

# Psychotherapeutic Approaches Based On Advanced Foreign Experiences In The Process Of Rehabilitation Of Stuttering Individuals

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**Abstract:** This article analyzes the psychotherapeutic methods and techniques employed in the rehabilitation process of individuals who stutter in Russia and foreign countries, highlighting their advantages and practical effectiveness.

**Keywords:** Psychotherapy, suggestive, non-suggestive, psychoorthopedics, non-directive psychotherapy, modification.

**Introduction:** Western schools often use logopsychotherapy and interventions aimed at emotional stress. K.M. Emotional stress logopsychotherapy proposed by Dubrovsky incorporates elements of directive group suggestion and is aimed at quickly changing the state of stuttering. V.A. Gilyarovskiy's principles of psychoorthopedics envisage the rehabilitation of the patient through socially active work and distraction. These methods are often used in combination with speech therapy.

In studies conducted by scientists, complex logopsychotherapy, emotional stress interventions, autogenic exercises and psychoorthopedic approaches have been recognized as effective in the rehabilitation of stuttering individuals. In particular, emotional stress logopsychotherapy developed by Dubrovsky incorporates elements of directive group suggestion and serves to reduce stuttering in the short term. V.A. Gilyarovskiy's principles of psychoorthopedics are aimed at ensuring psychological stability by involving the patient in socially active life. At the same time, Ye.N.Sadovnikova in her dissertation substantiated the high effectiveness of working with stuttering preschool children on the basis of a person-oriented psychological and pedagogical system.

The concept of psychotherapy is based on the interpretation of "the process of planned psychological influence on the patient for the purpose of treating him." Psychotherapy has 2 broad methods:

1. Hypnotherapy;
2. Psychotherapy carried out during wakefulness.

Psychotherapy can be divided into suggestive and non-suggestive types. Suggestive psychotherapy involves the process of authoritarian instilling one or another idea into the patient's mind.

In addition, psychotherapy is divided into group (family psychotherapy - another variant of this type of psychotherapy) and individual, direct and indirect (influence through the environment, interior, behavior of others).

The founder of rational psychotherapy - P. Dubois, involves influencing the patient's mind and convincing him. The method of rational psychotherapy requires the patient to draw logical conclusions, compare the conclusions drawn and prove that they have a certain basis.

Autogenic training was proposed by Schultz in 1932 as a treatment method. It is "an active method of

psychoprophylactic, psychohygienic and psychotherapeutic methods aimed at restoring the dynamic balance of the system of homeostatic control mechanisms disrupted as a result of a stress factor. Work on muscle relaxation, self-persuasion and self-education is the main element of the methodology." Currently, there are several modifications of the classical autotraining method. For example, in the Jacobson method (USA), the patient is initially tense by tensing individual muscle groups of the body, and then maximally relaxes the patient.

Hypnotherapy is a method of psychotherapy based on the use of a hypnotic state for therapeutic purposes. Despite the fact that the use of hypnosis has a history of several centuries, scientific hypnology began to develop only in the middle of the 19th century. N.D. Levitov, emphasizing the natural nature of hypnosis and explaining it as a psychological state, wrote: "A state of partial sleep (or hypnosis) can occur not only as a result of hypnotic influence, but also during everyday life. For example, a mother can fall into a deep sleep, not responding to any external signals, but wake up as a result of low-pitched sounds coming from her child." The term hypnosis was first used in 1843 by the English surgeon D. Brede. Later, a number of methods based on hypnotherapy were developed.

Most methods of NLD (neurolinguistic programming) also provide the opportunity to use an altered state of consciousness. The scientists who founded this direction - R. Bandler and D. Grinder - consider the correction of the incorrect "world map" used by the patient to be the main task of psychotherapy. Violation of the language metamodel indicates a mismatch in the person's perceptions of the environment and reality. In other words, the violations that arise in the process of speech programming have a psychogenic genesis. By restoring the metamodel, it becomes possible to find the root cause of the violation and clarify the patient's "map" and improve it. The work process is organized taking into account the leading representative systems, that is, analyzers that help the patient sort and evaluate his experience. The process of conducting the speech therapist's work taking into account the child's representational systems and restoring the speech programming system is one of the important factors guaranteeing the effectiveness of any speech therapist's work.

The influence, which is carried out on the basis of suppressing the information presented to the mind visually or audibly with the help of relatively stronger stimuli (visual or audibly), is called suggestive persuasion and is one of the NLD methods. This method appeared after the "21st frame effect" was discovered. According to it, if a suggestive persuasive text is shown

every 21st frame of a shown film, then the same stimulus is not perceived by the mind while watching the film, but immediately begins to affect the subconscious level.

The "whistle" technique is another method of influence developed by NLD specialists and does not require putting the patient into a trance state. The patient is first offered to recall positive memories, and after the whistle, a traumatic situation. Thus, based on the whistle signal, the patient alternately recalls positive and negative situations in his memory. The brain's protective mechanism, based on the suppression of negative emotional memories with positive emotional memories, ensures the effectiveness of this technique. Usually, by the end of the session, patients are unable or unwilling to remember negative emotional images.

In fact, NLD is not a separate technique, it is a new methodology that is considered effective in implementing any psychotherapy methods, and it can be used not only with adults, but also with children.

K.M. Dubrovsky's emotional stress logopsychotherapy. It is also called the method of directive group influence. This method belongs to the group of suggestive methods that are carried out during the patient's wakefulness. The current method proposed by K.M. Dubrovsky in order to "immediately eliminate stuttering" is carried out during a group session through momentary imperative persuasion, and the results achieved are consolidated during subsequent examinations with a doctor and a speech therapist (3-4 times). This method served as the basis for the organization of work aimed at eliminating the problem of stuttering on the basis of clinical-psychological and logopsychotherapeutic approaches (see above).

Bibliotherapy, that is, a method of psychotherapy aimed at analyzing works of art, helps the patient understand his condition, find ways to compensate for his defect, and achieve a "sanogenic" (Yu.B. Nekrasova's term) mental state. V.N. Myasishev describes the method of bibliotherapy as "a complex combination of the fields of literary criticism, psychology and psychotherapy" (according to Yu.B. Nekrasova). I.E. Dyadkovsky began to use the method of reading books for therapeutic purposes as early as 1836. However, the term bibliotherapy first appeared in the USA in the 1920s.

The method of art psychotherapy was founded by Adrian Hill in 1938. Art samples created by patients reflect their fears, childhood memories, dreams, cognitive processes, that is, all the phenomena that therapists using the direction of Z. Freud take into account during psychoanalysis. Art psychotherapy is organized precisely on this basis. Visual art

psychotherapy is one of the sections of art psychotherapy and is based on changing the patient's feelings and psychological state in the process of drawing and reflecting the above-mentioned subconscious processes.

The purpose of body psychotherapy is to study the sensations and desires reflected through the patient's body and to teach them to eliminate problems in this area. The Feldkreis method is also part of body psychotherapy. Its purpose is to form positive habits regarding body parts, restore natural tenderness and freedom of movement, strengthen the patient's "I", the process of self-awareness and expand the patient's capabilities.

Kinesiotherapy, in particular, A.N. Strelnikova's paradoxical breathing exercises and E.V. Kharitonova's movement asymmetry method, are also types of psychotherapy that include at least two elements of the above approaches and are aimed at solving the given problems.

Many modern scientific directions have been developed abroad to eliminate stuttering.

Stuttering modification technique The main goal of this method, developed by the American scientist Charles Van Riper, is not to hide stuttering, but to control it.

The method consists of four stages:

Identification - the person analyzes his stuttering;

Desensitization - fear in speech is reduced;

Modification - stuttering is transformed into a "soft" form;

Stabilization - a new speech style is strengthened.

This method is psychologically very powerful, because the patient perceives his stuttering not as an "enemy", but as a controlled process.

The method of forming fluent speech in this method involves a person learning his speech from another. The speech tempo, breathing, articulation and sound production system are reshaped.

Neurochemical studies show that this method increases the coherence of speech networks in the brain and significantly reduces stuttering.

Family psychotherapy is a special type of psychotherapy. It is aimed at correcting interpersonal relationships in the family, aims to eliminate negative emotional disorders in the family, and in this case, it is mainly worked with the sick member of the family. In the last quarter of the 19th century, the teachings on "family diagnostics" and "family treatment" began to be intensively developed by I.V. Malyarevsky. Nowadays, great importance is still attached to family psychotherapy. Some therapists who support

systematic family psychotherapy, in their research, harmoniously use methods with different treatment mechanisms, including hypnosis, autogenic exercises, meditation, homework on behavior modification, analysis and interpretation of interpersonal relationships, group discussions, etc. Family consultation is another type of family psychotherapy. Unlike family psychotherapy, family counseling abandons the concept of illness, places more emphasis on situation analysis and the family factor, works are carried out to search for the personal resources of the subject of consultation, and methods of resolving the situation are discussed, that is, the "decision fan" method is used.

In play psychotherapy, various games are used to eliminate emotional and behavioral disorders in children. Play therapy was formed as a direction of child psychotherapy based on the psychoanalytic methods developed by A. Freud and M. Klein for use in eliminating children's neurosis. However, it should be noted that psychotherapeutic games are included in the methodological base of a number of psychotherapeutic directions developed for adults. Therefore, the psychodrama method is considered the "ancestor" of other psychotherapeutic games. Psychodrama is a type of psychodramatic art, a method aimed at highlighting the patient's current problems and solving them. During the work, the necessary conditions are created for the spontaneous expression of emotions related to problems that are considered important for the patient. The book "Psychology of Communication" by A.A. Bodalev notes the possibilities of role-playing games on the following issues:

a) search for effective forms of interaction within the framework of cooperation, revealing the shortcomings of existing behavioral stereotypes;

b) strengthening the behavioral model that leads to success;

d) exteriorization of contradictions between the structure of the problem and the interpersonal and intrapersonal relationships of a particular person;

e) creation of empathy among the psychotherapeutic team.

At the same time, non-directive psychotherapy is also considered one of the effective methods, and this method is also called the client-centered psychotherapy method in some literature. This method is focused on the subjective experience of the client. According to Rogers, people are prone to self-development, and this contributes to personal growth and restoration of health. The psychotherapist participates in this as a person who helps the client (not the patient!) to overcome emotional blocks that

prevent self-development. As soon as the obstacles are removed, ways of self-healing are formed. Rogers developed a triad that includes 3 main conditions that a psychotherapist should have:

1. The psychotherapist adheres to congruence in the relationship with the patient, that is, he correctly symbolizes his experiences, understands his feelings and correctly reflects them.
2. The psychotherapist evaluates the patient positively.
3. The psychotherapist accepts the patient empathically.

A brief description of the psychotherapeutic techniques that we use in our work allows us to understand how effective their integrated use is. For example, by combining bibliotherapy techniques with art therapy and play therapy methods, it is possible to activate all the patient's analyzers and mental processes. Although foreign experiences in the rehabilitation of stuttering individuals have different approaches, their goal is to restore speech activity and ensure psychological stability. In Russia, complex logopsychotherapy and autogenic exercises are mainly used, while cognitive-behavioral therapy and modern technological methods have been found to be effective abroad. The best results are achieved through the combined use of these approaches.

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