



THE STUTTERING FOUNDATION

A Nonprofit Organization

WINTER 2017

Since 1947... Helping Those Who Stutter



RESEARCH CORNER

WHAT IS STUTTERING?

by Per Alm, Ph.D.

In 1957, Robert West, one of the founding fathers of speech-language pathology, wrote that “Everyone but the expert knows what stuttering is.” So, what do we think about stuttering today?

When reading textbooks and research articles it is clear that there is still no consensus regarding what type of disorder stuttering is. At Uppsala University, Department of Neuroscience, we are working to understand more about the basic nature of stuttering.

One way to do this is to analyze the moments of stuttering in detail, at a “micro level”, to see what goes wrong in the speech process. A widespread assumption is that the speech disruption in stuttering is caused by excessive muscular tension. Certainly excessive muscular tension is one of the most striking aspects of many cases of stuttering, but it seems that this may be only one side of the coin.

continued on p. 6

TSA Service for Travelers Who Stutter

After nearly six months in circulation, the Stuttering Foundation’s “**I Stutter Card**” has been used by countless travelers who stutter when going through both TSA and Customs screenings at airports. Pat Feeney, a retired Officer with TSA, read our Summer 2016 newsletter and wrote with helpful information about a program called TSA Cares.

Pat says that the card is a good idea, adding “if someone who stutters is really nervous about the screening process TSA does at the airport, they can call TSA Cares and request a Passenger Support Specialist (PSS).”

“I was a PSS for my last two years at TSA and we assisted passengers with all types of physical and psychological needs through security. I used to assist military vets with PTSD and other issues through security because they couldn’t deal with crowds and lines.

“The telephone number is 1-855-787-2227 and they would like 72 hours advance notice so they can assign the request to a PSS, contact the passenger, and make arrangements to meet them at the airport and help them through security.”

Travelers needing assistance can also email TSA Cares at TSA-ContactCenter@tsa.dhs.gov. For more information, visit www.tsa.gov/travel/passenger-support.

The “I Stutter Card” may be downloaded from our website at StutteringHelp.org or requested by email at info@StutteringHelp.org. The card was downloaded more than 313,000 times in October alone.



SHELBY RAILROAD RAISES MORE THAN \$11,000 FOR STUTTERING

Memphis-based Shelby Railroad Services Inc. raised more than \$11,000 for the Stuttering Foundation during their annual golf outing and dinner in September at Wedgewood Golf Club in Olive Branch, Miss.

The annual event honors Ruth McGuiness Tarver—the late mother of John Tarver and grandmother of Kirk Tarver, Shelby Railroad's President and Vice President (respectively.)

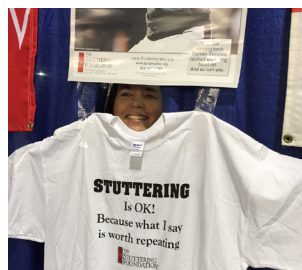


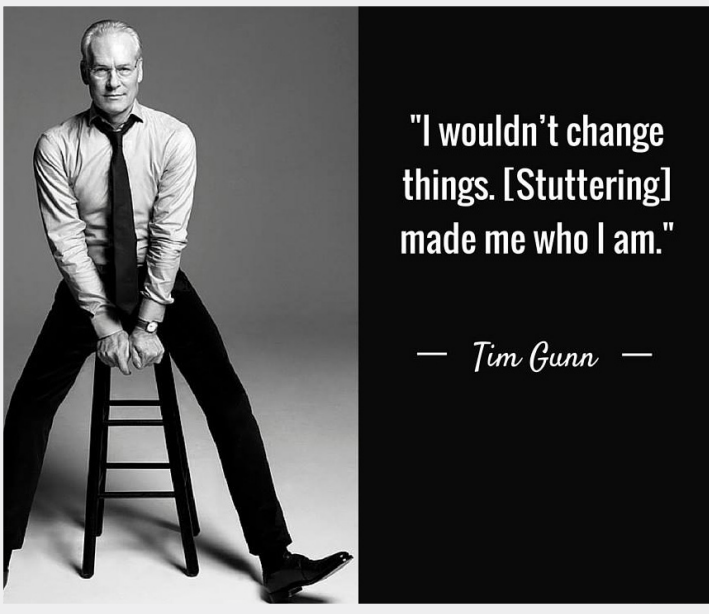
While Shelby Railroad supports nearly 40 different organizations, Kirk says the Stuttering Foundation is "very near and dear to their hearts" because of his grandmother, Ruth. She stuttered from the time she was a young child; in those years, there wasn't much help for people who stuttered.

"The continuous generosity and kindness of the Tarver family, Shelby Railroad, and all of those who participated is simply wonderful," said Jane Fraser. "This donation allows us to effect real change throughout the stuttering community."



2016 CONVENTION
Reaches All-Time
Attendance Record:
16,000 +





THE STUTTERING FOUNDATION
FLASHES FORWARD:
 Flash Drives Are Cutting Edge

The Stuttering Foundation's popular video, *Stuttering: Basic Clinical Skills*, is now available on USB flash drive for Mac and PC. This exciting, two hour video demonstrates speech management strategies to help speech-language pathologists work effectively with children and adults who stutter.

"At our five day workshop for educators last summer, we heard loud and clear that professors, students, and other professionals are no longer able to easily access DVDs," said Jane Fraser.

"We want our materials to be cutting edge not only professionally but also from an accessibility standpoint," she added. Meanwhile, DVDs are still widely available.

Over the coming year, the Foundation will be converting additional videos to the USB drive format.

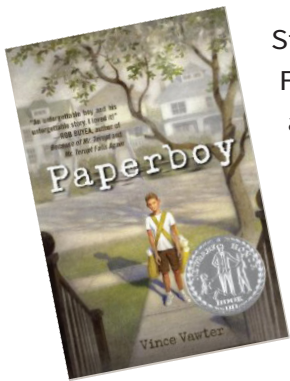


THANK YOU TO THESE PUBLISHERS...

and many more that feature our PSAs . . . you help us reach millions of people with messages of hope, understanding, and treatment!



Foundation's President Introduces Award-Winning Author at St. Simons School



Stuttering Foundation President Jane Fraser had the honor of introducing author Vince Vawter at an assembly at Frederica Academy, St. Simons Island, Ga., this fall for a presentation about his book *Paperboy*. The book was a Newbery Medal Honor Book in 2014 and has received numerous accolades in the three years since its publication. Vawter was honored by the Stuttering Foundation that year at its National Stuttering Awareness Week Gala in New York City. "Vince's work is such an inspiration to thousands of young people who struggle with stuttering every day," said Fraser.

As part of Vawter's visit, students were assigned to write papers about the novel, and were then treated to the opportunity to meet the author himself and hear about his life experiences. Nikki Walbridge, a teacher at the school, chose *Paperboy* as both a school-wide summer reading assignment and a faculty-wide recommendation because the subject matter seemed to be a perfect fit for her school community. "*Paperboy* perfectly addresses the challenge children

face in any adverse situation, and the book made overcoming those challenges truly accessible to middle schoolers," she said.

"Vince and his wife spent the day with each individual English class and gave them the opportunity to ask questions, the tough questions, about stuttering and adversity," said Walbridge. "Vince answered every single one of them. It was such a human experience."

Walbridge said Vawter's approach to coming to terms with his stuttering, like any challenge, was something to which the entire school could relate. "A speech impediment is like an arm or a leg. For many, it's a seamless part of that person. It doesn't define them, but it's there."

"As an English teacher and educator, my day with Vince was one of the most professionally rewarding days of my career," said Walbridge. We're sure the students loved it too.

Pictured at top, left to right: Vawter speaking with St. Simons students, Vince Vawter and SFA President Jane Fraser; autographing Paperboy Books



THE STUTTERING FOUNDATION

HONORS PRESS FOR FOCUS ON STUTTERING

The Stuttering Foundation announced the winners of its **2016 Awards for Excellence in Journalism** in late October in celebration of International Stuttering Awareness Day.

“The more we talk about stuttering, the more we build support for the stuttering community,” said Jane Fraser, president of the nonprofit Foundation. “The media, both traditional and digital, have the ability to start important conversations, inform the public, and inspire us all. This year we had dozens of worthy entries--selecting just a handful to honor was a difficult endeavor, but a terrific problem to have!”

This year, the Foundation has decided to bestow three levels of honor in each media category: winner, runner up and honorable mention. All entries ran or appeared between August 1, 2015–September 30, 2016.

PRINT

(books/newspapers/magazines)

WINNER



Dennis Yohnka of *The Daily Journal* for "Can ID Cards Help Stutterers?"

RUNNERS UP



Dr. Wallace of *The News-Dispatch* for "Stuttering Causes School Woes"



Brad Biggs of *The Chicago Tribune* for "Bears' Matt Slauson Speaks Up On and Off the Field"

ELECTRONIC MEDIA

(Radio/TV/Streaming Video/Podcasts)

WINNER



Andrea Hsu on *NPR* for *All Things Considered*: "Shots Health News for Baltimore Rx – Baltimore's Leana Wen: A Doctor for the City"

RUNNERS UP



CBS This Morning for "Dear Joe,' Vice President Joe Biden's Note to Self"

Peter Reitzes of *StutterTalk.com* for "Stuttering and the Holidays with Nick Weaver"

HONORABLE MENTION

Peter Reitzes of *StutterTalk.com* for "The Physical Exhaustion of Stuttering – Sarah Berkowitz"

INTERNET (websites/blogs/e-publications)

WINNERS



ABC News for NBA legend Bill Walton's career advice: "You Cannot Finish Unless You Start"



Kate Pickles of *MailOnline.com* for "Mother whose lifelong stammer left her terrified to work in an office now spends hours on the phone – thanks to speech therapy"



Char Adams of *People.com* for "Woman says she was detained in an Atlanta airport because of her speech impediment: 'I felt like I had no control!'"

RUNNERS UP



Joseph Santoliquito on *PhillyVoice.com* for "Darren Sproles is 5'6 and he stutters – and that may be why he's such a great football player"



Hanae Armitage on *News.ScienceMag.org* for "Stuttering' mice shed light on human speech impediment"



Kayleigh Skinner on *commercialappeal.com* for Stuttering Foundation makes free ID card available



Hal Berger on *TheMighty.com* for "Why I chose to continue a high school presentation when my stutter was at its worst"



Patrick Hanlon on *huffingtonpost.co.uk* for "How embracing my stutter gave me a new lease on life"

HONORABLE MENTIONS



Kate Simone on *MemphisDailyNews.com* for "Stuttering Foundation's Fraser Honored for Service"



Johanna McDiarmid for *One Plus One on abc.net.au* for "'Happiness thinker' Professor Paul Dolan on pleasure, purpose and everyday happiness"



Kylie Simmons on *huffingtonpost.com* for "8 things people who stutter are tired of hearing"

"What is Stuttering?" continued from page 1

It is possible that failures to activate required speech muscles is another fundamental aspect of stuttering, which is easily overlooked because of the subtle symptoms. Brain research data from many labs seem to indicate that the core of stuttering is related to the speech motor system, or more specifically to the premotor system, which is crucial for the preparation of speech movements. Without proper preparation, the speech movements may become unstable, and the intended smooth movements may either fail to start or become exaggerated and out of control.

For a long time it has been assumed that excessive tension in stuttering is related to exaggerated emotions of anxiety or fear in social settings. However, there is now strong evidence that speech-related anxiety in persons who stutter is typically a result of the basic speech problem and not a primary cause of stuttering. For example, children who begin to stutter do not show higher levels of anxiety or shyness than other children, and emotionally reactive children do not appear to have higher risk for development of persistent stuttering.

In fact, contrary to what might be expected, some data suggests that emotionally reactive preschool children may have somewhat better odds for recovery from stuttering than other children. It is possible that these indications are just random effects in the data, but it does highlight the importance of investigating stuttering without preconceptions about the causal relations.

(These issues, and others, are discussed in a review article in *Journal of Fluency Disorders*, 2014, vol. 40 p. 5-21. The data on the speech motor analysis is under preparation for publication.)



Per Alm is a Senior Lecturer at Uppsala University, Department of Neuroscience, in Sweden.



Annie and John Glenn

Dear Friends,

On December 8th, 2016, we mourned the loss of an American hero and space pioneer, John Glenn.

John helped us to launch the first National Stuttering Awareness Week in 1988; his wife Annie was our gracious spokesperson.

Stuttering Foundation Vice President Joe Fulcher was fortunate to know John quite well. He was at Lovelace Medical Center in Albuquerque when the Mercury astronauts were there; he had the great privilege to be the first to meet John when he arrived.

We are all saddened by the loss of John Glenn, a national treasure and a true friend to our Foundation. We send our deepest condolences to Annie and the entire Glenn family.

Sincerely,
Jane Fraser, President
The Stuttering Foundation



Jane Fraser with Annie Glenn and John Glenn



HERE'S WHAT SOME OF OUR FACEBOOK FRIENDS ARE TALKING ABOUT

Stuttering Foundation



On the critically-acclaimed movie *Stutterer*:

Yoli: What a lovely film, truly portrays the everyday struggle of a person who stutters and the lengths the stutterer goes thru to try to fit in and make life as smooth as possible.

Jalin: As a usually severe stutterer (I have good days and bad days), I can say that this is the most authentic display of stuttering I have seen on film. It is an everyday struggle for us, but this so accurately portrays those struggles, and what we wish people knew. A huge thank you to the filmmakers for bringing awareness to it in such a beautiful way!

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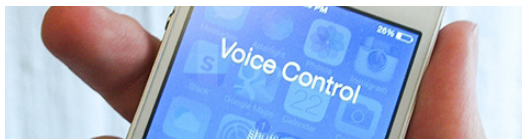


On The Mighty article "So... What does Stuttering Feel Like?"

Nate: Another frustrating aspect to that first analogy is, like a burst pipe, sometimes all of those words come rushing out at the same time. You've struggled just to make one sound but all of the sudden you're making ALL the sounds at once and you're lucky if the person you're talking to picked any of it up.

Bruce: "...ending up with caramel...when I wanted vanilla..." Yes! I've ended up going by "Paul" instead of Bruce. I'll use "Anthony" when needing to give my order in public....how I do know the plight.

Stuttering Foundation

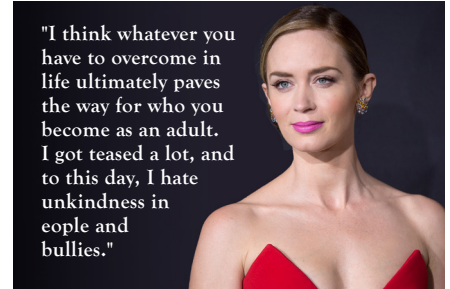


On voice-activated technology:

Evan: Worst experience ever was trying to say my name when setting up my voicemail. I spent over 20 minutes stammering, just trying to say my name before the system would cut me off, saying that it didn't understand me or asking if I needed more time. I had just bought that phone and I already wanted to throw it through a wall.

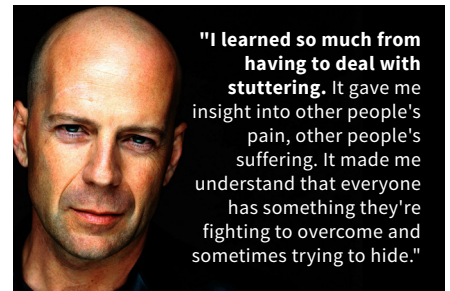
Jeff: Yeah. Siri does not know what to do with me.

Stuttering Foundation



Sara: This gives me such hope!

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Carol: I learned so much from having a child who stutters. Just how amazing he is!!!

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On the Huffington Post article "5 Wishes From the Heart Of Someone Who Stutters":

Carol: Thank you so much for this. My precious grandson has a stutter. He has been treated unfairly and accused of using drugs by law enforcement. My grandson explained, I stutter. "Yea right!" was the officer's reply. So thank you so much.

What's the **first thing** you tell a worried parent about stuttering?



Parents do not cause stuttering!

In fact, parents can do a lot to help children who stutter by making changes to support their child who stutters. There are lots of ways which SLPs and parents can work together to prevent stuttering from becoming a problem.

-Voon Pang, Auckland, New Zealand



*The first thing I tell a worried parent is, **be calm**. Your reaction to the way he or she speaks matters a lot.* —**Grace Ademola-Sokoya, Lagos, Nigeria**



*In case you were wondering, you **did not** cause your child to stutter.* — **Elaine Kelman, London, England**



*Watching your child struggle to communicate is very difficult. By reaching out, **you have taken the first step** in learning ways to help your child now and in the future.*—**Ellen M. Kelly, Nashville, Tennessee, USA**

When should a parent **seek out** an SLP?



Any time parents are worried about their child's speech, they may not need to meet the SLP immediately, but they can get information over the phone.—**Katri Luhtalampi, Tampere, Finland**



No matter the age of the child, if parents have a concern they should schedule an appointment with a therapist to meet with them and the child. — **Ursula Zsilavec, Pretoria, Gauteng, South Africa**



A parent should seek out an SLP as soon as possible. **The sooner you start working, the better.** — **Mara Luque, Buenos Aires, Argentina**



When a child has been presenting dysfluencies for the past six months, **I wouldn't wait anymore.** If there are blocks, movements or he has started to avoid talking, don't wait. We want to start working with parents immediately. — **Marina Llobera O'Brien, Palma de Mallorca, Spain**



When children **get frustrated** with their stuttering, what do you say?



*I would also be frustrated; it's horrible not to be able to talk. But you know something, **it's not your fault**, and I'm going to teach you how to play with the words and enjoy pulling them out!*
—Marina Llobera O'Brien, Palma de Mallorca, Spain



*It is hard when you can't get the words out, but **you will get there**, so keep trying and I will keep listening.* — **Elaine Kelman, London, England**



*I can see that you struggle with your speech, but **I'm glad you said it!** I want to hear what you want to say. I don't care how you say it.* — **Katri Luhtalampi, Tampere, Finland**



*I'd say **this is a new opportunity**. Stuttering is a huge puzzle and as we move each piece, the other pieces will start moving.* — **Mara Luque, Buenos Aires, Argentina**

Is there anything **effective or powerful** you say to clients that seems to resonate?



***Stuttering is one small part of who you are.** It doesn't need to define you and there are many people who stutter who lead successful and happy lives.*—**Voon Pang, Auckland, New Zealand**



*This is so important. I always encourage clients to **openly discuss their concerns** and their issues. I further encourage clients to ask a family member, significant other, or a close friend to participate in their therapy program.* — **Mark J. Witkind, Miami, Florida, USA**



*With adult clients, I spend more time listening and guide them to see value in themselves and **encourage them to face their fears**, and things that they tend to avoid.*
—Ponjit Jithavech, Bangkok, Thailand



 Stuttering Foundation


HERE'S WHAT SOME OF OUR FACEBOOK FRIENDS ARE TALKING ABOUT



Stuttering Foundation



On advice from Ed Sheeran:



Garry: I'm 63 years old and have stuttered to varying degrees my entire life. I've been a hairdresser for 40 of those years. As a child I would bring notes with me wherever I went. Then my mom brought me to this woman in Paterson, NJ. The first thing she did was have me stop using notes and start any conversation with a stranger by informing them that I stuttered, which instantly put them at ease which in turn made me more comfortable with myself. It was something small that helped me immeasurably. I do take a low dose of anti-depressants now, that I believe it helps to a large degree. My stuttering has been under control for quite a while but does come back at times and I just go back to what I learned many years ago and explain that I stutter, so bear with me. And yes a sense of humor goes a long way. Good luck to you all.



Dhruv: A day will come when we will stammer like hell and feel like we're in heaven.



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On the Sabina Beleuz article, regarding her own stutter, on *Medium.com*:



Luke: I had a severe stutter from the age of 5 to 17. It would come and go. Some days I struggled and other days would be ok. I use to dread presentations and socializing with people. I got teased and had trouble fitting in. I'm 30 now doing primary teaching and work in retail. It's not entirely gone and appears now and then. I just learned to manage it better and accept it. Don't give up it has taught me empathy, kindness and to be nice which come naturally to me.



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On Dariel Martin's article about employers finding something wrong with the way she speaks in *The Mighty*:



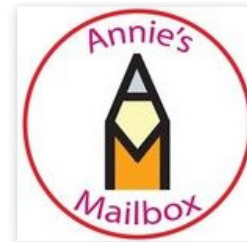
Scott: I'll admit I sometimes get a little angry when people, usually store clerks, laugh a little when I stutter. It's as if they've never heard someone stutter before. OK, maybe they haven't. Maybe they think I'm doing it intentionally to be funny. I just continue on without comment and I'm guessing the person feels a little embarrassed. I certainly don't.



Brown: I didn't get hired to speak, the quality of my work is far more important than my speech. I'm still picked to help with projects, my speech has never held me back with my company.



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On *Dear Annie's* advice on stuttering;



Irene: Having had a friend years ago who stuttered, I was always respectful & listened without making her feel uncomfortable. Respect is a two way street for everything.



Stuttering Foundation



Betony Kelly
Mar 28 · 5 min read

I stammer and I'm tired of trying to pretend I don't

Having a stammer is something that I think about every time I speak, but I rarely speak about. I'm used to leading a double life. Every conversation is a

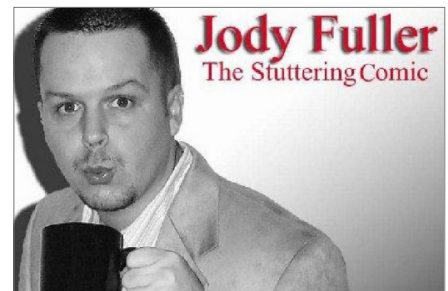
On Betony Kelly's article regarding hiding her stutter, on *Medium.com*:



Lindsay: I've stammered for 80 years, accept it and move on, your real friends will accept as you are, and will love you for your courage.

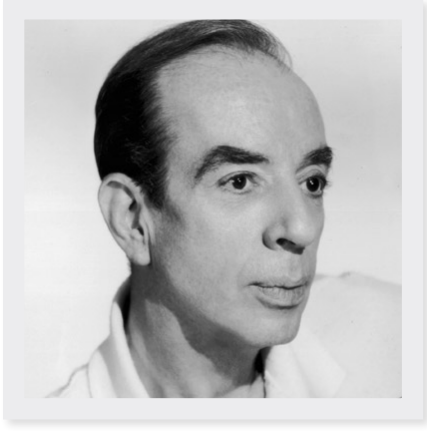


Stuttering Foundation



Patti: This dude is awesome & gives me so much encouragement. I still stutter a little bit but that's okay!

CELEBRITY SPOTLIGHT: VINCE MINELLI



Oscar-winner Vincente Minelli (1903-1986) may be famous to some as having been the husband of Judy Garland and father of Liza Minelli (both Oscar winners as well). However, his brilliant career as the director of musicals, comedies, and melodramas should be something of legends.

Unlike other famous people who stutter covered in Celebrity Corner articles, the fact that Vincent Minelli was a person who stuttered was not well known. However, his obituaries in major newspapers all made reference to his speech.

In the *New York Times* obituary “Vincente Minelli Dies; Famed Director was 76”, there was a quote from Judy Garland shortly before their marriage, “Vincente is such a wonderful director, but he just gets excited and stutters and doesn’t finish his sentences – he just says, ‘Well, you know what I mean.’”

He was a Chicago native, born and raised as Lester Anthony Minelli. As a young adult, he adopted the artistic-sounding name “Vincente”. His paternal grandfather, Vincenzo Minelli, was a major Sicilian revolutionary

who was forced to flee Sicily; his life was in danger due to the abrupt collapse of the Sicilian government. Vincenzo was a key player in the successful revolution against Bourbon rule and the rule of Ferdinand II.

Minnelli’s family was one of travelling performers. After high school, he ventured to the big city of Chicago and landed a job as a window dresser at Marshall Field’s department store, which eventually

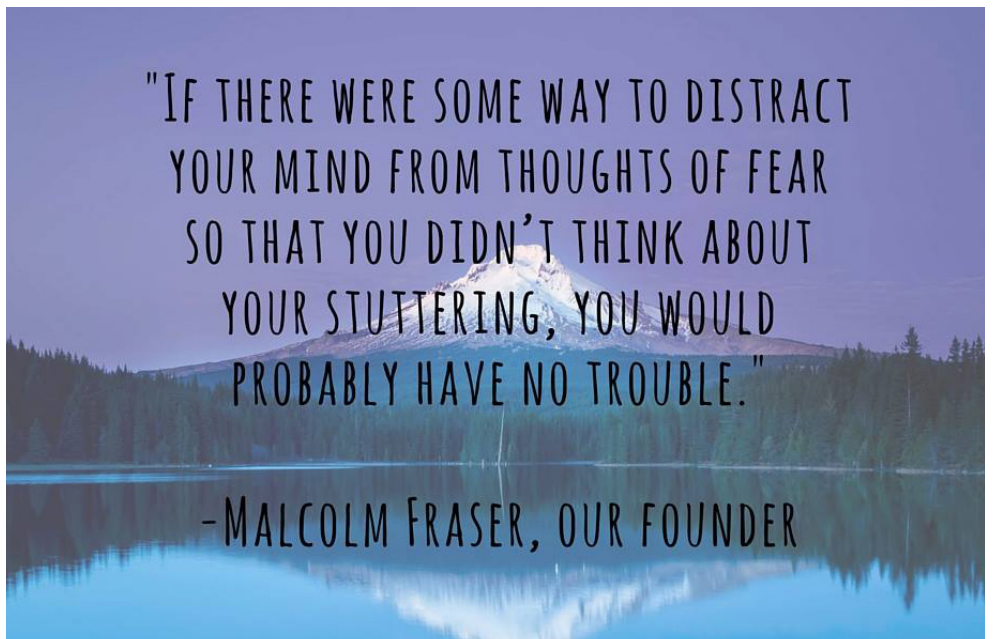
led him to designing sets for shows in New York, including Radio City Music Hall. After directing a few Broadway shows, such as *Very Warm for May* and *The Show Is On*, he made the jump to film, landing a lucrative offer from MGM.

Ironically, Minnelli’s third wife, Denise, was also a person who stuttered. An article in the May 9, 2007, edition of the *New York Social Diary* said this about Denise, who was labelled “a renowned socialite:”



Vincent and Liza Minelli with Judy Garland

“Mrs. Minnelli was a very exciting figure. Although no beauty and equipped with a most charming stutter and a way of looking at a man that telegraphs flattery in a way that only a man can be flattered, she had already been credited with reviving the waning career of the sweet and almost diffident and stuttering film director Vincente Minelli.”



International Conference on Logopedics Fluency Disorders Theory and Practice at the University of Silesia in Katowice, Poland

AT THE END OF AUGUST 2016, the second edition of the International Conference on Logopedics (*Fluency Disorders: Theory and Practice*) took place in Poland.

The main goal of this event was to promote the achievements and the latest research findings in the field of fluency disorders as well as to share knowledge and experiences among SLTs and consumers.

The keynote speakers who presented at this conference were prominent national and international experts in the field of speech pathology: Jane Harley (UK), Dr. Hana Laciková (Slovakia), Dr. Florence Myers (USA), Dr. Karel Neubauer (Czech Republic), Dr. Izabela Reichel (USA), Dr. Krzysztof Szamburski (Poland), and Dr. Martine Vanryckeghem (USA).



Speech-language therapists gather in Poland.

Consumer experts (representatives of persons who stutter/clutter) also accepted the invitation to present at the conference: Zdzisław Gładysz from the Polish National Stuttering Association OSTOJA in Lublin, Benny Ravid from AMBI – Israel Stuttering Association, and Rutger Wilhelm from the Netherlands – the chair of the Consumer Issues Committee of the International Cluttering Association.

Poster sessions, seminars, and workshops were included in the program, allowing the attendees to expand their knowledge and to improve their qualifications. The conference was an opportunity to integrate not only scientists and practitioners but also consumers (people who stutter or clutter). Participants were mainly from Poland, but colleagues from Austria, Czech Republic, Germany, Lebanon, and Slovakia were also in attendance.

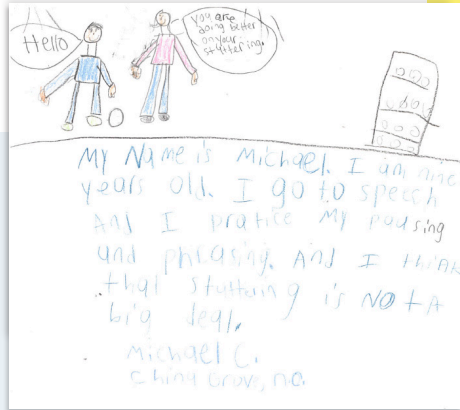
This edition of the conference was unique also due to the fact that the organizers planned a series of satellite events, which formed the social-educational campaign "Labyrinths of Communication".

Before the conference, Polish speech-language pathologists had a chance to participate in a two-day workshop titled "Palin Parent-Child Interaction Therapy for Children Under Seven Who Stutter". Forty-one Polish SLPs participated in this workshop, which was run by Katarzyna Wesierska and supervised by a specialist from the Michael Palin Centre in London.

DEAR SFA: DRAWINGS AND LETTERS FROM YOUNG READERS

Send your letters and signed parent permission to:

The Stuttering Foundation P.O. Box 11749 Memphis, TN 38111-0749 or email info@StutteringHelp.org



Stuttering is Not a Big Deal

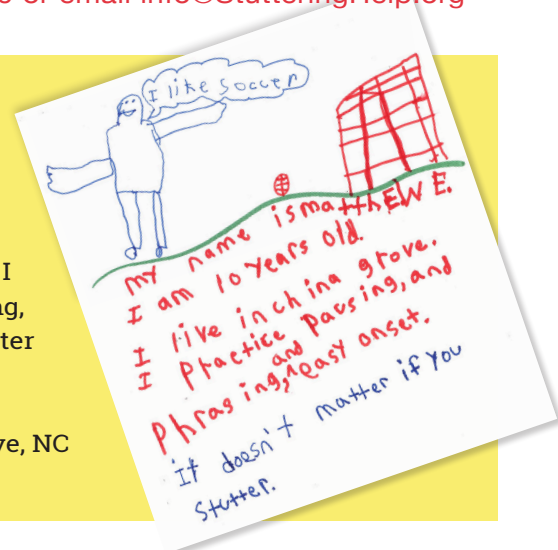
My name is Michael. I am nine years old. I go to speech and I practice my pausing and phrasing. And I think that stuttering is not a big deal.

Michael, 9
China Grove, NC

It Doesn't Matter If You Stutter

My name is Matthew. I am 10 years old. I live in China Grove. I practice pausing, and phrasing, and easy onset. It doesn't matter if you stutter.

Matthew, 10, from China Grove, NC



Sorry You Feel That Way!

My name is Jamal and I am almost 10 years old. I have been stuttering as long as I can remember. I like animals and I like playing stuffed animals, video games, soccer, baseball, and watching TV. Speech is really fun. I do /r/ words and my speech teacher helps me so my stuttering can go down and I hope I can stop stuttering. Some tools I have learned are: stuttering on purpose,

slide outs, and easy starts. I also use tapping, which helps me slow down. I feel like people don't want to be friends with me because I stutter. If someone is teasing you because you stutter, tell them how you feel and tell them, "Imagine this, if I spilled milk on you and the whole entire school, all the students, laughed at you, how would you feel? I can't help stuttering, just like you couldn't help getting milk spilled on you." You could also say, "I'm sorry you feel that way" and then walk away!

Jamal, 9, from Vicksburg, MI

FAMILY IS AROUND TO HELP

My name is Gavin and I love to play hockey. I have a hockey rink in my backyard in the winter. I stuttered when I was younger and went to speech class. My stuttering was more severe then. My speech is better now because I am older and know what to do. I go to speech once a week. My brother used to make fun of my speech but now he supports me. If I stutter at home, my mom helps me by reminding me to slow down. It feels good when my family is around me.

Gavin, 11
Eden Prairie, MN





I LOVE SPEECH

Hello, I'm De'Ommi, I live in St. Louis Parish and go to Brown Elementary. I go to speech on Mondays and Wednesdays because I need to work on my fluency. I love coming to speech, it's the best thing ever because I get out of class. We like to use putty to help stretch out my sounds. We also play games which help my speech.

De'Ommi, 8 from Florissant, MO

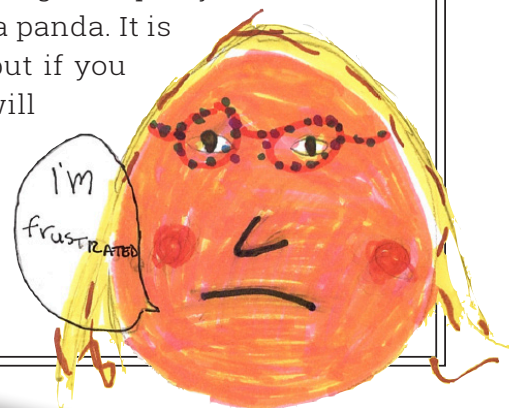
Use Easy Starts To Help

Hello my name is Achilles and I am 10 years old. I started stuttering when I was in kindergarten. It made me feel very sad when kids made fun of me when I stuttered, some times it made me cry. I use easy starts to help me not stutter that much. My old speech teacher used to play games with me when I came to speech. My advice to other people is to not let other people make you feel sad, and to use easy starts to help you to not stutter.

Achilles, 10, from Indianapolis, IN

My name is Phoebe. I am 9 years old. I have a tool kit that keeps my tools safe. These are my tools or strategies: slider, bouncer, cancellation, turtle talk, light touch, and peace breathe. I am a good skier. I ski at Sugarbush Mountain in Vermont. I have glasses. I do not have siblings but it is fun being an only child. I have a really big dog. His name is Rocky. I love reading and I am a really good soccer player. I love math and research. I want to be a pilot and an astronaut when I grow up. My favorite animal is a panda. It is alright to stutter, but if you work hard, you will get better at not stuttering.

Phoebe, 9
Newburyport, MA



Don't Get Frustrated

My name is Sarah and I am in 5th grade. I go to Acreage Pines Elementary. I go to speech at my school. I love My Little Pony. My advice to kids is to use a strategy to help with their speech. Don't get frustrated if you stutter because you are not alone.

Sarah, 5th grade, from Loxahatchee, FL

STRATEGIES

Hi, my name is Andrew and I am 10. I go to Phillipsburg Osceola Middle School in PA. I like to go to Williamsport to see the Little League World Series. I also like to play soccer. Every year me, my mom, and my dad go camping on Labor Day weekend to Sinnemahoning Camp Grounds. I started stuttering when I started to talk. Stuttering to me is when your vocal cords don't vibrate right and can cause you to stutter. Stuttering makes me frustrated because when you want to say something, you can't because of the stuttering. I think what could help is strategies like easy onset and stretchy speech. Stretchy speech is when you stretch out a word like hi. You would go "hhhhhhiiiiii." Easy onset is when you take a deep breath and then say the word you are going to say nice and easy.

Andrew, 10, from Phillipsburg, PA

Sports Help Me

Hi, my name is Tom. I play lots of sports. I think sports help me if I am having a bad day. Like if I stutter a lot then I think the sports that I play help me get relaxed and not think about it. Some of my

tools are pulling the first letter, taking a deep breath before each sentence, and mountain talk. Mountain talk is where I can drag my finger on my leg while I am talking. I am ten years old.

Tom, 10, from Minooka, IL

WHAT WORKS FOR YOU?

Hi, my name is Jonathan. I am 9 years old. I started stuttering when I was in first grade and I thought I was sick. I told my mom and my mom said I was not sick, I was stuttering. It makes me feel sad when people make fun of me. It helps me when I stop and re-start again. My advice is don't give up and ignore people when they make fun of you. How do you feel about stuttering and what works for you?

Jonathan, 9
Indianapolis, IN

I Feel Weird

When I stutter I feel weird, it is something I feared. I think about it a lot, sometimes I got caught, and it can be very stressful.

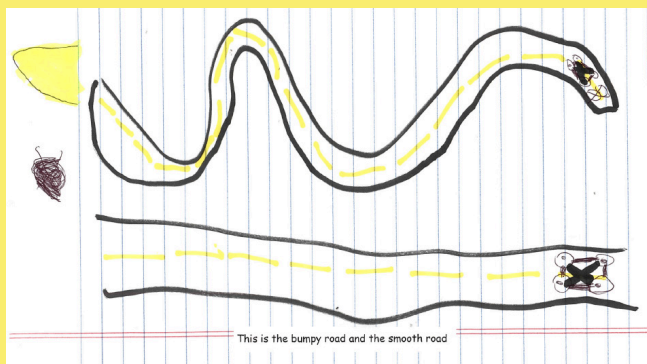
Darrell, 12
Worcester, MA

You Are Not Alone

My name is Kallum. You probably said that wrong. I am 10 years old. My school is Garin Elementary. I'm also in the 4th grade. I like playing soccer and letting my dogs lick me. I've been teased because of my stuttering. It annoys me when people make fun of me because they don't understand how hard it is. Speech class helps me not stutter. Just know you're not the only one. You are not alone.

Kallum, 10, from Brentwood, CA





It's Not Bad to Stutter

Hi, my name is Anthony. I'm in 2nd grade and I'm 7 years old. I want to teach you that it's not bad to stutter. The reason why it's not bad to stutter is because it can be fixed. When we get stuck on a word, we just have to go back to the beginning if the sentence and re-say it. Another method is to sound out the word. Something else that helps me is to take a deep breath and slow down. Sometimes, I even do a little cough and clear my throat and start over. People might laugh at you, but just ignore them and don't let them get in your way. My friends don't tease me because they know I'm working on stuttering. So talk, and be the best that you can be!

Anthony, 7 from Lake Geneva, WI

Strategies In My Pocket

Hello, my name is Kai. I am 8 years old. I go to Oakmont Outdoor School. I live in Pomona. I like to play video games and go shooting. I started stuttering when I was four years old. My speech teacher is Miss K. My strategies are stop and erase, and think first. Sometime I forget my strategies, but when I wake up I put something in my pocket so I do not forget them. When I stutter, I look in my pocket so I don't forget my strategies. I am writing this letter because I want to encourage other kids to do well with speech.

Kai, 8, from Pomona, CA

Give Me Time To Talk

Hi, my name is Brindle and I-I-I am 7 years old. I am in 1st grade at Potlatch Elementary School. I silently do an "h" sound before I start my sentence to help me not stutter. I like it when people give me time to finish t-talking. These are two things I like to do: play with my brothers and sing in my bedroom.

Brindle, 7 from Potlatch, ID

DON'T GIVE UP!

My name is Edjerrin and I am 9 years old. I am in the 4th grade and I started stuttering when I was in pre-school. I have been stuttering ever since. When people make fun of me, it makes me feel sad. One of the strategies I use is talking slower and it helps. I get better every day. When somebody is bothering you, don't let them mess up your day. And don't give up.

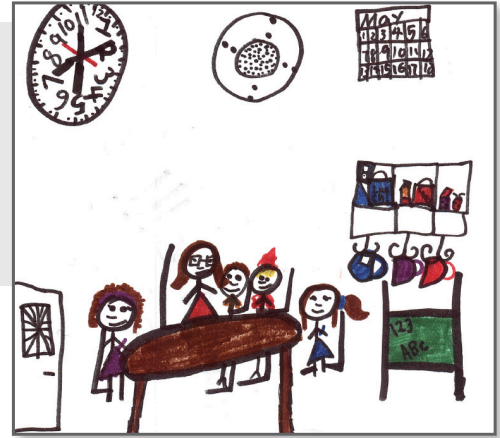
Edjerrin, 9, from Indianapolis, IN



PAUSING HELPS ME

My name is Annacannie. I go to Garin School. I am in 4th grade. I stutter but what helps me is pausing. I like playing video games. I have been stuttering since 2nd grade. Stuttering makes me mad.

Annacannie, 9, from Brentwood, CA



STOP AND THINK

Hi, my name is Hudeyfi. I am 8 years old. I have two sisters and one brother and a mom and dad. I like to play almost all sports and my favorite game is *Slither.io*. One thing that I want to accomplish is more fluency by controlling my mouth. I like to stop and think before I say something and that helps me a lot.

Hudeyfi, 8, from Eden Prairie, MN



I'm Not Different
 Sometimes I stutter but I swear I'm not different than others.
 Every day I try to work on it
 And I swear that it is working.
 The sounds get me caught
 But I try to overcome.
 Jadyn, 11
 Worcester, MA

That's How I Was Made

Hello! My name is David and I just turned 8. I don't know why I stutter but that is how God made me! I like to play video games. I like to watch TV, collect electronics and play on my electronics. I have only been going to speech since the end of last school year. I hope my stuttering will go away!

David, 8
 Candler, NC

What I Learned In Speech

Hi! My name is Anthony. I am in 3rd grade at Thomas Prince School, Princeton, MA. I play soccer and golf. My speech teacher is Ms. W. She tells me I have great ideas. I learned some strategies to help me not stutter. These are helping me the most: slowing down and moving forward. Last year we made a speech machine. It had the parts of our body to speak. I also drew a picture of me and labeled it with sticky notes with what I like to do and who I am. That is what I learned in 1st, 2nd, and 3rd grade with Ms. W. Are you having fun in speech? I am. What are your strategies?

Anthony, 8
 Worcester, MA



USEFUL TOOLS HELP

Hi, my name is Jackson. I am 10 years old. I know that other people stutter, but sometimes it feels like I am the only one that stutters. And what really helps is meeting other people who stutter, or having some really useful tools. I like to use pull-outs, cancellations, easy onsets and voluntary stuttering (fake stuttering). I started stuttering when I was 7 years old. Now I go to speech and it helps a lot.

Jackson, 10, from San Clemente, CA

My Speech Is Getting Better

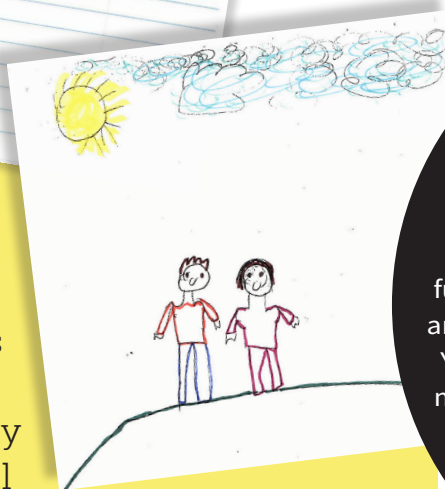
Hi! My name is Christian. I'm 10 years old. I'm in the 4th grade. I go to a school in Jersey City, NJ. I like to play with my sister, watch baseball, and play outside. I started stuttering when I was in 1st grade. When I stutter I sometimes feel nervous, scared, and sometimes sad. I go to a speech therapist at my school. Her name is Miss Kate. We talk about my feelings and work on new strategies to help my stuttering. My strategies are breathing, pausing, stretching, and using light contact. When I use my strategies, I feel good about my speech. My speech is getting better. I'm going to leave you with some advice: don't let your stuttering make you feel like you don't fit in with your friends or others.

Christian, 10
Jersey City, NJ

Stuttering is Cool

My name is Tavarious and I stutter. When I stutter to my sister, my sister laughs and I will feel so sad. But stuttering is so cool. When I stutter to my friends they don't laugh!

Tavarious, 8, from Deland, FL



I Have Hope In Myself

I'm nine years old. I had this stuttering problem in first grade and I'm now in fourth. This stuttering problem is really hard. I like basketball, football, soccer, and golf. I still have hope in myself but so far it's not helping. I don't like my stutter but it won't be there forever. Speech therapy is helping me. My stuttering is not as bad now, I just need to use the techniques I'm learning. My stuttering is almost gone now all because of the best of the best speech therapy teacher.

Asa, 9, from Chester, NY

Don't Laugh

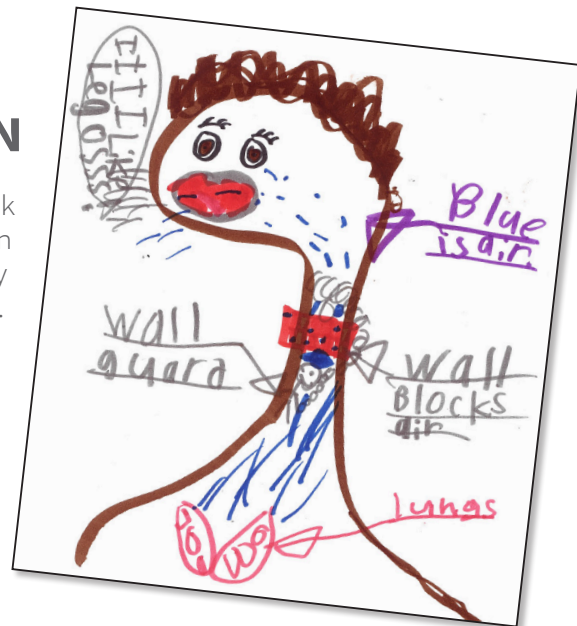
Hi, my name is Cole. I'm 11 years old. I started stuttering at three. I play PokemonGO and Poketournament on my WiiU. In 2nd, 3rd and 4th grade kids made fun of my speech. I would tell them to stop, and if they didn't stop I would tell someone. You should always tell someone if they are making fun of your speech. I also play water polo and baseball.

Cole, 11
Laguna Beach, CA

MY WALL GUARD IS STUBBORN

Hi, my name is Eric. I am 10 years old. My favorite sports are track and cross country. When I stutter it feels like I have a wall guard in my throat that drops a wall and then I stutter. The wall blocks my air and only a little bit of air can go through the cracks in the wall. So only a little air is allowed. But thanks to my speech teacher, Ms. F, I am getting even better at speech than ever before. But my wall guard ain't liking it! My strategies that best help me are cancellation, slide, slow stretched speech, and relaxed breathing. If someone bullies you, just don't mind them and don't get upset that you stutter. It is natural.

Eric, 10 from Villa Park, IL



SPEAK OUT

Hi! My name is Cade and I am 11 years old. I am in the 5th grade. When I grow up I want to be a sports player. My speech teacher is Mrs. S. She tells me to use easy beginnings. Try it. It helps a lot. I go to Leon Scheffield Elementary. Never be afraid to speak in front of people. Mrs. S told me a story about this boy at another school. He had to make a lunch choice and the choices were chicken nuggets or hamburger. He picked hamburger because he couldn't say chicken nuggets. So that is why you shouldn't be afraid to speak out. What you have to say is important!

Cade, 11 from Decatur, AL

Don't Be Intimidated

Hi. My name is Harvey. I am 12 years old, and I'm in the 6th grade. I have been stuttering ever since I can remember. Sometimes I have repetitions, blocks, and sometimes I run out of air flow. I also have a twin sister, but she doesn't stutter. Sometimes I have trouble ordering at a restaurant and talking on the phone. I am going to practice phone skills this year in my speech class. I handle all of this using full breath, and stretchy speech. If you stutter don't be intimidated by it, just use all your speech tools and be yourself.

Harvey, 11 from Conroe, TX

I Name My Speech Bumps

Hi, my name is Julia. I'm from Newfoundland, Canada. I'm 10 and I'm in grade 5. According to my mom, when I was three I stopped talking because I stuttered. I talk a lot now but when I stutter I feel frustrated. To help with my stuttering I ease in to my words, I use gentle touches, and I keep my voice going. I stutter on purpose and give my bumps names: donuts, worms, timbits. I like reading letters from other kids because I never met someone who stuttered.

Julia, 10, from Newfoundland, Canada



My Words Get Better

Hi, my name is Elizabeth. I am 7 years old. I am going to 2nd grade. I stutter on "F" and "S" and other words. At school no one notices it except my teacher but she does not say anything to me about it. I have always worked on my words and they get better and better as I go. When I grow, I get really bumpy. Maybe other people notice it and they do not say anything to me about it but I don't know.

Elizabeth, 7 from Colchester, VT

We Help Each Other

Hi! We go to speech and meet with Ms. N, and, as a team, we help each other reach our goals. We both want to have smoother speech with no “bumpy speech.” Sometimes it is easy and sometimes it is hard.

We have other goals, too! When we grow up we can be anything we want. One of us will be an inventor and make plates that never break and a machine that will cook food automatically

and it will only take four seconds. And one of us is going to build a restaurant that will serve seafood and meat and will use my friend’s inventions. Gui wants to open a restaurant and Chayton wants to be an inventor. Our drawings show us doing those things.

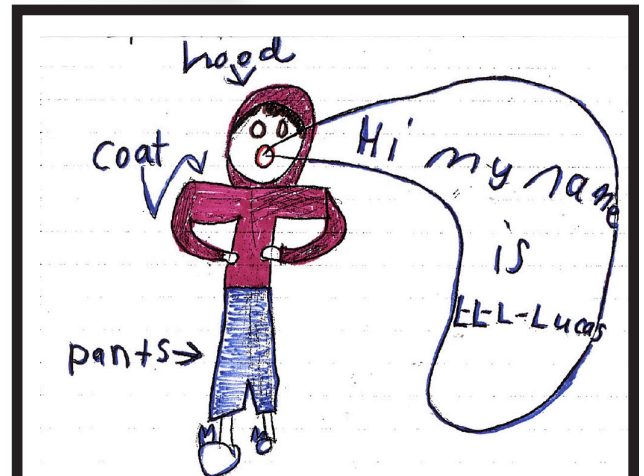
Gui, 2nd grade
Chayton, 4th grade
East Windsor, CT

There Are Up
Sides and
Down
Sides

My name is Harry, and I am 10 years old. I live in Brooklyn, New York. I love soccer and music. My favorite soccer players are Marcus Rashford and James Rodriguez. When I learned that James Rodriguez stutters, I thought, “Wow, I didn’t know that he stuttered. That’s awesome!” It’s really cool that someone I like so much stutters like me. My favorite artist is Kendrick Lamar. I recently found out that he also stutters! I liked him before I knew that he stuttered, but I like him even more now.

There are up and down sides to stuttering. For example, some of the up sides are that you are different and stuttering makes you brave. Some of the down sides to stuttering are that you don’t know how people are going to react and you worry about stuttering in front of a group. This year my speech teacher and I made a presentation on stuttering. I took a couple of kids from my class and taught them about it. The most interesting part was when I got to grade them on their fake stuttering. It was fun to be the expert on stuttering.

Harry, 10
Brooklyn, NY



You Are Special

Hi, my name is Lucas. I’m 9 years old and in 4th grade. I have a wonderful teacher. I have a stuttering teacher, too, and her name is Mrs. V. She is wonderful. I have an awesome family. I started stuttering when I learned how to talk. If you stutter, you are special!

Lucas, 9, from Collinsville, OK

TIPS

to Try and Stop Stuttering

Hey kids! I'm Conner and I am 10 years old and I stutter. Ok, I am going to give you some tips to help you not stutter a lot and my teacher [speech pathologist] taught me these tips.

Here is tip 1: When you are talking to a friend, or teacher, your mom or dad, your brother, or anybody, think about what you're going to say.

Tip 2: If you might forget, pause your sentence and tell the person you are talking to that you forgot what you were saying. Then start again. If you start running out of breath pause your sentence and take a breath and if you start stuttering in a sentence, pause and take a breath.

Tip 3: When you talk make your voice go a little high and a little low and keep repeating it.

Ok, these are all the tips I have. I hope this helps you. Bye!

Conner, 10
McAlester, OK

Kids Treat Me Nicely



Hello, my name is Hayden and I am 11 years old. I'm in fifth grade at Abraham Pierson School in Clinton, Connecticut. I have been stuttering since I was four years old. I do lots of things to help with my stuttering. It helps me to talk about my worries. Sometimes I sing to help me relax. In speech I practice my breathing and easy speech. My speech therapist showed me a picture of my vocal cords moving. That helped me understand how to use breathing. When I take a breath before I talk, I can get out the words.

I like to do gymnastics and ride my dirt bike. Kids in my class treat me nicely even though I stutter. I hope that I can help other kids who stutter.

Hayden, 11, from Clinton, CT

Stuttering Makes Me Mad

My name is Daniel. I am 7 years old. I go to Garin Elementary. I've been stuttering since I was 3 years old and when I stutter, it makes me mad. I take a deep breath to help myself.

Daniel, 7 from Brentwood, CA



Make Your Mark: Hi, my name is Damian and my favorite NFL football team is the Kansas City Chiefs. I am 10 years old in the fifth grade. I started to stutter when I was five years old. But now I participate in speech class, which is helping me with my language. I have learned that famous people stutter too! I have silly putty to stretch my words and slowly say it. Now I'm speaking really nice!!

Damian, 10, from Omaha, NE

DON'T BE ASHAMED
Stutter - talk with continued and involuntary repetition of sounds, especially initial consonants.

Hi, my name is Jordan, and I stutter. I am 14 and I have been stuttering since I was about six. People always ask me if my stuttering bothers me. Yes, it can be annoying sometimes, but I'm never really bothered by it. Stuttering is part of who I am, and I wouldn't be the same without it. I never have really been teased or made fun of, maybe just an occasional locker room joke, but that's mainly all fun and games. Stuttering sometimes can be a positive thing. A lot of people don't actually know what stuttering is. It helps spring up conversations with people you don't know. Talking and knowing you're going to stutter can be a motivator to bring you out of your comfort zone. It has really helped me with confidence which can lead to making more friends. Don't be ashamed of who you are. Live life loud. Amplify what makes you, you.

Jordan H., 14, from Bremen, GA


STUTTERING IS SAD SOMETIMES

My name is C'Nya. I am 6 years old. I am in first grade. I go to Garin Elementary in Brentwood. I have been stuttering since I was 3. When I stutter it is sad sometimes. You are not the only one on Earth who stutters. Don't cry!

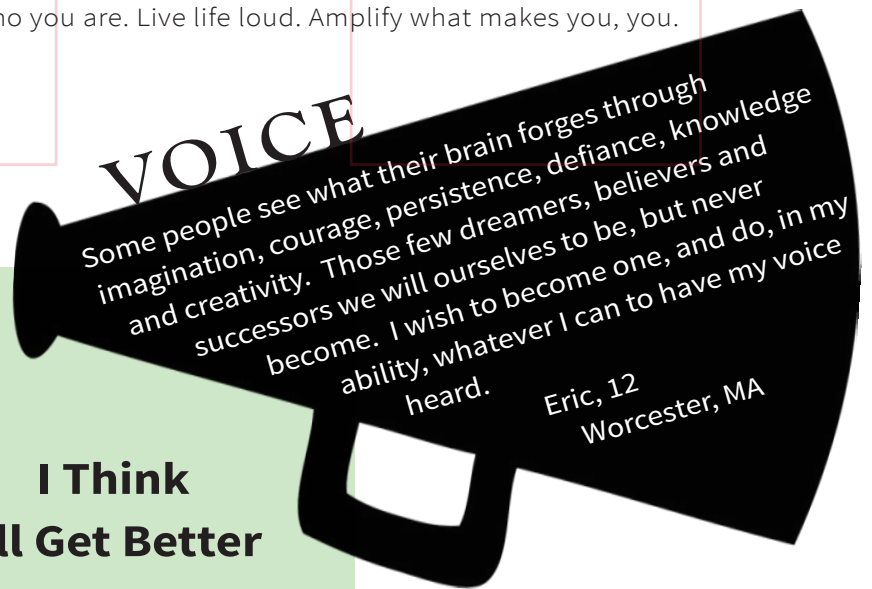
C'Nya, 6
Brentwood, CA

I Think I'll Get Better

I have stuttered since I was two years old. When I stutter I feel angry at myself or sometime I feel really sad and embarrassed. I stutter the most around adults and my friends. It is random. My family tries to make me stop stuttering because they don't like it. My friends wonder why I do it.

I think I'll get better but never stop stuttering completely. I can get better by practicing with my speech therapist and talking to my dog and nephew. I don't stutter when I talk to them.

Maksim, 10
Sedalia, MO


Why Do People Stutter?

My name is Marshall. When I started stuttering I thought it was a germ that made me stutter. That made me feel really sad. Until I found out that it actually wasn't because of a germ. After 4 years of speech I got used to stuttering but I still don't want to stutter. I want to help other kids that stutter. I don't want people to go away when I speak because I have important things to say. My biggest question is, why do people stutter??? Please write back.

Marshall, 9
Hastings, MN



St. Catherine's College, Oxford, UK

**The 11th
Oxford Dysfluency Conference**
September 20-23, 2017

The 11th Oxford Dysfluency Conference will be held Sept. 20-23, 2017, at St. Catherine's College, Oxford, UK.

This year's theme is Challenge and Change. The Stuttering Foundation is proud to be one of the co-sponsors of the conference, which has a reputation as one of the leading international scientific conferences in the field of dysfluency. The event brings together researchers and clinicians, providing a showcase and forum for discussion and collegial debate about the most current and innovative research and clinical practices. For more information, visit www.DysfluencyConference.com.

**WESTERN WORKSHOP:
Diagnosis and Treatment
of Children and Adolescents
Who Stutter**

The five-day Western Workshop will be held during June 26-July 1, 2017 in Austin, TX. Workshop leaders will be Susan Hamilton, M.A., CCC-SLP, private practice; Jennifer Watson, Ph.D., CCC-SLP, Texas Christian University; and Courtney Byrd, Ph.D., CCC-SLP, University of Texas at Austin Lang Stuttering Institute.



**Using Cognitive Approaches with
People Who Stutter**

The Stuttering Foundation's five-day Eastern Workshop will be held at Boston University, June 26-30, 2017, in Boston, MA. Workshop leaders are Elaine Kelman, MSc, Cert CT, Cert MRCSLT, and Ali Berquez, MSc BA(Hons), Cert MRCSLT, Michael Palin Centre for Stammering Children. Conference coordinator is Diane Parris Constantino, M.S., CCC-SLP of Boston University.

continued from p. 15

After the conference, the International Fluency Association Global Workshop was organized. This one-day workshop, delivered in English with consecutive translation into Polish, was titled Building Core Skills in Working with School-Age Children Who Stutter. Jane Harley, who is a specialist from the Michael Palin Centre for Stammering Children, UK, was the trainer for this workshop. Participants not only from Poland but also therapists from Czech Republic, Germany, Lebanon, and Slovakia gathered for this exceptional workshop.

Other events that were a part of the ‘Labyrinths of Communication’ campaign included an open forum for teachers, educators and parents dedicated to the issues of communication problems in today’s society. The Annual Convention of the Polish National Association of People Who Stutter and open meetings for children who stutter and their parents also were parts of this event.

Children who participate in therapy in the Logopedic Centre in Katowice with some support from the students of the University of Silesia prepared fairy tales about their heroes who stutter. Posters with these fairy tales were presented at the University venue during the ‘Labyrinth of Communication’ campaign.

More details about the ‘Labyrinths of Communication’ campaign and the conference itself can be found on the conference website: www.konferencja-zpm.edu.pl

Thanks to the courtesy of and with the permission of the Stuttering Foundation, the Polish version of the SF DVD “Cluttering” (narrated by Dr. Florence Myers and Dr. Kenneth O. St. Louis) was prepared. This exceptional educational material is now available on the conference website. Especially for this conference, the international research team—Karin Koltay from Austria/Sweden, Dr. Hana Laciková from Slovakia, Loryn McGill from the USA, and Dr. Katarzyna Węsierska from Poland—prepared a multilingual preventive leaflet and poster dedicated to the issue of early stuttering intervention. This material can be downloaded from the conference website as well.

Izabela Michta – the leader of Silesian self-help groups for PWS (Club J and Speakers’ Club)

Katarzyna Węsierska, University of Silesia, Logopedic Centre in Katowice, Poland



English:

- Stuttering is a communication disorder in which the flow of speech is interrupted.
- Age of onset for stuttering is during the pre-school years.
- Stuttering can become a serious problem which may affect the quality of an individual's life.
- Best intervention practice includes consulting with a SLP trained in fluency disorders.
- Early intervention can prevent a life-long problem - don't wait and see!

German:

- Stottern ist eine Kommunikationsstörung, bei der der Redefluss gestört ist.
- Stottern beginnt meistens im Vorschulalter.
- Stottern kann ein ernstzunehmendes Problem werden, das die Lebensqualität der betroffenen Person beeinträchtigen kann.
- Am besten ist es (siehe) Therapeuten mit dem Schwerpunkt Störungsstörungen zu konsultieren.
- Ein früher Eingreifen kann lebenslangen Schwierigkeiten vorbeugen. Warten Sie nicht länger!

Polish:

- Jękanie jest zaburzeniem komunikacji, w którym zakłócona jest płynność wypowiedzi.
- Jękanie może stać się poważnym problemem wywierającym istotny wpływ na jakość życia.
- Do zalecanych form interwencji należy się konsultacja z logopedą specjalizującym się w zaburzeniach płynności mowy.
- Nie czekaj, aż jękanie samo ustąpi - wczesna interwencja może zapobiec przeniesieniu się objawów na lata i/lub dożyciowy problem.

Slovak:

- Zjakučenie je narúšenie komunikačnej schopnosti, v ktorej je prerušenie reči prerušovaná.
- Typickým obdobím vzniku zjakučavosti je predškolský vek.
- Zjakučenie môže byť vážnym problémom, ktorý môže ovplyvniť kvalitu života jednotlivca.
- Preodstránenie a logopédium špecializovaným na poruchu plynulosti reči patrí k účinným formám intervencie.
- Včasná intervencia môže predísť doživotnému problému - teda nečakaj a navštív odborníka!

Spanish:

- La tartamudez es un trastorno de la comunicación que se caracteriza por interrupciones involuntarias del habla.
- El tartamudeo empieza durante los años escolares.
- Tartamudear es un problema muy serio que puede afectar la calidad de vida del individuo.
- La mejor intervención incluye una consulta con un terapeuta de lenguaje especializado en trastornos de la fluidez.
- Una intervención temprana puede prevenir un problema de por vida - actual pronto!

Swedish:

- Stämning är en kommunikationsstörning som innebär avbrott i talflödet.
- Stämning debiterar oftast i förskoleåldern.
- Stämning kan bli ett allvarigt problem som kan påverka livskvaliteten.
- Det bästa man kan göra är att konsultera en logoped med kunskaper om talflödestörningar.
- Tidiga åtgärder kan förebygga ett livslångt problem - tärk inte! Vi väntar och ser...

Keynote speakers please visit following website:

- International Speech-Language Hearing Association: www.asha.org
- British Stammering Association: www.stammering.org
- IBIDS: www.ibidsukstutterer.org
- International Stuttering Association: www.stuttering.org
- National Stuttering Association: www.nstuttering.org
- Stuttering Foundation of America: www.stuttering.org

Material developed by: Karol Koltay, Karin Laciková, Katarzyna Węsierska





"I think the RESTART DCM places much more importance on the emotional aspect than other DCM approaches."
 - Marie-Christine Franken

ROTTERDAM : FOCUS ON PRESCHOOL CHILDREN

In July, the RESTART Demands and Capacities Model (DCM) based workshop was held for the first time for an international group of clinicians at Erasmus University Medical Center in beautiful Rotterdam, The Netherlands. The workshop was led by co-instructors Marie-Christine Franken from the Erasmus MC, and Ellen Laroes from Zuyd Hogeschool at Heerlen and private practice.

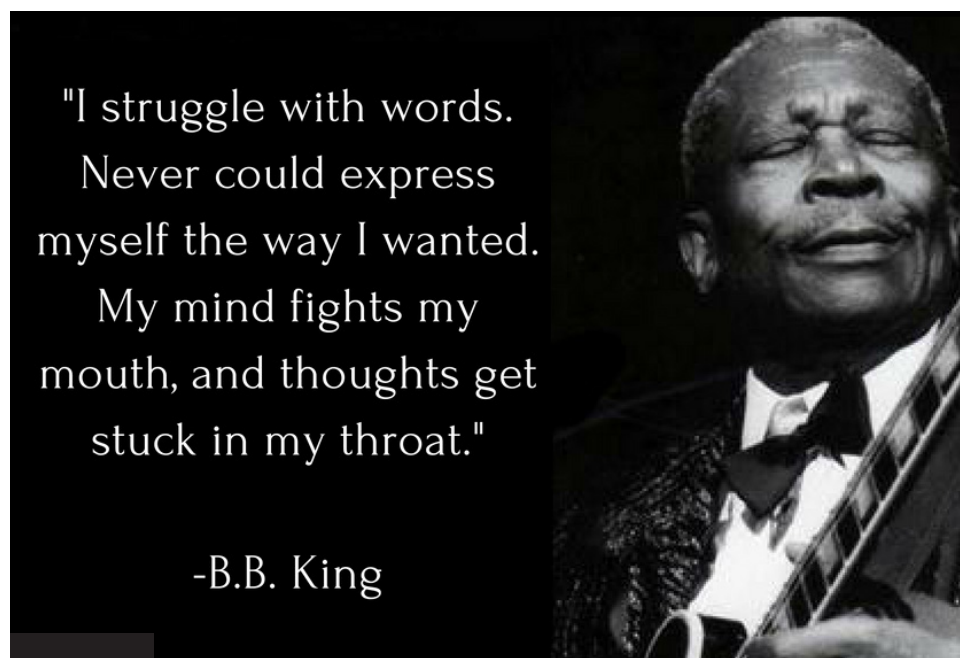
Fourteen clinicians from Australia, Brazil, Germany, Netherlands, New Zealand, Russian Federation, and Singapore attended this 3-day workshop. Clinicians acquired an understanding of the DCM approach, its diagnostics and the treatment itself. The clinicians practiced how to train parents to decrease relevant motoric, linguistic, emotional and cognitive demands, thereby reducing communicative pressure on the child by teaching how to train parents to reduce their habitual speech rate and how to adapt the complexity level of the communication. Also, clinicians learned about increasing the child's motoric, linguistic,

emotional and cognitive capacities for fluency and how these can be taught, for example, improving the child's speech motor movements, or word-finding capacity.

By elaborating on all the protocol steps, role playing, modeling, watching videos and lots of lively, open and critical discussions, the participants left Rotterdam with a thorough understanding of the DCM based treatment and the

ability to offer young stuttering children and their parents a choice in treatment, since both the direct (LP) and the indirect (DCM based) can be recommended as shown by the RESTART study.

The second, three day International RESTART-DCM workshop will be offered in Rotterdam July 26 - 28, 2017. Interested in participating? E-mail RestartDCM@erasmusmc.nl for more information.



"I struggle with words.
 Never could express
 myself the way I wanted.
 My mind fights my
 mouth, and thoughts get
 stuck in my throat."

-B.B. King



Designing Coursework in the Nature and Treatment of Stuttering

This workshop for university faculty will be held in Iowa City, IA, May 22-25, 2017. The workshop is co-sponsored by The Stuttering Foundation and the University of Iowa. Workshop leaders will be Lisa A. Scott, Ph.D., The Florida State University; Vivian Sisskin, M.S., University of Maryland; and Patricia Zebrowski, Ph.D., University of Iowa.

THE FOUNDATION:

Publishes and distributes several million books and brochures on stuttering therapy each year, including readers in all 50 states and some 137 nations;

Responds annually to more than 24,000 telephone calls from those who stutter, their families, and speech-language pathologists;

Has placed videotape programs in nearly 12,000 public libraries, providing suggestions to teenagers and parents on how to approach stuttering therapy.



Did you know you can find past Stuttering Foundation newsletters online?

Search through newsletters from 1991 to 2016 at www.StutteringHelp.org/Newsletters

VOLUME 25, ISSUE 1

The Stuttering Foundation was founded in 1947 by Malcolm Fraser, a man whose life was profoundly affected by stuttering.

Read more about our founder online at www.StutteringHelp.org/about-founder



MALCOLM FRASER
1903 - 1994

"When I think about what I've overcome to make it to where I am right now, it blows me away."

-Shane
Yellowbird



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