



# THE STUTTERING FOUNDATION®

A Nonprofit Organization

FALL 2008

Since 1947... Helping Those Who Stutter

## New Look at Stuttering and Emotions

By Edward G. Conture, Ph.D.  
Vanderbilt University

We are grateful to the SFA for providing us this space to tell you about the progress of Vanderbilt's Developmental Stuttering Project. In an inter-disciplinary collaboration with a developmental psychologist,



Edward G. Conture, Ph.D.

Dr. Tetra Walden, and support from NIH's National Institute on Deafness and Other Communication Disorders, we have been studying emotional and speech-language development of 3, 4, and 5-year-old children who do (CWS) and do not stutter (CWNS).

In our most recent sample, we've tested over 100 CWS and almost as many CWNS. We have proposed to continue this work on a longitudinal basis – if our project is renewed during a time of very tight funding at NIH – to determine which of our measures of speech-language and emotion predict those CWS who persist

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## Oxford Hosts Conference

*Event Draws Experts from Around the World*

By Lisa Scott, Ph.D., The Florida State University, and Willie Botterill, MSc, Michael Palin Centre for Stammering Children

St. Catherine's College, Oxford University, was the location for the eighth Oxford Dysfluency Conference held July 3-6, 2008. The conference is organized every three years and brings together approximately 150 researchers, clinicians, and people who stutter from around the world who have a specialized interest in stuttering. The Stuttering Foundation has a history of co-sponsoring this

conference. This year's event was co-sponsored by the Stuttering Foundation and the Michael Palin Centre for Stammering Children.

Keynote speakers represented several diverse backgrounds regarding their interests and experiences with stuttering. Their presentations reflected this diversity and provided new perspectives for attendees.

Frances Cook, of the Michael Palin Centre for Stammering Children in London and Stuttering Foundation Board member, opened the conference Friday morning and introduced Professor Marc

*Continued on page 2*



Photos above: The Oxford University skyline, Frances Cook of the Michael Palin Centre, actor Michael Palin, and Professor Marc Shell.

Photo of skyline by Nasir Hamid

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10 Downing Street, London.

## 10 Downing Street

As we go to press, Stuttering Foundation representatives Joe Fulcher and Jane Fraser will join actor Michael Palin and the remarkable staff of the Michael Palin Centre for Stammering Children at a reception at 10 Downing Street hosted by Mrs. Sarah Brown, wife of Prime Minister Gordon Brown, in honor of the work done on behalf of children who stutter. Stay tuned! □

Oxford

Continued from front page

Shell, the Irving Babbitt Professor of Comparative Literature at Harvard University whose address was entitled, *Talking the Walk & Walking the Talk*. A person who stutters, Dr. Shell recently published a book called *Stutter*, which provides an interdisciplinary perspective of how stuttering has been described throughout time in art, literature, and film. His fascinating address highlighted these references and provided a unique and alternative viewpoint for attendees.



The audio/video staff set up the equipment for Professor Marc Shell.

Next, Dr. Per Alm, professor of neuropsychology at Uppsala University in Sweden and an affiliate of the Danish Information Centre for Stuttering, presented "Fluency Disorders: A Discussion of Possible Causes and Mechanisms From a Neuroscience Perspective." Highlighting key findings regarding the role of the brain in stuttering, Dr. Alm summarized for the audience what is currently known regarding the underlying neurological aspects of stuttering. For ex-



Dr. Per Alm uses the analogy of a hybrid car during his presentation.



ample, research seems to indicate that stuttering is related to an impairment in left hemispheric regions of the brain responsible for controlling the speech system, and that the brain partially compensates by recruiting regions of the right hemisphere. Dr. Alm then described the associations between traits of basal ganglia disorders and stuttering, and further proposed that stuttering, at its core, may be a neurological difficulty in speech motor initiation.

On Saturday, Professor Paul Dolan, Chair in Economics at Imperial College London, discussed the relationship between stuttering and well-being in his talk, "Stuttering Into Happiness." Approaching therapy outcomes from an economist's perspective, Professor Dolan emphasized looking at therapy in terms of costs and benefits, resource allocation, and quality of life. Conceptualizing quality of life as the degree of attention one gives to a problem (i.e., past, present, and future) and the problem's impact on the individual's thoughts and feelings, Professor Dolan proposed that stuttering is "an attention grabber."



The audience prepares to hear from Professor Paul Dolan.

Around the World

Participants came from:

- ▶ Australia
- ▶ Belgium
- ▶ Bulgaria
- ▶ Croatia
- ▶ Czech Republic
- ▶ Denmark
- ▶ Eire
- ▶ France
- ▶ Germany
- ▶ Israel
- ▶ Japan
- ▶ Malta
- ▶ Netherlands
- ▶ Norway
- ▶ Poland
- ▶ Russia
- ▶ Sweden
- ▶ United Kingdom
- ▶ United States

Therefore, an important aspect of measuring therapy outcomes is to assess how much attention the client or the family is giving to stuttering at any one point in time, and developing measures that are able to capture the impact of stuttering on the client's quality of life rather than looking simply at frequency of stuttering.

Dr. Anne Smith followed Professor Dolan with a presentation on her current research program, "New Windows on the Onset of Stuttering in Young Children." It is known that adults who stutter exhibit differences from normally fluent adults in motor control, understanding and processing language, and in anatomical and functional components of the central nervous system. What is unknown, however, is when these differences emerge. Are they present in children? At what age could we expect to observe such differences?



Dr. Anne Smith confers with a colleague.

To attempt to answer these questions, Dr. Smith and her research team are recruiting 72 children who stutter between the ages of 4 and 5, who will be seen once a year for 5 years. Age and gender-matched peers are also being recruited. Early findings suggest that children who stutter may exhibit some evidence of motor differences from their typically fluent peers, as exhibited by motor deficits on a simple clapping task.

Additionally, on a grammatically simple sentence repetition task, children who stutter demonstrate increased motor variability from their nonstuttering peers in repeating the sentences. They are also

Continued on page 4

## Telemundo Promotes Stuttering Awareness

The Miami, Fla.-based NBC Universal, Telemundo TV station, recently featured the Stuttering Foundation Spanish Web site, [www.tartamudez.org](http://www.tartamudez.org), as well as SFA resources to raise awareness and provide help for stuttering within Spanish speaking communities.



Lisette Betancourt, M. A., SLP, of Miami Children's Hospital along with one of Betancourt's clients, a young girl who struggles with stuttering and her mother, was interviewed by Telemundo reporter, Diana Montano.

"The two and a half minute segment provides a wonderful way to reach Spanish speaking parents with help," said Jane Fraser, president of the Stuttering Foundation. "We know of the importance of early intervention for



*This Telemundo segment shows Lisette Betancourt, M.A., (right) working with a young client and her mother.*

young children and Telemundo is an excellent source for spreading the word."

The DVD *Stuttering: For Kids, By Kids* in Spanish and English was shown as one resource of help for parents and is available for free-viewing on SFA Web sites.

To view Telemundo's segment on stuttering, visit [www.tartamudez.org](http://www.tartamudez.org) or [www.stutteringhelp.org](http://www.stutteringhelp.org) and click on Telemundo. □



*Betancourt discusses stuttering on the Spanish TV network Telemundo.*



*Reporter Diana Montano, right, asks Lisette Betancourt questions about stuttering.*



*Betancourt explains the Spanish materials available from the Stuttering Foundation.*



## 2008 A Great Year for PSAs

This year's National Stuttering Awareness Week got off to a wonderful start early in the year when public service ads appeared in March and April issues of many national and regional magazines.

PSAs have appeared in *Time*, *Good Housekeeping*, *Parents*, *Newsweek*, *Forbes*, *Parenting*, *Guitar World*, *LA Confidential*, *Gotham*, *Hamptons*, *Capitol File*, *Wealth Management*, *Carolina Country, S.C.*, *School Nurse News*, and newspapers around the country such as the *New York Post*.

The American Medical Association publications, *AMA News* and *JAMA* also placed recent PSAs, thereby informing the medical community about resources available for stuttering from a nonprofit source.

The excellent support of so many magazines brought the total of donated space to a record high over the past twelve months.

The Stuttering Foundation extends its heartfelt thanks to all the publications that donated space this year. □

**Oxford**

*Continued from Page 2*

less accurate at repeating nonwords (e.g., mab). Finally, working memory in the group of children who stutter seems to be less robust than in the typically fluent group. Dr. Smith suggested that these preliminary findings may be evidence for atypical brain development in children who stutter.

On the last day of the conference, the audience heard “Why Stuttering Therapy Works: The ‘Common Factors’,” by Dr. Patricia Zebrowski of the University of Iowa. Dr. Zebrowski discussed research



*Dr. Patricia Zebrowski, featured speaker for the last day of the conference.*

from the psychotherapy literature on four common factors that are present in any type of intervention: the specific type of intervention used; the therapeutic alliance between the clinician and client; the extra-therapeutic factors that clients “bring to the table,” such as temperament, resilience, and external support; and, the client’s hope or expectancy for change.

For the field of psychotherapy, treatment research has yielded findings that individuals who get treatment do better than clients who don’t go to treatment. Furthermore, on average, treatment is effective regardless of the particular intervention approach used. Finally, statistical differences in effectiveness of various treatments are likely to be due to client variability and clinician expertise rather than the specific treatment approach itself.

Dr. Zebrowski challenged the clinicians and the researchers in the audience to begin thinking of ways to measure these common factors within the context of stuttering therapy. In such a framework, building evidence for specific treatment approaches would receive less emphasis than building evidence for the kinds of factors that contribute to a client’s improvement in fluency and in communication. □



*Jane Coley, Jenny Yeatman, and Diane Moore.*



*Jane Fraser, Michael Palin, and Patricia Zebrowski at the gala dinner.*



*Lisa Scott at the Stuttering Foundation booth.*



*Joseph Agius from Malta, Jane Fraser, and Rosalee Shenker from Montreal.*



*Barbara Moseley Harris from Telford, Jenny Graham from Belfast, Norbert Lieckfeldt of the British Stammering Association, and Louise Wright from Cornwall.*



*Michael Palin, Elaine Kelman, and Joe Fulcher.*



*Rosalee Shenker, conference organizer Dave Rowley, and Ronny Boey.*



*Paul Cooke with graduate students from Michigan State University.*



*Mies Bezemer and a colleague.*



*Jane Fry and Kit Sparkes.*



*Per Alm talks with Jane Fry.*



*Suzana Jacsic-Jelsic and Mirjana Lasan of Croatia.*



*Elaine Kelman and Ali Berquez.*



*Michael Palin with Keith Boss of the British Stammering Association and Gro Hartveit of Norway. In the background are Anne Ayre and Frances Cook.*

# Volunteers Across the Country

Thanks to the many volunteers, the Stuttering Foundation exhibit booths have enjoyed a hearty success across the United States this year as health professionals, educators and SLPs all showed great interest in the many new materials on display.

## North Carolina

“The response to the SFA materials was overwhelming at the North Carolina Speech-Language-Hearing Association conference!” said Rita Thurman, M. S. “It was interesting to see all the ‘networking’ that occurred around the booth. I heard many discussions that started like this: ‘I need help with a child that ...’

“There was an atmosphere of excitement about services for people who stutter that was generated by the booth’s presence,” she said. “So often therapists feel overwhelmed and unsure of how to treat children or adults who stutter, I feel that the booth provided materials to empower them in this process.”

## West Virginia

The SFA booth was also well received at West Virginia Speech-Language-Hearing Association conference, according to Kenneth O. St. Louis, Ph.D.

“Many attendees commented that they appreciate the SFA presence at their state convention and hope it continues,” he said.

## South Carolina

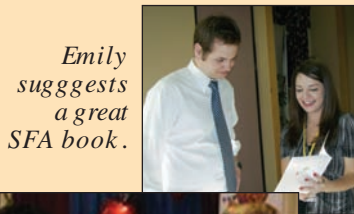
“The brochures in Spanish were especially popular at the South Carolina Speech-Language-Hearing Association



*Kenneth O. St. Louis with Emily Garnett and Desiree Phillips at the convention in West Virginia.*



*Desiree shows SFA materials.*



*Emily suggests a great SFA book.*



*Wendy Wingard-Gay works the booth in South Carolina.*



conference,” said volunteer Wendy Wingard-Gay, M.S. “The Carolinas have seen a dramatic increase in the number of Hispanics relocating so the Spanish publications are quite helpful for SLPs working in all settings.”

Many thanks to our volunteers! □



# Web Traffic Hits 20 Million

It seems just about every hour is rush hour on the Information Super Highway.

The Stuttering Foundation’s Web sites, [www.stutteringhelp.org](http://www.stutteringhelp.org) and [www.tartamudez.org](http://www.tartamudez.org), continue to draw a record amount of traffic.

Just recently the Web site hit 20 million visitors since it was launched just a couple of years ago.

It is not unusual to have 1.8 million hits in a single month or 81,382 hits in one day.

The streaming videos, downloadable brochures, the kids page, facts about stuttering, and a directory of famous people who stutter continue to be the most visited part of the Web site.

After the United States, most of the visitors come from Brazil, Canada, United Kingdom, Australia, and India, respectively.

Recently an RSS feed was added to allow users who subscribe to be notified when new content is placed on the Web site.

A new section for “e-books” has been added to the Foundation’s Web site. This allows users to download selected books free of charge. □

The Stuttering Foundation is a proud participant of the Combined Federal Campaign. Please note our number.  
**CFC #11047**



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# Mid-Atlantic Workshop Goes *International*

By Lisa Scott, Ph.D.,  
Florida State University

In June, Children's Hospital of Philadelphia (CHOP) and the Stuttering Foundation co-sponsored the second Mid-Atlantic Workshop in Philadelphia. Twenty speech-language pathologists from Florida, Illinois, Massachusetts, Michigan, Minnesota, New Jersey, New York, North Carolina, Pennsylvania, Virginia, Puerto Rico, Canada, Spain, Argentina, Sri Lanka, and South Africa met June 18-22.

The workshop was led by co-instructors Joe Donaher of the Children's Hospital of Philadelphia, Kristin Chmela in private practice, Long Grove, Ill., and Lisa Scott of Florida State University.

The goals were:

- to increase participants' skills and confidence in communicating effectively with children,
- diagnose the extent and severity of the communication disorder,
- develop appropriate treatment plans,
- design meaningful therapy activities, and
- learn to model both fluency shaping and stuttering modification tools.

"We placed emphasis on creating relationships with children, families, and teachers to facilitate the greatest success for children who are working to improve their communication skills," said Scott. "Learning opportunities included traditional lectures, guided case planning, daily small-group practice of skills, and watching videotapes of therapy sessions."

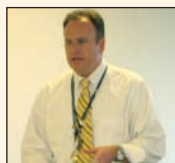
"We were so thrilled to have so many clinicians from a variety of work settings devote a week of their summer to learning more about stuttering," said Kristin Chmela.

Scott agreed, and added, "It was especially interesting to have

*Continued on page 10*



Alla Brutter, Shalini Wickremesooriya, Marina Llobera, Belmar Rivera Vila, Carla Monteleone, Jonathon Robb, Sharon Lee-Sheridan, Laura Khorozov, Joe Klein, Loretta Connolly, Lisa McManama, Ilyssa Fox, Mara Luque, Martine O'Connor, Gina Iaquinto, Shelley Williams, Madelyn Maguire, Sandra Garzon, Anabel Gordon, Ursula Zsilavec, Joe Donaher. Front row seated: Kristin Chmela, Jane Fraser, and Lisa A. Scott.



Joe Donaher speaks during the workshop.



◀ Ursula Zsilavec and Madelyn Maguire.

Joe Donaher, Lisa Scott, Kristin Chmela, and Alla Brutter. ▶



Shelley Williams, Jonathon Robb, Jane Fraser, Sharon Lee-Sheridan, and Loretta Connolly.



Workshop leaders Kristin Chmela, Jane Fraser, and Joe Donaher stand behind Gina Iaquinto, Carla Monteleone, Mara Luque, Marina Llobera, and Alla Brutter.



▲ Jonathon Robb, Loretta Connolly, and Joe Klein.



◀ Sandra Garzon and Shelley Williams.



Alla Brutter and Jane Fraser.



Sharon Lee-Sheridan, Laura Khorozov, and Jonathon Robb.



Mara Luque from Argentina and Marina Llobera from Spain.



Gathering for pictures during the reception.



Ursula Zsilavec and Sandra Garzon receiving their diplomas.



An evening out with the group.

# Eastern Workshop: Focus on Cognitive Approaches

By Diane Parris, M.A.  
Boston University

This year, the Eastern Workshop at Boston University attracted twenty experienced fluency specialists from across the United States and Canada. They gathered to learn about the innovative cognitive approaches to *Parent Child Interaction Therapy* offered at the Michael Palin Centre for Stammering Children in London.

Frances Cook and Willie Botterill also provided a “brief taster” of both *Cognitive Behavioral Therapy* and *Solution Focused Brief Therapy*.

These two days of training were filmed by videographer, Bob O’Brien and his expert AV team and are now being edited for the SFA resource library. The final three days of this workshop were spent exploring *Parent Child Interaction Therapy*.

Frances and Willie did a masterful job of demonstrating a positive approach to problem-solving and parent training, focusing on the therapeutic alliance of child, parent and therapist. Throughout the training, many interactive exercises helped attendees develop specific skills in *Parent Child Interaction Therapy*. A lot of time was spent in discussing how to adapt these techniques with each client.

Laura Jo McCamey of Montana commented, “I have found that the strategies I learned can readily apply to other aspects of my life. I am trying to keep the focus so I can implement what I learned as soon as school starts.”

“I am excited about the direction of addressing the cognitive and emotional aspects of stuttering,” added Brian Heskin from Colorado.

In their closing comments, participants reflected that they would profit from incorporating new strategies into their existing practices. The warmth and humor of these experienced presenters and the contributions from each attendee made this an extraordinary program for all! □



Back row: Diane Parris, Laura Jo McCamey, Wendy Wingard-Gay, Charleen Bloom, Carolyn Belle, Melissa Bruce, Melissa O. Kates, Charlie Osborne, Jim Tsiamtsiouris, Susan Short, Mercedes Cooper Delaney. Middle row: Sarah Smits-Bandstra, Adriana diGrande, Nancy Swartz, Diane Polledri, Rosalee Shenker, Donna Cooperman, Patricia Lohman-Hawk, Steffi Schopick, Barbara Thomas. Front row: Willie Botterill, Jane Fraser, Frances Cook, Brian Heskin.



Adriana di Grande and Donna Cooperman at a coffee break. In background are Jim Tsiamtsiouris, Susan Short and Mercedes Cooper Delaney.



Adriana di Grande, Brian Heskin, Nancy Swartz, and Diane Polledri.



▲ Sarah Smits-Bandstra and Jim Tsiamtsiouris.



◆ Steffi Schopick.



Adriana di Grande, Diane Parris, Wendy Wingard-Gay, and Barbara Thomas.



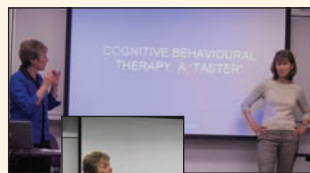
Charlie Osborne and Jim Tsiamtsiouris getting wired.



Videographer Bob O'Brien chats with presenters.



Willie Botterill gets wired.



Frances Cook and Willie Botterill present.



Diane Parris was coordinator.



Barbara Thomas, Brian Heskin, and Sarah Smits-Bandstra.

# Dear SFA: Reader Response



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

## Speech is like a train

Dear SFA:

Imagine that your speech is a train. The train is going across flat land on a bumpy track with no engine. The workers of the train, who pull it across the land, are your speech muscles. The boss, who is directing the work, is you. You must pull slowly and at a steady rate. All of the works must pull together at the same time with the same amount of force. Dysfluency is when the train is derailed. To keep the train from derailling, the workers must work together at a slow pace. If the workers pull too quickly, the bumpy track will make the weight of the train shift so much that the train falls over.

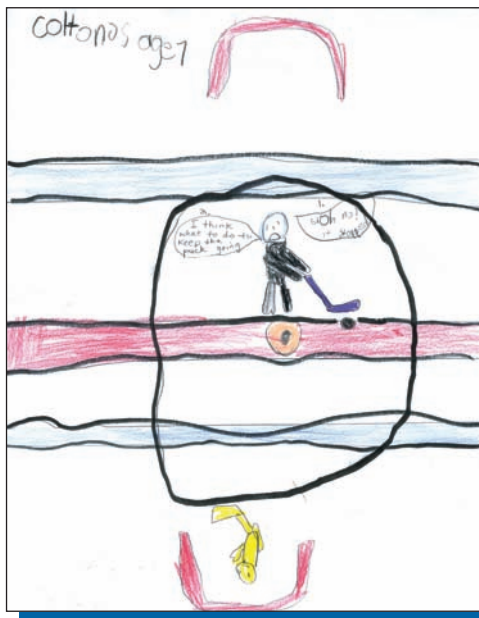
Seamus

E-mail

## It takes hard work

Dear SFA:

Hi. My name is Paxton and I'm 8 years old. I've been stuttering off and on for several years. When I was in first grade I was stuttering



In the Summer Newsletter, Colton, 7, said, "stuttering is like a hockey puck because it starts going fast then it stops suddenly." Colton, who lives in Canada, drew this picture to illustrate his letter.

really badly so I kept on working hard not to stutter. Now I'm in 2nd grade. When we had spring break, I quit stuttering and when I got back in school I still wasn't stuttering! So I hope it won't come back! But

I'm still working with my speech teacher. She is a really good teacher. When my stuttering was really bad, it made me angry. Now I'm doing better so I don't mind that much. I hope my stuttering stays away forever.

Paxton

E-mail

## It is OK to stutter

Dear SFA:

My name is Frank. I am 9 years old. My stuttering goes in a pattern. The first year I stuttered and the second year I didn't stutter. When I was around 3 or 4, I realized I stuttered. Then everybody kept making fun of me. They just say that I stutter, and that makes me feel bad about myself. Now I learned to say "It's OK to stutter" to people who make fun of me. Then I ignore them. Then they get bored and they leave me alone. It makes me feel like the stuttering is gone. No one realizes it.

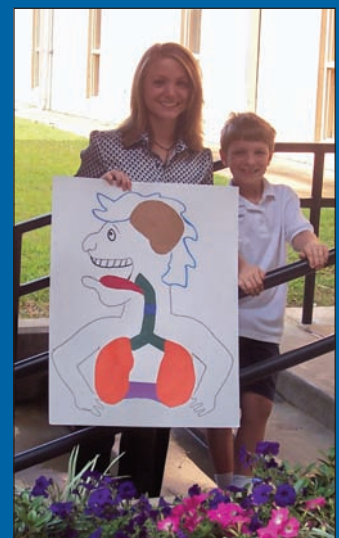
Frank

Brooklyn, N.Y.

*Continued on page 9*

## Student explains stuttering to class

All eyes were on Paul as he prepared to deliver a presentation to his 2nd grade class about stuttering. In his usual cool, confident manner he assured his speech teacher, Karrie Johnson (a graduate student at the University of South Alabama), that he was ready... And he was. They had spent a few weeks organizing and brainstorming all the information he had learned about his stuttering over the past year. Paul, being the firecracker that he is, loved the idea of presenting to his class from the very beginning. "All I did was make a list of possible topics and walk him through what he wanted to say about each. He came up with most of the ideas on his own," said Johnson. The presentation began with a quiz administered to the class that exposed facts and myths about stuttering. Then Paul explained how the speech mechanism works and described different locations and types of stuttering. Next, he passed around a picture he had drawn of a "speech mountain" while he explained the highs and lows of his speech and the tools that help him "climb back up" when he hits a rough spot. The presentation ended with Paul telling the class about things people do that hurt and help him when he gets stuck on a word. As the class erupted with clapping, Paul proudly smiled back and cast a glance at his mother and sister who had come to support him. □



Paul and Karrie Johnson  
of Mobile, Ala.



## Bug chews up words

My name is Tyler and I am 9 years old and I stutter. I live in Lumby, B.C., in Canada. I like soccer and I go to Scouts. I go to speech class to learn how to stop stuttering and to be OK with stuttering. I like to go to my cousin's place and go to the park. My cousin's name is Josh. Josh helps me by telling me when I'm talking too fast so that I can slow down my speech. Stuttering is nothing bad, over a million people stutter in the world. I use to stutter lots but now I go to the speech teacher Anita, and she helps me stop stuttering. If you don't like stuttering and people tease you, ask your mom to get help from a speech teacher. When I go to talk and I can't get the words out I think that there's a big bug inside me that chews up all the words I'm trying to say. I slow down and I talk to my friends more slowly and when I talk more slowly the bug comes flying out of my mouth and dies.

Tyler  
Lumby, B.C., Canada

## Trouble at lunch

I'm 8 years old. I started stuttering when I was about 5. I stuttered for 3 years. Now I go to a speech therapist. I feel just fine about my stuttering. There's this kid in my class that imitates me at lunch about my stuttering and that makes me mad. But I just deal with it. I wish he wouldn't imitate me.

Erik  
St. Paul, Minn.

## School therapist helps

Dear SFA:

Here is my story. I started stuttering when I was 6 now I am 7. Last year I went to a speech therapist. I've needed help for a while now with my stuttering. They told me if you slide it, start out like this ... sllllide. I don't like stuttering though. Near summer time I stutter the most. I don't know why.

Dylan  
Allen Park, Mich. □

# BTO's Song is Unique

*Editor's Note: The author is a person who stutters. For many years he has been a collector of "stuttering" songs – the good and the bad!*

We all know that there have been numerous songs of the rock era that feature stuttering vocals. Evany Thomas posted a list on the internet entitled "The Top Ten Stuttering Songs." The list includes *Foolin'* by Def Leopard, *My Generation* by The Who, *Changes* by David Bowie, *Jive Talkin'* by The Bee Gees, *My Sharona* by The Knack, *You Ain't Seen Nothing Yet* by Bachman-Turner Overdrive, *Bad to the Bone* by George Thorogood, *Benny and the Jets* by Elton John, *Sussido* by Phil Collins and *Lola* by The Kinks. This list seems accurate, though a couple of other tunes are conspicuously absent such as *Too Much Time on My Hands* by Styx.

Of these songs, Bachman-Turner Overdrive's *You Ain't Seen Nothing Yet* is unique in more than one way. First, it ranks as the first song with stuttering vocals to reach the number one slot on the Billboard Hot 100, reaching that plateau in early November 1974. However, few realize the interesting story behind the song. The Canadian group was led by Randy Bachman, and featured his brothers Robbie and Tim, as well as Fred Turner. The band's first manager was another Bachman brother, Gary.

The song was never intended to be released with stuttering vocals. Randy sang the stuttering vocals to poke fun at his brother Gary, who had recently stepped down as the band's manager. It was done with the intention that it would be given

to Gary and no one else. Randy Bachman once said of the situation, "He stuttered. We thought, just for fun.... We'd take this song and I'd stutter and we'd send it to him. He'll have the only copy in the world of this song by BTO."

However, their record company, Mercury Records, felt that their soon-to-be released album *Not Fragile* lacked a potential hit song and asked if the band had any leftover songs. Randy told the record executives, "We have this one song, but it's a joke. I'm laughing at the end. I sang it on the first take. It's sharp, it's flat, I'm stuttering to do this thing for my brother." He agreed to include the song on the album only if he could re-record the

vocals. The record company hated the second version with the non-stuttering vocals and insisted that the stuttering version be released, much to the chagrin of Randy. It became the band's only chart-topper.

*You Ain't Seen Nothing Yet* ranks as not only the first song with stuttering vocals to hit number one, but also the first with stuttering vocals to actually be written about a real person who stutters.

Between 1974 and 1976, Bachman-Turner Overdrive had six songs enter the Top 40. They disbanded in 1977 and there have been a couple of minor reunion tours since. It is compelling that their former manager, the famous Gary Bachman, got on top of his stuttering through speech therapy and for many years has been a highly successful realtor in his hometown of Winnipeg, owning and operating Century 21 Bachman and Associates for 25 years. □



## Libraries Helping Those Who Stutter

By Patty Reed

Public libraries are helping educate people about stuttering. With more and more joining the 8,500 that have shelved SFA materials, libraries are a real asset to teachers, employers, co-workers, parents, relatives, and those who stutter.

The Atmore Public Library in Alabama has made space for "Information on Stuttering" on their Web site at [www.atmorelibrary.com](http://www.atmorelibrary.com) and included a copy of our home page with links to help their patrons who stutter. They have also shelved every book, DVD, and video that we offer.

Little Elm Public Library in Little Elm, Texas, serves another need in their community. They



Oneida Community Library in Oneida, Wis., shared information on stuttering with their patrons during National Stuttering Awareness Week in May.

have a seizure disorder support group, a diabetes support group, a memory loss support group, and have materials to help visually impaired. With our materials, they can now help those who stutter.

Our thanks go out to public libraries across the country. □

## Doing Self Discovery Work

*Editors Note: Our friend Wonder Nyoni from Zimbabwe is a person who stutters. He decided to learn more about how his general physical condition might affect his stuttering.*

*Says author Dr. Fred Murray about each person's quest for fluency, "This called for searching and self-inquiry. Some of these quests led toward better organized and more helpful types of therapy. Others led inward in a scrutinization for more self-knowledge."*

By Wonder Nyoni

Being a stutterer myself, I have dedicated a fair part of my life to studying and analysing this demoralizing speech disorder, obviously hoping that one day I would crack the code to the cause and attain some form of relief. I have requested information on stuttering from various sources including the world wide web.

Of significance has been information received from the Stuttering Foundation (SFA). The impact of a self-therapy book written by Malcolm Fraser has been amazing. This openness that you witness in sharing reflections on my stuttering is a direct result of encouragement and support obtained from this wonderful book. It is especially helpful in instances where professional speech therapy is either unavailable or unaffordable.

In this brief article, I will focus on the importance of physical exercises and their benefit to me.

### Physical Exercises

Having read one or two aspects about the importance of physical exercise from Fraser's book on self-therapy, I decided to explore this phenomenon further. Earlier this year, I suspended all forms of physical exercises for my body and subsequently increased my calorie intake for about three months.

During this period, I was monitoring both my breathing rates and stuttering behaviour. It took about a month and half to realize the substantial changes. Apart from the obvious increase in weight that my friends and family relentlessly commented on, the other observation was a change in my breathing pattern. I began experiencing heavy breathing. Consequently, production of fluent speech was affected.

An attempt to explain this result shed more light on the relationship between

### Mid-Atlantic *continued from page 6*

so many participants from foreign countries, who shared with us how children are served within their educational and health systems."

"The dedication of these SLPs to helping kids is inspirational. Many children will benefit from the talents and interest these individuals have," added Donaher.

Feedback from workshop participants included comments such as "I really think this week will stand out as perhaps the most significant continuing edu-

cation experience of my professional career. Thank you for making it possible!"

And "this was an excellent workshop! The length and intensity of it allowed time for the sharing of an abundance of information. For the first time, I'm not nearly as anxious about working with a person who stutters. This workshop not only gave me a lot of insight and information, it confirmed some of the things I was doing and provided me with a new sense of confidence. Thank you for providing me this opportunity!" □

## This Just in to Our Newsroom...

If you read or watch a news story on stuttering, please let us know about it. The Stuttering Foundation is accepting nominations for our Media Award, which recognizes reporters who advance the public's understanding of stuttering.

Entries must have been pub-

lished or aired between Jan. 1, 2008 and April 1, 2009, and must be received by April 5, 2009. Please submit copies or tapes of the news items to the Stuttering Foundation, 3100 Walnut Grove Road, Suite 603, Memphis, TN 38111-0749. Call 800-992-9392 for more information. □

*Continued on page 12*

## Poignant Look at Tangled Tongues

*Sharing the Journey ... Lessons from my Students and Clients with Tangled Tongues* by author Lon Emerick, Ph. D., is available again from SFA through a special offer with North Country Publishing.

Emerick, self-appointed inspector of all the natural woodland beauty of his Upper Peninsula, Michigan home, and severe stutterer, takes readers on an enchanted journey with stories gleaned from a lifetime of experience. The former university professor and therapist combines experiences from his personal life, clients, students, and his long academic career, into a delightful journey highlighted by 10 maxims for good living.

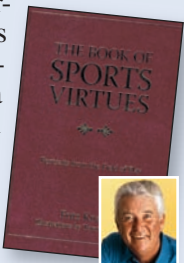


This 1st Edition printing, with irresistible chapters such as "Don't Wear a Raincoat in the Shower" and "Keep Looking for the Pony" is available for \$10.00, including postage and handling, by calling 800-992-9392. Take a walk along with Emerick through his life-long immersion in nature, the greatest teacher and detangler of lessons.

## Venturi Featured in New Book

*The Book of Sports Virtues: Portraits from the Field of Play* features a chapter on legendary golfer Ken Venturi.

The book by Fritz Knapp tells how Venturi overcame many obstacles in life including stuttering to become a successful golfer and commentator for CBS Sports.



The book, published by Acta Publications, also mentions how Venturi helps spread the word about stuttering by serving as a spokesman for the Stuttering Foundation. For more information, visit [www.actapublications.com](http://www.actapublications.com). □

# Just What the Nurse Ordered

Pediatric nurse practitioners steadily made their way to the Stuttering Foundation booth during the 35th Annual Conference of the National Association of Pediatric Nurse Practitioners at the Opryland Convention Center in Nashville, Tenn.

As she has for the past several years, June Campbell shared information about the Stuttering Foundation's support services to medical professionals for parents of children who stutter, as well as for older individuals.

"I was amazed that over one hundred professionals wanted to be added to the SFA mailing list," Campbell said.

Nurse practitioners working in diverse settings, in turn asked questions of June and shared their own needs and experiences with stuttering.

Among the hundreds who visited the booth was a professor of

nursing from Massachusetts grateful to receive information to be used in professional training, a past president of the organization sharing her gratitude

for SFA's literature and presence at many conferences, and a nurse practitioner from Alabama who shared information with an adolescent at her church.

Also visiting the booth were six nurses in training from the University of Tennessee, a nurse practitioner working with neurologically impaired children in Pennsylvania, and one with advanced expertise in hypnosis. Many others shared

how valuable the SFA literature was or will be in dealing with the many inquiries they field from parents, and some shared personal experiences with stuttering in their family or friend's lives. □



June Campbell answers questions during the National Association of Pediatric Nurse Practitioners conference.



## Bob Love Keynote Speaker in Florida

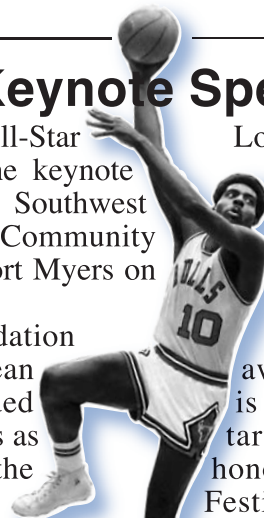
Three-time NBA All-Star Bob Love will be the keynote speaker for the 2008 Southwest Florida Blue Chip Community Business Award in Fort Myers on Nov. 6.

Stuttering Foundation Board member Jean Gruss recommended Love, who also serves as a spokesman for the Foundation.

Love overcame poverty and stuttering to become a successful basketball player.

Today he travels the country spreading his inspirational story to students and adults.

Love has earned numerous awards and honors. His life is the subject of a documentary film that was recently honored at the Sundance Film Festival. □





... looking for impala

These photos are from the Shashe-Limpopo Predator Research Group meeting in Beitbridge, Zimbabwe.

### Zimbabwe *continued from page 10*

fear and stuttering. My assumption is that when one is experiencing fear, the muscle cells are activated in anticipation of the 'fight or flee' situation and therefore 'call' for more glucose and oxygen. Any hindrance to the respiratory system exacerbates the situation and makes it hard to relax and reach a calm state. And obviously relaxation is vital in making easy, trouble-free and fluent speech. All these connotations gave me an indication of how normal breathing is important or at least related to speech production.

After the three-month period, I began gradual physical exercises in the morning and after work. It took about a fortnight to realize a significant change in my breathing system again. Also, when I exercised in the mornings before going to work, I would generally start the day in a good or 'happy' mood. When in this mood, I would rarely stutter. Most importantly, I would not become conscious about my disorder thereby allaying any fears about stuttering. This relationship has been a major breakthrough to my work life since most management meetings where I usually suffer speech disfluency take place in the morning.

I therefore conclude that for me at least physical exercises are not only important for the respiratory system or the heart, but also essential to producing relaxed trouble-free speech. Perhaps, it would be worthwhile for researchers to pursue this interesting relationship in a more scientifically acceptable research method.

### Post Script

These reflections are only intended for my fellow stutterers and are based on personal experiences. □

### Couture

*continued from front page*

and those who recover.

To study these children, we have used validated parent reports and systematic behavioral observations of emotions (and recently child-friendly physiological indices) as well as conversational, standardized and experimental measures of speech and language.

While earlier aspects of this work have been published, we'd like to share two preliminary findings indicating that speech-language and emotions interact to contribute to childhood stuttering.

Using an experimental procedure called "background stimulation," borrowed from psychological studies of children in families with marital disputes, preschool-age CWS and CWNS listened to three audio-presented two-minute conversations that were presumably overheard between two speakers in the next room. One involved "flat" affect, another

"happy" and a third "angry." Immediately after listening to these conversations, the children provided a short narrative from a text-less picture book while we measured their emotional, speech-language and disfluent behavior. Findings indicated that most children reacted emotionally in line with the overheard conversations, but some children in both groups regulated their emotional arousal better than others.

CWS who engaged in emotional regulatory behaviors (for example, self-soothing) stuttered significantly less than for those

who did not; however, for CWNS, no such relation was observed between emotional regulation and speech disfluencies. Furthermore, decreased emotional arousal (reactivity) was strongly associated with increased expressive vocabulary for CWS but not CWNS.

Importantly, changes in emotion occurred during listening and before talking suggesting that changes in stuttering may follow rather than merely precede changes in emotion!

These findings also suggest that emotional processes relate to speech disfluencies in different ways for

**“Converging  
lines of evidence  
should help us  
better understand  
the role of  
emotion in  
developmental  
stuttering...”**

*Edward G. Couture*

CWS than CWNS. Likewise, CWNS, when compared to CWS, appear more proficient at using expressive vocabulary as a resource to regulate their emotions. We are eager to see how physiological measures of emotion, for example, heart rate variability, corroborate these findings.

These cross-sectional or one-point-in-time findings beg the question of whether

differences in emotional processes not only differentiate CWS from CWNS but also predict CWS who do and do not recover. To do that, as we have proposed, we must study children longitudinally using multiple methods and measures.

Converging lines of evidence should help us better understand the role of emotion in developmental stuttering, a link often speculated about, but less often empirically studied, especially in preschool children, the childhood years in which developmental stuttering begins. □

# Back-to-School Opportunities for a Promising Year

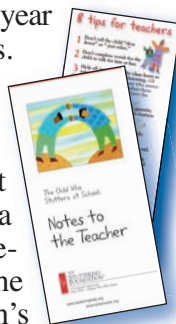
By Joan Warner

It is time to think about back to school and how to make this the best school year possible for all students.

If a student is stuttering in the classroom, his or her teacher will have the first opportunity to make a difference. Some resources include the Stuttering Foundation's brochures *Notes to the Teacher* and *8 Tips for Teachers*. And a must-see DVD *Stuttering: Straight Talk for Teachers* answers fundamental questions and offers concrete suggestions.

This DVD includes a newly updated handbook with sections for both the classroom teacher and the school clinician.

"Any time teachers are concerned about a child's fluency,"



notes Dr. Lisa Scott, "they should consult with the school speech clinician as well as the parents to make sure their approach to the child's speech is consistent."

Ultimately, each teacher is part of a child's team and everyone should work in the same direction.

In addition to being practical, *Stuttering: For Kids, By Kids* highlights children discussing their experiences in the classroom and sharing what works best for them.

*Trouble at Recess* is a new book that appeals to parents, teachers, the SLP, and the child who stutters. Eight-year-old author Jamie tells us about her problems both in and out of the classroom. Teasing and bullying, are all addressed openly and calmly.

Peter Reitzes, M.A., CCC-SLP, offers, "Talking openly about stutter-



ing and introducing children to other students who speak like them may be as important as teaching speaking strategies [for confidence building]."

Reitzes suggests, "Create an open dialog about stuttering with your students and their parents, teachers and principles."

In a school therapy setting, he likes to plan "stuttering celebrations" with his students in which they go into classrooms and teach their peers about stuttering.

A classic book that should be in all back-to-school professional libraries, *Treating the School-Age Who Stutters: A Guide for Clinicians* includes helpful dialogues. □



## Wanted: MySpace Co-Leader ... Tell Us Why We Are Looking for You!

You just might have what we are looking for to join our MySpace Team. Read on and enter our contest to become our new Co-Leader.

The response to the launching of the Stuttering Foundation's MySpace page in October 2007 has been truly gratifying, and not just a little educational, too! Attracting a cross section of ages and backgrounds and nationalities, the one thing these members who stutter have in common is they all say, "I am so glad I found this group!"

We hand much of that credit to the Foundation's long-time friend, Eva Woolwine, group leader for SFA's MySpace. "It's been my pleasure to run this group!" Eva says as she welcomes each new member. And by the time this is in print, our MySpace may have some 300 members!

So now is a good time to find a Co-Leader to help Eva and share in the fun. If we could clone her, we would, but we know there is a candidate equally as interested and dedi-



cated out there! The qualifications are simple: If you are a Person Who Stutters; know a thing or two about MySpace design and upkeep; are 21 – 28 years old; enjoy meeting new people; and have a practical, compassionate, fresh nature ... you may be the one!

The responsibilities are equally simple: Check the space daily; acknowledge/respond to posts; update the page face from time to time as directed; and familiarize yourself with the Stuttering Foundation and communicate with Eva and the SFA office as needed.

We are accepting 250-word essays that tell a little about you, your interests and goals, and why you'd like to contribute to and be a part of this exciting opportunity. You should e-mail your essay, with "MySpace Co-Leader Essay" in the subject line, to [info@stutteringhelp.org](mailto:info@stutteringhelp.org) by Oct. 15, 2008. We hope to have a winner in


time to celebrate the Stuttering Foundation MySpace One-Year Anniversary in October. The top three applicant's essays will be published on our website and the winner announced with an introductory splash on MySpace. This is considered a volunteer position with all the benefits that come with philanthropy, including the less tangible gift of giving, along with the practical bonus of an addition to your resume!

"People who stutter have found a wonderful place to share ideas, offer support, and sometimes, just grumble about things. But I think always, we end up putting a smile on each others faces," Eva says. "Amazingly, some people are finding other stutterers for the first time and I am thrilled to be a part of that discovery!"

We look forward to meeting you, so please send your essay today. Be sure to address all qualifications, including practical knowledge of MySpace design, and Tell Us Why We Are Looking for You! □

## Newsbriefs

▶ **Thanks to ads on Google**, more than 40,000 Web users each week visit the Stuttering Foundation's site, [www.stutteringhelp.org](http://www.stutteringhelp.org).  The search engine provides these ads at no cost to the Foundation as a public service. You may have seen the ads; they are located on the top or right of Google's search page.

▶ **The Stuttering Foundation Five Day Workshops** will be held in the following locations in 2009: Portland, Oregon; Boston, Massachusetts; Iowa City, Iowa. **The Stuttering Foundation pays all tuition costs as well as room and board for these exceptional in-depth workshops. Dates to be announced - stay tuned!** 

▶ **The eleventh annual ISAD Online Conference, Don't Be Afraid of Stuttering** opens Oct. 1 and ends Oct. 22, *International Stuttering Awareness Day*. Go to [www.stutteringhomepage.com](http://www.stutteringhomepage.com). 

▶ **The Second African Conference on Stuttering** will be held in Ougadougou, Burkina Faso, West Africa, from October 30-November 1, 2008. For more information, contact Moussa Dao at [daomoussa@yahoo.fr](mailto:daomoussa@yahoo.fr) or [ouaga2008@yahoo.fr](mailto:ouaga2008@yahoo.fr). 

▶ **The Sixth IFA World Congress**, August 7-9, 2009, in Sao Paulo, Brazil. For more information, visit the International Fluency Association Web site at: [http://www.theifa.org/IFA2009/IFA\\_congress\\_2009.doc](http://www.theifa.org/IFA2009/IFA_congress_2009.doc) 

▶ **The 9th World Congress of the International Stuttering Association** will take place in Beijing, China 2010. For more information, visit [www.bj2010isc.cn/index.php](http://www.bj2010isc.cn/index.php). 

▶ 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.

▶ For those wanting to obtain a copy of **Stuttering and Your Child: Questions and Answers in Hindi**, write to: Dr. Sajiv Adlakha, Adlakha Speech and Hearing Clinic, A67 Dayanand Colony, Lajpat Nagar - 4, New Dehli-110024, India, or e-mail: [adlakhas@hotmail.com](mailto:adlakhas@hotmail.com). Those interested in joining a fluency and public speaking skills group should also contact Dr. Adlakha at the above address.

### Books on Stuttering or Related Topics

▶ **Practical Intervention for Early Childhood Stammering: Palin PCI Approach** by Kelman, E. & Nicholas, A. (2008). Speechmark Publishing Ltd: Milton Keynes, U.K., [www.speechmark.net](http://www.speechmark.net).

▶ **Stammering, Advice for All Ages** by Renee Byrne and Louise Wright. (2008). Sheldon Press, London, [www.sheldonpress.co.uk](http://www.sheldonpress.co.uk).

▶ **Speak Freely: Essential Speech Skills for School-Age Children Who Stutter** by Mark Allen, Ph.D., (2007) Speak Freely Publications, Evanston, IL, [www.cfst.com](http://www.cfst.com).

▶ **Stutter** by Marc Shell. (2005). Harvard University Press, Cambridge, MA.

▶ **Stuttering: An Integrated Approach to Its Nature and Treatment**, Third Edition by Barry

Guitar. (2006). Available from Lippincott, Williams & Wilkins, 800-638-3030, [www.LWW.com](http://www.LWW.com).

▶ **Beyond Stammering**, Revised edition by David Maguire. (2008) Souvenir Press, London.

▶ **Stuttering Recovery Personal and Empirical Perspectives** by Dale F. Williams. (2006). Available from Lawrence Erlbaum Associates, Mahwah, NJ, [www.erlbaum.com](http://www.erlbaum.com).

▶ **Speech Therapy for the Severe Older Adolescent and Adult Stutterer: A Program for Change** by George Helliesen. (2006). Available from Apollo Press, Newport News, VA, 800-683-9713, [www.apollopress.com](http://www.apollopress.com).

▶ **The Child and Adolescent Stuttering Treatment and Activity Resource Guide** by Peter Ramig and Darrell Dodge. (2005). Available from Thomson Delmar Learning, Clifton Park, NY.

▶ **Early Childhood Stuttering: For Clinicians by Clinicians** by Ehud Yairi and Noline Grinager Ambrose. (2005). Available from ProEd, Austin, TX and [amazon.com](http://amazon.com).

▶ **50 Great Activities for Children Who Stutter** by Peter Reitzes. (2006). Available from Pro-Ed, Austin, TX, [www.proedinc.com](http://www.proedinc.com).

▶ **Current Issues in Stuttering Research and Practice** by Nan Bernstein Ratner and John Tetnowski. (2006). Lawrence Erlbaum Associates, Mahwah, NJ.

▶ **Sharing the Journey: Lessons from my Students and Clients with Tangled Tongues** by Lon Emerick, Ph.D. (2001). Available for \$10 from the Stuttering Foundation at 800-992-9392.

This newsletter is published quarterly. Please e-mail address changes and story ideas to [info@stutteringhelp.org](mailto:info@stutteringhelp.org).

### Volume 17, Issue 3

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