into short speech contacts - dialogues first with the facilitator, later with groupmates. Stutterers answer the questions posed, act out scenes with the plot proposed here, train speech skills against the background of the presentation of pathogenic speech situations, prepare for public performances. At the same time, they get up, sit down and get up again, moving from group to group. The implementation of smooth speech against the background of a slightly reduced muscle tone and a state of emotional balance usually do not cause difficulties.

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