

BOOK REVIEW

Zbigniew Tarkowski, *A New Approach to Stuttering. Diagnosis and Therapy*

Nova Science Publishers, Inc., New York

Professor Zbigniew Tarkowski, an employee of the Medical University of Lublin, for many years in his scientific research and practical activities has been dealing with the issues of speech disorders. There were many books concerning the topic authored by professor Tarkowski. The recent publication of his, is the first monograph of Polish speech pathologist released in the United States.

The author presents a new approach regarding stuttering and its diagnosis and treatment. In the recent publication, the author clearly polemicizes with the view of US experts, who popularized the opinion that stuttering should be accepted, and the basic form of therapy is a method of liquid stuttering. Professor Tarkowski refers to the treatment undertaken in the countries of Central and Eastern Europe and proposed a model considering motivation of the stuttering patient to commencing therapy, and in place of liquid stuttering (i.e., still stuttering) the author proposes a technique of natural speech.

The author not only polemicizes with the American methodology, but additionally presents his own ideas and research. Chapter 1 introduces a novel approach to the very essence of stuttering. The outlined systematic approach is composed of the following factors: biological, linguistic, psychological and social. In this concept, stuttering is a biopsychosocial syndrome the most important elements of which are: illiquid speaking, increased muscle tension, logophobia and communication stress, and the relationship between these components. This approach shifts the focus of the liquidity disturbances in speech to the person, and determines the holistic method concerning diagnosis and therapy.

In chapter 2 the author elaborates on his original methods and techniques of diagnostics. Those methods include standardized and normalized methods such as: the Motivation for Stuttering Therapy Scale, the Self-assessment and Assessment of Stuttering Scale, the Speech Disfluency Reactions Scale, the Psychosomatic Interview and the Interpersonal Communication Assessment Scale. The full texts of the scales are presented in the annex.

In therapy, the author proposes his own original model, referring to the systemic theory. Additionally, the author recommends simultaneous influence on the illiquid speaking, muscle tension, anxiety and stress communication and efficiency of communication. Professor Tarkowski pays particular attention to early childhood stuttering therapy, the effects of which are the greatest (chapter 3). A valuable part of the book is a supplementary chapter 4 written by Dariusz Pawlak and Tomasz Kaminski presenting possibilities of pharmacological therapy of stuttering.

An additional advantage of the book are studies of individual cases (chapter 5) and the evidence for the effectiveness of the therapy for stuttering. In conclusion, the author advocates the collaboration of experts from different countries in research on diagnosis and treatment of stuttering.

To summarize, the book is addressed to professionals, parents and students. The book contains invaluable information, which are complemented by proposed practical solutions, constitutes positive example of skilful combination of science and practice. Therefore, it is not only a theoretical academic consideration, but also has great qualities for applications.

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