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Since 1947... Helping Those Who Stutter

*Editor's Note: As we go to press, an article on this study by Dr. Weber-Fox also appeared in the New York Times.*

## New Research on the Roots of Stuttering Language Processing and Speech Motor Control: Complex Interactions in Stuttering

By Christine Weber-Fox, Ph.D., CCC-SLP  
Purdue University

In the last decade, accumulating evidence from laboratories in the U.S. and Europe, as well as our own, led to the development of a multi-factorial model of stuttering. This model of stuttering hypothesizes that stuttering emerges from complex interactions among factors including genetics, language processing, emotional/social aspects, and speech motor control. Ultimately, stuttering occurs when the neural signals that produce the coordinated movements in the respiratory, vocal, and articulation systems become disrupted. The underlying notion is that the functions of the brain areas for speech motor control are affected by complex interactions with other neural systems. One important underlying assumption of this model is that these factors may not play the same role in different individuals who stutter and very likely vary in significance over different stages of development.



Christine Weber-Fox, Ph.D.

In our recent series of complementary experiments we studied how neural systems for language processing may contribute to disruptions in speech motor control in people who stutter. We have examined this question using two approaches. First, using a very sensitive movement tracking system, we have been able to analyze speech movements with an accuracy of less than .1 mm to determine how consistently and smoothly

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## SFA Outreach Tops 43,571 Pediatricians English/Spanish DVD superb new resource

Reaching well over 43,571 pediatricians with the latest information about stuttering is a goal The Stuttering Foundation will realize this fall. In an exciting development, that information is now available on a new DVD with English and Spanish versions of *Stuttering and Your Child: Help for Families*.

With a new grant from The Annenberg Foundation, the SFA will complete the ambitious project begun three years ago—to reach every pediatric office across the country with effective guidelines on when to refer and information to share with parents.

This year's mailing to 6,386 pediatric practices—often with as many as eight pediatricians in each—in New York, Pennsylvania and New Jersey will bring to 43,571 the number of practices which have been sent the 16-page book *The Child Who Stutters: To the Pediatrician*, the video/DVD *Stuttering and The*

*Preschool Child*, brochures and contact information for resources.

With each package costing approximately \$10, the total expenditure on the project exceeds \$430,000. For the past three years, The Annenberg Foundation

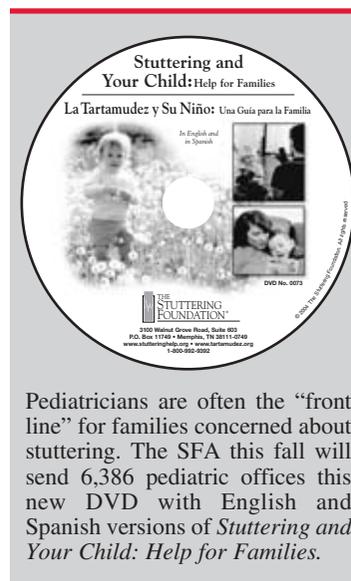
has helped support this critical undertaking.

Last fall, the SFA sent information packets to 5,251 pediatric offices throughout Michigan, Minnesota, Missouri, Mississippi, Montana, North Carolina, North Dakota, Nebraska, New Hampshire, New Mexico, Nevada, and Ohio.

Back in 1991, the SFA started exhibiting at the Convention of the American Academy of Pediatrics and realized the need to develop materials specific-

ally for physicians. A group of professionals was convened to create a book specifically for pediatricians, which offers "the necessary information in a clear and succinct manner," according

*Continued on page 5*



Pediatricians are often the "front line" for families concerned about stuttering. The SFA this fall will send 6,386 pediatric offices this new DVD with English and Spanish versions of *Stuttering and Your Child: Help for Families*.

## A Part Of It In OI' NY

Having made it big in New York, there is quite a contingent of young people who stutter who know they can make it anywhere. The Our Time Theatre Teens lit up a New York stage to kick off National Stuttering Awareness Week (NSAW) in style.

The May 10 gala was a tremendous success, said SFA President Jane Fraser, who attended the festivities and introduced SFA Board member Alan Rabinowitz, 2004 recipient of the Our Time Award.

*Continued on page 6*



Our Time Teens David Nachman, Keith Russell, Jonathan Greig, Donny Sethi, and Corom Buksha were among the cast in a crowd-pleasing performance May 10.



## A is for “Awesome” Say Two-Day Workshop Participants

A good teacher helps students grow in knowledge and gain confidence in applying new skills. Judging by their remarks, speech-language pathologists at the SFA’s conference had 14 superb teachers, and grew exponentially in their ability to help those who stutter.

*Stuttering Therapy, Practical Ideas for the School Clinician* brought together 100 SLPs from schools, private practice and university clinics to learn from 14 of the nation’s top professionals in the area of stuttering, June 11-12, 2004, in Cincinnati, Ohio. If comments such as “awesome” are any indication, it was a great experience.

“This is the best conference I have been to in my eight years of practice,” wrote one participant. “The speakers are knowledgeable and approachable. I learned more in these two days than I did in a nine-week course I took in grad school. Thank you for the opportunity.”

Presenters Barry Guitar, Charles Healey, Peter Ramig, Bill Murphy, Patricia Zebrowski and Kristin Chmela offered practical strategies for evaluating and treating children who stutter, counseling parents, working with teenagers, and devising strategies to handle such problems as teasing and peer pressure.

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“I learned more in these two days than I did in a nine-week course I took in grad school.”

—Conference participant

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“How did you manage to get so many great speakers at one conference?” asked one participant. “I felt like I had located the pot of gold at the end of the rainbow—and I needed that! I was particularly impressed that each speaker listened to the other speakers.”

Small group leaders Susan Cochrane, Patrice Carothers, Susan Dietrich, Joseph Donaher, Sheryl Gottwald, Elise Kaufman, Ann McKeehan and Barbara Moore-Brown guided participants as they practiced fluency shaping and stuttering modification skills. Discussion groups also scored high for offering the chance for individualized learning.

Many SLPs at the conference noted that they had received little training in stuttering as part of their formal education—the primary reason The Stuttering Foundation underwrites such conferences each year.



Conference leaders, from left; front: SFA President Jane Fraser, Susan Cochrane, Susan Dietrich, Patricia Zebrowski, Sheryl Gottwald, back: Charles Healy, Bill Shannon, Joe Donaher, Barbara Moore Brown, Lisa Scott Trautman, Peter Ramig, Ann McKeehan, Kristin Chmela, Elise Kaufman, Kerry Stanton, Patrice Carothers and Barry Guitar. Not pictured, Bill Murphy.



Small group leader Susan Dietrich, left, with conference attendees. Small group discussion allows for answers to specific questions and for practicing treatment skills.



Time to talk about caseloads and network is built into the conference.

“I have a particular client that I have been concerned about for a while and now I feel much more confident about therapy because I have more tools,” said one.

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“This conference has made me passionate for disfluent clients now. I have learned so much. You all are awesome.”

—Conference participant

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Time to network and share caseload problems is also built in to the two days.

Last year, SFA board member Alan Rabinowitz recounted his own struggle growing up with stuttering. Rabinowitz, the Director of the Science and Exploration Program at the Wildlife

Conservation Society, was in Costa Rica this year at the dedication of a wildlife sanctuary for jaguars he worked to help procure. A letter from him read by Barry Guitar still brought tears to the eyes of many who left the conference with greater understanding for those who stutter as well as better therapy skills.

“This conference has truly made me passionate for disfluent clients now. I am so impressed with this conference for its cost. I have been to so many expensive two-day conferences and come home so disappointed—not here. You all were awesome.”

The Stuttering Foundation’s two-day conference is typically held the second weekend in June. For more information call 1-800-992-9392, email [info@stutteringhelp.org](mailto:info@stutteringhelp.org), or watch the SFA’s web site at [www.stutteringhelp.org](http://www.stutteringhelp.org) for a downloadable application. □

# Media Awards Recognize Quality Reporting About Stuttering

Mass media plays a critical role in raising awareness about stuttering and what can be done to help.

To recognize superior reporting on the topic in print and electronic media, The Stuttering Foundation instituted the Media Awards for Excellence 13 years ago. We are pleased to announce the seven winners for 2004, each of whom has enhanced public understanding of this complex speech disorder that affects millions of people.



Jason Hidalgo

First place in the **Daily Newspaper** category went to **Jason Hidalgo** of *The Reno Gazette-Journal* (Reno, Nev.). A health reporter and Sunday columnist, Hidalgo in his article *Help for Stutterers?* explored whether electronic devices on the market can really help people who stutter. He presented the evidence in a fair and balanced way and provided additional resources readers could contact for help.

Second place went to **Natalia Mielczarek** of *The Tennessean* for her article entitled *Learning to Cope with Stuttering*. Mielczarek conveyed to readers what it's like to stutter as a teenager and offered sources of help and inspiration.



Natalia Mielczarek

First place in the category of **Columnists** went to **Linda Lewis Griffith**, of *The San Luis Obispo Tribune*. Classroom situations can be terrifying for children who stutter, and Griffith provided some good advice to teachers and parents in her column, *Stuttering Kids Need Assurance from Teachers*.



Linda Lewis Griffith

Parent to Parent advice columnist **Jodie Lynn** won second place for her



Jodie Lynn

piece that answered an anxious parent's letter about a five-year-old child who stutters. The column included recommendations on how to get free assistance through the school system.

Third place winner is **Evelyn Peterson**. In her *Ask Evelyn* advice column, she answered a teacher's query about a four-year-old child who may be stuttering, providing reassurance and tips on how to help the child's fluency.



Evelyn Petersen

The first place winner in the **Magazine** category was **Dan Costa** of *Scholastic Parent & Child* magazine. His question-and-answer interview with speech-language pathologist Lisa Scott Trautman, Ph.D., of The Florida State University, in *Focus on Health* gave clear and easy-to-understand answers to common questions about stuttering.

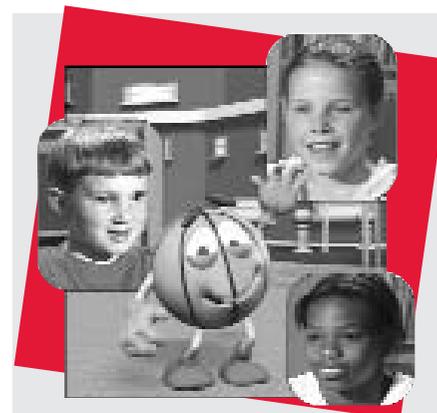
The second-place magazine winner was writer **Michael Medley**, of *OC Family* and *Inland Empire Family* magazines, with *Say the Right Thing*. This well-researched story on childhood stuttering included a boxed sidebar with 10 tips for talking to clip out and post on the refrigerator door.

Each of The Foundation's first place winners received a cash award of \$250.

To submit an article for next year's Media Awards for Excellence, write The Stuttering Foundation at 3100 Walnut Grove Road, Suite 603, P.O. Box 11749, Memphis, TN 38111-0749, call toll-free 1-800-992-9392, or email [info@stutteringhelp.org](mailto:info@stutteringhelp.org). □

## Give the United Way

Do you give through United Way? You can still directly designate your gift to the SFA! Proof of nonprofit status can be sent to your employer by fax, mail or email.



## Stuttering: For Kids Premieres at Friends

Kids who stutter have a lot to say, and friends can show them how in *Stuttering: For Kids, By Kids*, a new DVD that premiered at the Friends: The Association of Young People Who Stutter convention in San Francisco.

Many children who stutter have never met anyone else who struggles with the same disability. But in this new video from The Stuttering Foundation, they hear other kids who recount how they handle challenges such as teasing, speaking out in class, and teaching others about stuttering.

Because the DVD is for kids themselves, the annual gathering of Friends, a nonprofit which runs support groups nationwide, was a natural venue at which to premiere the 12-minute film.

Swish, a lively and engaging animated basketball character designed by students at Purdue University, narrates the video. The children who star range in age from first-grade to high school, and they offer frank and sometimes different views of stuttering.

For example, Matthew, age 10, says about his stuttering, "It's no big deal;" but Kate, age 9, worries about her speech, what is going to happen next and whether or not she'll stutter.



Arianne, age 14, says, "It's not a big deal because it isn't about who I am as a person."

Kids who previewed the video at the Friends conference in July had some pretty frank opinions too, enthusiastically casting

Intent on the film. *Continued on page 4*

## Celebrity Golf Tournament Benefits SFA



Tournament co-organizer and long-time SFA friend Bob Foote.

A low golf score can mean a large donation to help those who stutter.

The SFA was a beneficiary of the Al Geiberger "Mr. 59" Golf Invitational this spring.

Golfers gathered April 22-24 in Palm Desert, CA to play with golf greats Al Geiberger and special guest Ken Venturi, former U.S. Open Champion, CBS sports commentator, and SFA spokesman.

The tournament commemorates the score of 59—at the time the lowest ever in an official PGA Tour event—shot by Al Geiberger on June 10, 1977, at the Danny Thomas-Memphis Classic, a benefit for St. Jude's Hospital.

"If I had to pick a golf course where you could not shoot 59, it's the golf course he shot it on," said Venturi, who stuttered severely as a youngster, to 240

people gathered for a banquet and auction that raised \$20,000 for charity.

"It's one of the greatest accomplishments a human being can make to go from barely putting together two words to being a national broadcaster up in the booth," said amateur golfer and businessman Gary Shemano of Venturi.

"We are thrilled to be the recipients of this generous gift to the Foundation," said SFA president Jane Fraser in Palm Desert. "On behalf of all those who stutter and their families, I wish to thank Ken Venturi, Al Geiberger and all those associated with the "Mr. 59" Invitational who made this possible." □



Jane Fraser and Ken Venturi at the "Mr. 59" Golf Invitational.



Ken, Kathleen Venturi and Al Geiberger at the banquet. Golfers pay as much as \$975 for two days of golf and parties with Geiberger and his celebrity guest. "The tournament is certainly for a good cause. They asked me if I'd come help and I said I'd love to," Venturi told *The Desert Sun*. The Palm Desert newspaper prominently covered the tournament's 20th year.

## Stuttering: For Kids, By Kids is About Friends

Continued from page 3

themselves in the role of "film critics."

"What we want you to do is tell us your opinion," said Lisa Scott Trautman, co-producer, in introducing the video to a roomful of 5-11 year olds.

"Can we give it a rating?" asked one 10-year-old. "With a good rating, some movies make like \$300 million."

Since The Stuttering Foundation is a nonprofit organization that makes its publications available at or below cost, that's not likely.

However, one thing that is true about the film is that, "people should treat you like everyone else," said Linnea, age 8.

"I liked the basketball [Swish]. It was the best part," said Danielle, age 9.

While the ratings systems were a bit erratic, ranging from "2 thumbs up" to "A++++" to "3 stars," one primary message from the video came through strong and consistent on everyone's critique: "it's okay to stutter."

"Well, my best advice for kids who stutter would be probably that they're not alone and that there are a ton of other kids out there who stutter," says Naomi, in the video.

"Anyone interested in helping kids learn more about stuttering will want to see this tape," said SLP Joe Donaher of Children's Hospital of Philadelphia. "The children featured are a perfect example of how to openly and honestly handle stuttering."

"This is an important tool for



Joe Donaher with Debbie and Dan Squires at the SFA table at the Friends conference.



Lindsey, top left, and Lisa, bottom, listen to comments. At right, Samantha and Linnea write reviews. Kids can be tough critics, but most agreed that seeing other kids talk about their stuttering was pretty cool, they liked what they saw, and "other kids who stutter" should watch *Stuttering: For Kids, By Kids*.

families, friends, and teachers of kids who stutter too, added Jane Fraser, SFA president.

*Stuttering: For Kids, By Kids* is available in VHS or DVD free of charge to all public libraries. For more information, call 1-800-992-9392. □

## Annenberg *Continued from page 1*

to Michael B. Grizzard, M.D., a consultant on the project.

A new third edition of *The Child Who Stutters: To the Pediatrician* reflects gains made in the field in the in-

The SFA will have reached 43,571 pediatric offices with the latest information on stuttering.

tervening years. The book now includes an etiology and a chart delineating the differences between normal disfluencies, mild stuttering and severe stuttering, with suggestions for when an SLP should be consulted.

*The Child Who Stutters: to the Pediatrician* may be downloaded for free from the Foundation's Web site. It is also available on the Foundation's Spanish site at [www.tartamudez.org](http://www.tartamudez.org). □

## Reaching Out Worldwide Through The Radio



A voice advocating for those who stutter was heard across the world this spring, when SFA President Jane Fraser was interviewed by The Voice of America radio.

The focus of the show, which airs in foreign countries across the globe but not in the U.S., was on Stuttering Awareness Week. It provided an opportune time to let people know about resources and organizations available to them wherever they live.

The Foundation alone provides publications in 22 languages and mails materials to more than 60 countries each year. Of course, the Web site is accessible worldwide, and offers an international referral list of speech-language pathologists and programs specializing in stuttering treatment. The SFA's Spanish site, [www.tartamudez.org](http://www.tartamudez.org), reaches an ever-growing number of people as well.

Fraser was a guest on *The Larry Meiller Show* on Wisconsin Public Radio again this year. The 45-minute live segment focused on National Stuttering Awareness Week, and what can be done to help those who stutter.

The call-in talk show aired throughout the greater Wisconsin area, and prompted much feedback from that and surrounding states. □

## Booths Rock at ASHA and TSHA Conferences

Baltimore was the setting for the largest ASHA Schools Conference ever, and the SFA booth kept pace.

"The 2004 conference drew more than 700 people, and it felt like all of them were equally drawn to our booth," said Deborah Squires. "With wonderful speech-language pathologists such as Vivian Sisskin and Barbara Moore-Brown helping out, of course it became a mecca for SLPs seeking answers to questions about stuttering treatment.

"It's always great to hear how our materials are making a difference and how much SLPs appreciate the affordability and quality. At the end of the two days, all that was left fit easily in a tote bag."

San Antonio was the site for the Texas Speech-Hearing Association conference, which also provided a wonderful opportunity to talk with SLPs, hear about their needs, help answer questions, and let them see first-hand how The



Jennifer Watson, left, and Deb Squires in the SFA booth in San Antonio, TX.

Stuttering Foundation can help.

Thanks to Jennifer Watson, Ph.D., of Texas Christian University, for her fabulous help in the booth! Thanks, also, to Russ Hicks and Joseph Diaz for serving as "official photographers." □

## Buddy, My Buddy, Your Buddies Will Miss You

*Personal remembrances on the retirement of Buddy Morgan from MPL Media and as videographer for SFA.*

*Carroll Guitar, SFA video coordinator:*

Buddy was not only delightful to work with while we were shooting in various locations but also did an outstanding job in coaching the professors and directing them in sometimes seemingly endless takes to get it just right!

In the studio, Buddy worked tirelessly to knit together video images, audio tracks, graphics, and music for a seamless production. He had humor, Southern charm and a real interest in helping those who stutter.

*Buddy Morgan:*

I've been in Memphis since 1959, and worked all over the world filming for the National Cotton Council, learning my trade. It was film back then before we converted to video. I've been with MPL for the past 25 years, and converted them to video, too.

What was really nice about working with SFA was that there was always a script: detail was taken care of. It was always fun because the people were so nice and willing to try something new.

I guess I've worked with every one of the professors. I shot them all at one

time or another. All the people SFA selected to be in the videos were truly professionals.

I've learned a lot about stuttering over the years. I stuttered myself as a real young child.

*Jane Fraser:*

I first met Buddy back in the late 1980s or so when we first began to work on reproducing some old films from the '70s: the Van Riper series, the old Hal Starbuck tapes and the early Prevention of Stuttering series.

Thanks to encouragement—and prodding—by Charles Van Riper, we began to turn our attention to producing a new generation of videotapes, the first of which was directed by Ed Conture, then at Syracuse University.

Buddy and the Motion Picture Lab team came into the picture in "glueing" the footage of professors, children, and the narration together into a seamless product. And that of course was only the beginning.

Now some 27 tapes later, there is not a one in which Buddy Morgan didn't play an important role. □



Buddy Morgan



Director Taro Alexander, right, and Jane Fraser, SFA president, congratulate Alan Rabinowitz on receiving the 2004 award.

## NSAW Gala in New York

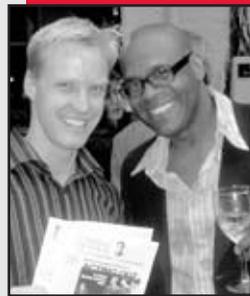
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Our Time Theatre is a nonprofit organization dedicated to providing an artistic home for young people and adults who stutter.

To celebrate NSAW, the Our Time

Teens performed with cast members from STOMP, music director Everett Bradley, and others before a packed house at the Lucille Lortel Theater. Emmy-award winning actress Jane Alexander was the host.

“The Our Time Gala was spectacular!” said director Taro Alexander. “It was incredibly powerful to celebrate the courage, strength, joy, and creativity of people who stutter. The evening filled us all with hope and pride, and we look forward to celebrating next spring.”



Eric Gunhus, left, an actor in the Broadway show, *The Producers*, touts the SFA newsletter to Everett Bradley, Our Time musical director.



## 6,000 Strong and Growing

Cleo Brooks, senior librarian for disabled services, looks at SFA publications in the collection in the stunning new Seattle Public Library. Over 6,000 public libraries now shelf SFA materials, which are provided to them free of charge. Check out our library listings page online at [www.stutteringhelp.org](http://www.stutteringhelp.org) to see what's available at your library. If they don't have SFA books and tapes, please have them call 1-800-992-9392 or email [info@stutteringhelp.org](mailto:info@stutteringhelp.org).

# Special Education Law and Children Who Stutter

A child who stutters may be eligible to receive speech therapy for free from the local school district—even a child as young as three years old or one attending a private school.

Federal law mandates that state education agencies and local school districts provide special education services to children ages 3-21, including speech therapy.

To help parents understand special education law, the SFA has published a new brochure, *Special Education Law and Children Who Stutter*.

Written by Lisa Scott Trautman, Ph.D., the brochure explains in simple, direct, parent-centered language how children are identified, screened, evaluated, and determined to be eligible for services. There is a lengthy discussion of how speech therapy plans are developed for each child and the parents' roles in the process. Differences in these processes for children who are enrolled in private schools are discussed, and speech therapy options are presented for children who are ineligible for services from the schools.

The full, four-color brochure is available for 10 cents through the Foundation's catalog and online store, or may be downloaded for free from the Web site. While space does not permit the full text to be printed here, following is an edited version with some major points about getting help.

## Getting Started and the Screening

If a child attends elementary school, the teacher may recommend a screening. The parent of a preschooler may contact the local school district directly and ask that their child be screened for stuttering or ask their pediatrician to make a referral.

The child may be screened by one person or by a team of professionals. Parents will be asked about the child's general development, their current concerns about his speech, and general information about the family. Then, the person or team will play with the child,

**Even a child as young as 3 years old or one in private school may be eligible for free speech therapy from the local school district.**

listen to his talking, and observe how he plays with toys and interacts with others.

After the screening, a team of professionals will meet to discuss the results. If further evaluation is necessary, the parents will be contacted for permission to schedule a comprehensive evaluation to determine whether a child's stuttering makes her eligible for speech therapy. The law also requires that parents be on the team that makes the final decision regarding eligibility.

During an evaluation, a parent should tell the speech-language pathologist (SLP) when the child first started to talk, when he first noticed the stuttering, whether it has changed over time, how her talking changes in different speaking situations, and whether there is a history of stuttering in the family.

## Is My Child Eligible?

After the evaluation, a team comprised of the parent, the SLP and someone from the local school will determine whether the child is eligible for speech therapy. The eligibility decision is based on 1) the testing results from the evaluation, 2) how these results compare to the eligibility guidelines used by the school district, 3) parent input, 4) how the child's stuttering affects him in school, and 5) the team's opinions regarding whether the child would benefit from therapy.

## The Individualized Education Plan

If the child is eligible, an Individual Education Plan (IEP) will be written within 30 days. If a child is not eligible, parents must be notified why in writing and given information about what to do if they disagree.

The IEP lays out the therapy plan for the child and states what services the child will receive. It is developed with input from parents, the child's teacher,

*Continued on page 12*





The video team: Barry Guitar, Jane Fraser, Frances Cook, Peter Ramig, Carroll Guitar, and Lisa Scott Trautman.

## Video to Demonstrate Therapy Techniques

Work has begun on a DVD that will demonstrate fluency shaping and stuttering modification techniques with people of all ages who stutter.

"This videotape is going to include footage of a variety of clinicians, all specialists in the area of stuttering, who use these fluency shaping and stuttering modification strategies in their clinical practice," said Patricia Zebrowski, Ph.D., University of Iowa. "Demonstrations with actual people who stutter across the life span is something that has not been captured on videotape. Our hopes are that any clinician can use these skills and adapt them to their own personal style."

"This tape will address a need that has been sought by many clinicians over decades," added Peter Ramig, Ph.D., University of Colorado, Boulder.

"We frequently hear from clinicians who wish they could watch other clinicians teach clients to use certain techniques. This video is going to fill that need," said Lisa Scott Trautman, Ph.D., The Florida State University.

"The inspiration for this project was the videotape series by Dr. Charles Van Riper and Dr. Harold Starbuck that is still available from SFA," explained Carroll Guitar, M.L.S., project chairperson. "Jane Fraser especially wanted to produce a DVD that would show therapy in action with master clinicians. While Van Riper and Starbuck focused mainly on stuttering modification, the current project will include fluency shaping and a combination of those techniques. The clinicians involved with this project are all top-notch, devoted to stuttering therapy and, combined, have decades of experience with clients of all ages. It is a particular pleasure to work with Frances Cook of the Michael Palin Centre in London, who brings a unique perspective from the UK." □

## New DVD Offers Strategies for Treating Preschoolers

Most experts agree that early intervention is critical in stuttering therapy. Yet many have questions about working directly with preschoolers.

In this new video, Kristin Chmela, one of today's leading professionals in fluency in young children, offers comprehensive and practical strategies for successful intervention. Demonstrations of actual therapy sessions model easy speech, and parents share their stories about being involved in treatment.

"In my opinion, hers is a very well put-together program for preschool intervention. I am certainly planning to use *Working With Preschoolers Who*

*Stutter* as a resource (both video and handouts) for my course in stuttering," said Amit Bajaj, PhD, Assistant Professor at Emerson College, Boston.

The nearly two-hour long video covers such topics as the assessment and treatment of preschoolers who stutter, guidelines based on new research on when to provide treatment, and a structured approach to involve parents.

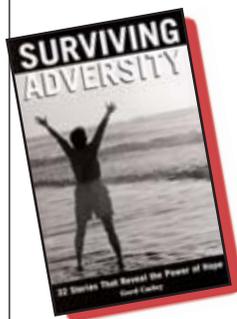
*Working With Preschoolers*

*Who Stutter: Successful Strategies for Intervention* is available from the SFA on VHS or DVD, and includes a 27-page booklet that may be photocopied. Call or visit the online catalog. □



## News Shorts

### Surviving Adversity



Two of the SFA's heroes and spokesmen are subjects in a new book by Gord Carley. Former Chicago Bulls great Bob

Love and actor Nicholas Brendon talk about their struggles with stuttering and how they overcame their greatest challenges in *Surviving Adversity*. The book includes 30 other profiles of individuals who have overcome different types of adversity. The book may be purchased through the SFA for \$12.95. Carley has generously offered to donate 50 percent of the sales price to the SFA! □

### Librarian Says Thanks—Send More, Please!

"As an adult who had a severe stuttering problem as a child, I realize how limiting it can be. I am forever grateful to my first grade teacher, Mrs. Belzer, who determined that it was not that I did not know the answer when she called upon me, just that I was too embarrassed to try to speak; and it was not that I was unable to read, just that I was unable to read aloud, and arranged for me to have speech therapy," wrote Karen Worrall, director of the Torrington Library. Ms. Worrall listed a number of SFA publications the library shelves, and asked for free copies of more resources. Ms. Worrall, we're happy to oblige. □



### International Stuttering Awareness Day is Oct. 22

International Stuttering Awareness day will be Oct. 22 this year, with the theme of "International Year of the Child Who Stutters." Professionals and others interested in stuttering are invited to participate in an online conference Oct. 1-22 at <http://www.stutteringhomepage.com>. A special section will be available this year for children and teens who stutter. CEUs or college credit are available for a fee. See the web site for details. □



### NSSLHA Chapters Give to Stuttering Foundation

Thanks to National Student Speech, Language and Hearing Association chapters at St. Joseph's College in New York and at the University of Cincinnati in Ohio who sent gifts to the SFA. "We would like to contribute money that will make a direct difference, such as the much-needed videotape for school-age children," wrote the chapter in New York in sending in their donation. Great timing! *Stuttering: For Kids, By Kids* is just out in VHS and DVD. □



# Dear SFA: Reader Response

## SpeechEasy and Children

Dear SFA:

We've given the idea of using the SpeechEasy with children a lot of thought.

It would be unfortunate, we think, if young children were fitted with the device as they respond positively to a variety of traditional treatments. As far as we know, there is no research on the effects of Speech Easy on young children.

Along with treating the stuttering in children, sometimes there are other treatment needs, such as language, articulation, etc. Only if an older child has had a history of unsuccessful treatment and if the child does not have avoidance behaviors, might it be considered.

The child, also, should be able to achieve an easy onset. A child who clutters/stutters probably would not be a good candidate since those children have difficulty being aware of their speech and the use of easy onset.

In other words, individual speech and language assessments are as necessary with the device as in any other treatment plan. Caution is the key word.

Drs. Jeanna & Glyndon Riley

Riley Speech and Language Institute  
Tustin, California

## Nick's the Best!

I just want to let you know that your Foundation is remarkable. I cannot begin to tell you how many lives you have touched and helped.

The way I became familiar with The

Stuttering Foundation was the first year Nicholas Brendon was chosen as spokesman. Personally, I do not stutter, and I can't even imagine what a stutterer goes through.

As an avid Nick fan I have read a lot of articles where he speaks about his battle with stuttering and on some occasions I was personally able to hear him talk about it. You couldn't have picked a better spokesman. Nicholas speaks from his heart and grabs your attention and touches your soul. He's the perfect role model. The perfect inspiration.

Recently I purchased three posters from the Foundation, all of Nick, and placed them in my high school, my nephew's elementary school, and in the local library. The response has been amazing! A freshman boy from my school e-mailed me and explained how terrific he thought the Stuttering Foundation was. He was also in awe of the fact that Nicholas has a stutter and told me that "It's just so wonderful to see his face on that poster."

The Stuttering Foundation has touched the hearts of so many people and I am very proud to be a supporter.

Tara Ripke

*Editor's Note: Nicholas has worked with the SFA since 2001. In that time, www.NickBrendon.com visitors have contributed more than \$5,000 to the charity. Helping the SFA is a significant outcome of Nick's role on Buffy. You can still contribute to the SFA through Nick's Birthday Project on his site.*



Mary Kozak is an SLP in Hagerstown, Ind. Larissa is her 6th grade student, who has been inspired by stories about children who stutter. Now it's her turn to inspire others, said Mary, in sending the story below.

## I Can Do Anything

This is it. Larissa gave her speech in front of her classmates and won the contest. Now it's time to speak in front of a larger audience with parents, teachers and administrators. She seems cool and calm as she approaches the microphone. I hold my breath as she begins.

She uses her compensatory strategies: pacing, slower rate and slide-outs, with ease and confidence. I think back to the girl I met over two years ago, who thought she was the only person in the world who stuttered. Among other things, she has learned about famous people who stutter. She especially liked King George, who "looked like he was going to throw up" before his coronation speech. She read about other children

## A Picture's Worth...



Artwork, left, by David Sakiewicz, 10, who writes, "I feel that my speech is like a dark cloud looming and following me, and when I use my speech utensils I put on a raincoat and I feel in control!"



Artwork, right, by Trevor Davis, 8, who writes, "Speech looks like a river flowing and then someone put a put a rock in it so it can't flow." Submitted by Charito Shook, a bilingual SLP at Libby Elementary School in Oceanside, Calif.

who stutter and wrote letters to them. But most of all, we have laughed together while sharing feelings and ideas.

As she ends her speech, my teary eyes are filled with joy as the audience claps in appreciation. As we smile at each other, she and I both know the secret to success—confidence in who you are as a unique individual.

Mary Kozak

This is about my D.A.R.E. speech and how I got through it. D.A.R.E. is a program at my school that teaches kids about drugs. A good idea is to practice with an adult and pretend aliens are in the audience. Aliens don't make me feel nervous, like people do, during a speech. My stomach does flips when I have to give a speech. I use slide-outs and it is very helpful. A really good tip is to read your speech over and over again to an adult. Talk slowly and pause between your sentences. Don't be afraid to try and give your speech in front of a lot of people. If I can do it, then I know you can too!

Larissa Nakamura

## Our Stories

Dear SFA:

Following are letters from my students whom I treat for stuttering. As a speech therapist, I often feel FRUSTRATED and INADEQUATE in trying

to help my students with stuttering. At speech department meetings, it seems all of the other therapists share these same feelings.

I appreciate your materials from The Stuttering Foundation. We're reading through the *Sometimes I Just Stutter* book together and I am copying it and sending it home for them to share with their families.

Joey is a 5th grader with good self-esteem. His stuttering does not hold him back from participating in school. He is a bright boy who knows his sports statistics. When he is retelling sports facts and when he gets up to perform before a crowd, his speech is more fluent than most. He also came in third place in our county's spelling bee.

Blake is a "cool" and very intelligent 5th grader. He is quite a leader and a straight "A" student. He's great and enjoys math and drawing and we've discussed being an engineer, architect, graphic illustrator, and so on. I remind him that he's a leader and others really watch him and copy what he's doing.

Thank you for your time and for having a place where children can feel at home with their stuttering and communicate those feelings, while being totally understood.

Christine Dietrich, MA, CCC-SLP  
Rockingham, NC

## Joey's Story

Dear Stuttering Foundation

I have been working on my stuttering a lot lately. Our speech therapist told us that on special occasions you can't stutter, but when that special occasion ends, it don't care if you stutter or not.

I am eleven years old now and I have been stuttering for 6-8 years and I want to stop stuttering. I have been working really hard on it, and now I am doing a lot better on it.

I sure hope you get my letter and write me back, because I really want to stop stuttering.

From Joey Thornton

## Blake's Story About His Stuttering

I think that kids who stutter should not feel sad about it. I have been going to therapy for 2 years, and she has [taught] me how to overcome stuttering.

I am ten years old and I have been stuttering all my life and I don't stutter a lot now. Kids shouldn't be upset about stuttering. I feel special about it, and other kids should too.

Blake Utley

Send your letters to SFA, P.O. Box 11749, Memphis, TN 38111-0749 or email [info@stutteringhelp.org](mailto:info@stutteringhelp.org).

## Language Processing

*Continued from page 1*

ly these movements are produced across different language tasks. The main finding from these studies is that when language demands are relatively low, the speech movements of adults who stutter are similar in consistency to those of normally fluent adults. However, when the linguistic demands of an utterance become more complex, the additional processing demands affect the speech motor control systems of adults who stutter to a greater extent than those who are normally fluent. This is direct evidence of how task demands in other neural systems, such those involved in language processing, can disrupt the neural signals for the speech movements themselves.

A second approach we have taken to better understand how language processing demands may affect stuttering is to examine brain responses to language tasks when participants are not required to speak. To do this we recorded the electrical activity that is generated by groups of brain cells (electroencephalography) with 32 electrodes that are embedded in

an elastic cap. Using this technique we can measure changes in brain activity on a millisecond by millisecond basis. The participants in these studies were asked to read words that were flashed on a computer monitor one word at a time. We then averaged the brain activity that was elicited by specific aspects of the language stimuli, such as whether the word is a content word (e.g., "cow") or a function word (e.g., "into"). This averaging of the brain waves results in a measure known as an event-related brain potential (ERP). When we examined the averaged brain waves of the adults who stutter, we found they were reduced in amplitude compared to matched normally fluent group of adults. We found reduced amplitudes of averaged brain responses in adults who stutter for function and content words, for words read in an unexpected context (semantic anomalies, e.g. The boy hung his coat in the peanut), and violations in verb agreement (e.g., Everyday they travels this road). Our most recent study which will appear in the *Journal of Speech, Language, and Hearing Research* in December, 2004, examined averaged brain responses that were elicited

by words that rhymed or did not rhyme with a preceding word. This experiment allowed us to look at how phonological processing (without the grammatical or semantic demands) may differ in adults who stutter. For the most part, the averaged brain waves and behavioral responses of the adults who stutter were very similar to those of normally fluent speakers. It was only in the most difficult rhyme decision, when the two words looked alike but did not rhyme (e.g., gown, own) that the reactions times were slowed in the adults who stutter. The averaged brain waves for the rhyme decision was larger over the right hemisphere compared to the left in the adults who stutter but equal in the normally fluent speakers. Taken together, these findings indicate that the neural systems for some aspects of language processing may operate differently in adults who stutter even when there are no overt speaking demands. Overall, in both the movement tracking and brain response studies, we found that increased complexity, or greater demands on the lan-

*Continued on page 12*

■ The Stuttering Foundation two-day conference for speech-language pathologists working with school-age children who stutter, *Practical Ideas for the School Clinician*, will be held in June, 2005. For dates, place, and an application form, call the Stuttering Foundation at 1-800-992-9392 or check [www.stutteringhelp.org](http://www.stutteringhelp.org).

■ The Stuttering Foundation Eastern Workshop, *Diagnosis and Treatment of Children Who Stutter: Practical Strategies*, directed by Susan Dietrich, Ph.D., Sheryl Gottwald, Ph.D., Edward G. Conture, Ph.D. in collaboration with Diane Parris, M.A., will be held at Boston University. Call for dates, place, and an application form, call the Stuttering Foundation at 1-800-992-9392 or check [www.stutteringhelp.org](http://www.stutteringhelp.org).

■ The Stuttering Foundation Workshop, *Diagnosis and Treatment of Children Who Stutter: Practical Strategies*, directed by Alex Johnson, Ph.D. and Patrice Carothers, M.A. For dates, place, and an application form, call the Stuttering Foundation at 1-800-992-9392 or check [www.stutteringhelp.org](http://www.stutteringhelp.org).

■ The Stuttering Foundation two-week *Workshop for Specialists* will be held at the University of Iowa, Iowa City, Iowa, in June 20-July 2, 2005, directed by Patricia Zebrowski, Ph.D. and Toni Cilek, M.A. For more information, contact the Stuttering Foundation at 1-800-992-9392, or write Dr. Zebrowski, c/o SFA, 3100 Walnut Grove Road, Suite 603, Memphis, TN 38111-0749. This unique workshop brings together speech-language pathologists from all over the world.

■ For those wanting to purchase a poster entitled *The Bill of Rights and Responsibilities of PWS*, contact Michael Sugarman at [MSugarman1@aol.com](mailto:MSugarman1@aol.com). It represents the combined effort of the IFA and ISA.

■ Cours d'immersion a la fluidite offrira des l'automne 2004, une fin de semaine intensive sur la fluidite. Pour renseignements, faire venir un courriel a [abcbe-gaiement@sympatico.ca](mailto:abcbe-gaiement@sympatico.ca).

■ LISTSERV for doctoral students specializing in stuttering. The intent of this list is to serve as an open forum for doctoral students. Membership is limited to doctoral students only. To subscribe, send the following message to [listserv@listserv.temple.edu](mailto:listserv@listserv.temple.edu): subscribe stuterdoc firstname lastname or contact Joe Donaher at [turtlecraw@aol.com](mailto:turtlecraw@aol.com).

■ For those interested in joining Toastmasters International as a way to improve fluency, communication or public speaking skills, their address is: Toastmasters International, Inc., Attention: Membership Department, P.O. Box 9052, Mission Viejo, CA 92690, Telephone: (714) 858-8255; Fax: (714) 858-1207.

■ For those wanting to obtain a copy of *Self-Therapy for the Stutterer in Japanese*, write to Dr. Shokichi Nakajima, 2-21-1 Ogawa Machida-shi, Tokyo 194, Japan, telephone/fax: 0427 (96) 5092.

■ *Self-Therapy for the Stutterer* is available in French. Write to the Association des Begues du Canada, 2596 A rue

Chapleau, Montreal, Quebec, Canada, H2K 3H6; 1-877-353-1042. Please enclose \$20.00 Canadian to cover printing, postage, and handling costs.

## Special Education Law and Stuttering Therapy

*Continued from page 6*

input from parents, the child's teacher, and from the special education team member(s) who will work with the child. For stuttering, this is typically an SLP.

The IEP includes: a statement about the child's present level of performance, annual speech therapy goals, services to be provided and who will provide them, the amount of time services will be provided each week, and how progress will be measured.

The IEP is a one-year plan developed with the parents' input. Parents must also consent for the child to be placed in speech therapy. At least once a year, a meeting will be scheduled to review the child's progress. The IEP is a flexible document that can be modified if the child's needs change before a year has passed.

Parents have the right to have the team's recommendations reviewed by an outside person or have the child independently evaluated. They may also take an advocate with them to any meeting. For example, if parents are paying for private speech therapy, they may take the therapist to school meetings to help plan the child's public school therapy.

### Children in Private Schools

Local public school districts are required to identify, evaluate, and provide services to children in private schools just as they must for children attending public schools. The main difference for students in private schools is in how services are delivered and the replacement of the IEP with a "Service Plan." Instead of an SLP coming to the child's own school, the child may have to go to the closest elementary school for therapy. The Service Plan establishes annual goals for the child and specifies the services to be provided. Personnel from the child's school are invited to help determine eligibility and develop the Service Plan.

### If My Child is Ineligible

Sometimes a child who is stuttering may not be eligible for free speech

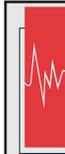
therapy through the public schools. Instead, parents may have to find a speech-language pathologist in a clinic or private practice to see the child, and pay for therapy themselves or have it billed through their health insurance. The Stuttering Foundation can provide a list of SLPs who specialize in stuttering therapy. □

## Language Processing

*Continued from page 9*

guage processing system, enhanced differences between adults who stutter and normally fluent adults.

The studies described above have focused on language and motor interactions in adults who stutter. This body of work lays the groundwork for the next phase of our research which is to look at similar types of interactions in young children who stutter. Our research group (Anne Smith and Christine Weber-Fox from the Department of Audiology and Speech Sciences and Howard Zelaznik from the Department of Health and Kinesiology at Purdue University) very much appreciate the support from the National Institute of Deafness and Other Communication Disorders of the National Institutes of Health (Physiological Correlates of Stuttering, R01 00559). □



The Stuttering Foundation of America is a tax-exempt organization under section 501(c)(3) of the Internal Revenue Code and is classified as a private operating foundation as defined in section 4942(j)(3). Charitable contributions and bequests to the Foundation are tax-deductible, subject to limitations under the Code.

For Combined Federal Campaign donors, please note that our code number for the 2004-2005 CFC campaign is  
**CFC #2539.**

We are proud that over 95 cents of every dollar goes directly into helping those who stutter.



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