

The Washington Post



Program may be answer for those who stutter

Dear Ann Landers: I would like to tell you about a most remarkable cure for people who have a stuttering problem. I recently completed the fluency program for stutterers at the Eastern Virginia Medical School in Norfolk and am thrilled with the results. I traveled from Russia to take this therapy, and it has changed my life.

I am 20 years old and now back in Russia, studying at the School of International Relations in Moscow. I stuttered for 15 years.

Every day of my life was filled with frustration and anxiety because I could not put my thoughts into words. My speech held me back in many areas of my life.

I did not believe in any speech therapist in Moscow. The treatment consisted mainly of psychological therapy. It did not work for me.

Then, I learned about the therapy at the Eastern Virginia Medical School on the Internet and came to the United States and entered the program. I learned how to breathe, how to articulate and how to use my voice correctly. I am now approaching 80 percent fluency. It's very hard work, but the rewards are fabulous.

Please let other stutterers know of this therapy. It can change their lives. The person to write to is Ross Barrett, M.A., Eastern Virginia Medical School, 855 West Brambleton Ave., Norfolk, Va. 23510 (www.fluentspeech.com). - *Inna Melnikova, Moscow*

Dear Inna: Your letter caught my eye immediately because of the unusual envelope and stationery and, of course, the postmark from Moscow. Thank you for alerting my readers to the help that is available for those who stutter.