

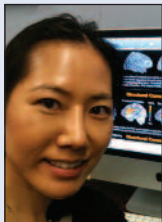


Brain Development in Children Who Stutter

Sex differences in brain development underlying recovery versus persistence in developmental stuttering

By Soo-Eun Chang, Ph.D.
Michigan State University

It is well known that stuttering occurs in many more males than in females, but we know very little about what might be the basis for such skewed sex ratio in stuttering.



Soo-Eun Chang, Ph.D.

In children who have just started to stutter, we see about an equal number of boys and girls who

stutter, but as the children develop, most girls recover naturally from stuttering whereas many boys don't, leaving a greater number of boys who stutter during adolescence and adulthood.

With the advent of neuroimaging techniques we have begun to unravel some of the possible brain bases for stuttering; however we still do not know why some people recover from stuttering and others don't, and why natural recovery occurs more often in girls than in boys.

With a recently awarded 5-year grant from NIH, my research group at Michigan State University will be working to answer some of these questions by examining how the brain develops differently in

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Speech Therapy Gets the Royal Treatment



King was Role Model to Foundation Founder

With the release of the new movie, *The King's Speech*, starring Colin Firth and Geoffrey Rush, the Stuttering Foundation undertook a major media campaign to highlight the plight of those who stutter and the resources that are available to them.

Thousands of Web sites, radio and TV stations, newspapers, magazines, and wire services around the world focused on stuttering following the release of this award-winning movie.

The film deals solely with King George VI's debilitating stutter and his relationship with Lionel Logue, the Australian



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speech therapist retained to help him overcome his disability.

"I am delighted that *The King's Speech* will introduce a new generation of young people to the inspiring story of King George VI," noted Jane Fraser, president of the Stuttering Foundation. "He continues to be a powerful role model whose broadcasts of hope kept the spirits of the British people alive during the dark days of

Continued on page 4



The Stuttering Foundation is featured on Times Square.

Movie Facts

The King's Speech is already being discussed as a serious frontrunner for the 2011 Oscar Awards. Here are some fun facts about the movie:

- ▶ 118-minute drama
- ▶ Directed by Tom Hooper
- ▶ Screenplay by David Seidler
- ▶ Starring Colin Firth, Geoffrey Rush and Helena Bonham Carter
- ▶ Filmed at several locations in the United Kingdom
- ▶ Nominated for 7 Golden Globe awards
- ▶ Won the 2010 Toronto International Film Festival People's Choice Award
- ▶ Received 5 British Independent Film awards
- ▶ Made movie critic Roger Ebert's 10 Best List for movies in 2010
- ▶ Reviews of the movie have been overwhelmingly positive
- ▶ Official Web site is www.kingsspeech.com



Movie's Success Shines Spotlight on Stuttering

From Canada, to the United Kingdom, to Australia, to the United States, *The King's Speech* has garnered a tremendous amount of media attention about stuttering, which is so often misunderstood by many.

"In one fell swoop, this film has done what we've been trying to do for 64 years, and that is to really get across to people the huge challenge that life becomes for people who stutter," Jane Fraser, president of the Stuttering Foundation, told The Canadian Press wire service for an article that ran in media outlets across Canada.

The Stuttering Foundation has taken this opportunity to educate the public about stuttering by sending press releases to thou-

sands of newspapers, TV and radio stations, magazines, and Web sites around the world.

This has created nothing short of a frenzy in the media as people seek to better understand stuttering.

Media outlets that have taken this opportunity to educate the public about stuttering include NBC

News, ABC News, CBS News, *USA Today*, CNN, *Los Angeles Times*, the Associated Press, the Canadian Press, *The Washington Post*, *Chicago Tribune*, UPI, WGN Radio, *Deseret News*, and many others in the United States and around the world.

Los Angeles Times

Ap Chicago Tribune

The Washington Post

USA TODAY

CNN

THE CANADIAN PRESS

UPI

Here's what our Facebook friends are saying about *The King's Speech*...

Elizabeth wrote: "I saw the movie last night in Hollywood. The theater was packed on a Wednesday night! I went with a non-SLP friend. At the end of this movie, she had so many questions! She wanted to know more about stuttering and speech therapy in general. I hope this is what happens with the general public. I have shown the trailer to my middle school clients who stutter and my college students. My kids felt empowered and wanted to see the movie. My college students felt proud that they have chosen this profession."

Fred wrote: "I was at the premiere! Excellent acting, surprisingly humorous, and very focused. It's all about the relationship between the King and his therapist. It will definitely stir up lively conversations among professionals, stutterers, and the general public. Pretty much a 'must see.'"

Lori wrote: "This is a great, inspirational movie for the stuttering community. Unorthodox speech therapy but shows the power of support and encouragement."



Frances Cook, Colin Firth, and Jane Fraser.

Colin Firth speaks with Jane Fraser.

Actors Colin Firth, Michael Palin and director Tom Hooper.

Malcolm Fraser's granddaughter, Celia, with Jane Fraser on the red carpet.

Photos courtesy of London Media.

Help for Children Who Stutter

LONDON — Stuttering Foundation President Jane Fraser was a guest at the gala screening of *The King's Speech* on December 9th at the landmark Curzon Mayfair Cinema in London.

The event, made possible through the generosity of Momentum Pictures, was a fundraiser for the Michael Palin Centre for Stammering Children of which Fraser is a vice president.

Michael Palin opened the evening with welcoming comments followed by a four minute film of children who

stutter from the Centre.

Actor Colin Firth, who portrays King George VI, director Tom Hooper, and Michael Palin were not only in attendance, but also spent time at the end of the screening answering audience questions about the film.

The audience was comprised of people who stutter, families of children who stutter, speech therapists, and other supporters of the stuttering community. They appeared spellbound by Colin Firth's masterful performance and how realistically he

portrayed stammering.

"I had not realized how profoundly I would be affected by this film," commented Fraser. "In my family in the 1940s, King George VI was always a hero. We gathered around the radio to hear his broadcasts and, of course, for my father, there was no other role model! We are particularly happy that today's young people will now learn more about this courageous man."

"By transforming himself into King George VI in such a brilliant way, Colin Firth has now become a hero for us," she added.

Movie

Continued from front page

World War II. He even inspired my father, Malcolm Fraser, who founded The Stuttering Foundation."

Malcolm Fraser felt the same

dread of speaking in public that the King experienced in the 1940s. Fraser, a successful businessman, went on to establish and endow the 64-year-old nonprofit in 1947.

"While the film will be viewed as entertainment by the movie-going public, it will particularly resonate for people who struggle with stuttering on a daily basis," Ms. Fraser added.

Teletherapy Opens New Options for Clients

By Kristin Chmela, M.A., CCC-SLP

For those working with individuals who stutter, telepractice services are becoming more popular as a way to help clients with limited or no access to speech therapy or with needs that require more specialized assistance.

While adhering to ethics and restrictions (see ASHA, 2010), we provide telepractice using various

delivery models, including face to face intervention, co-treatment and/or consultation services, practice and/or maintenance programs, parent and teacher education, as well as clinical training and ongoing support.

In addition, we use telepractice globally to help students and clinicians

develop and/or improve clinical skills. While unpublished, our preliminary outcomes suggest telepractice is a viable method for delivering these aforementioned services. Education regarding issues pertaining to telepractice services is crucial, and three factors related to stuttering and telepractice are highlighted below.

Thus far, our experience indicates that telepractice has not interfered with our ability to create positive, genuine relationships with our clients, related others, and professionals. Modeling easy, relaxed speech, pausing frequently, and listening attentively are important.

We also implement creative ways of providing feedback and connecting with clients, such as

sending words of encouragement by mail and, if possible, having occasional person to person visits. Don't be surprised, however, if the child you are working with via telepractice won't speak to you when you meet in person for the first time!

Getting help via telepractice is not for every client, nor is it for every clinician. Treatment must

reflect all communication needs and must suit the individual client.

As co-treatment with a 7 year old and her school speech-language pathologist unfolded, various methods of communication prior to and after therapy sessions aided the collaborative process. Parents and teachers

were involved during various sessions, and additional speech and language goals were implemented by the school therapist at other times during the week.

Often technical issues interfered with clarity of productions of both fluency shaping and stuttering modification procedures, which felt frustrating at times. Clinicians embarking on this adventure need knowledge in the area of stuttering, experience in treatment, and lots of patience.

While making understanding clients' experiences in initial interviews and during treatment a top priority, we acknowledge "missing" certain things because we are not "there." For example, we won't




Speech-language pathologist Kristin Chmela works with a client via teletherapy. In recent years, teletherapy has allowed therapists to work with clients who live too far away to commute to therapy.

Continued on page 8

Thoughts on Successful Fluency

By Garrett

Hello, my name is Garrett and I have just celebrated my eighteenth birthday. I was born in Merced, California and now reside with my family in Colorado Springs, Colorado. Along with reading, I also enjoy running, being with my family, and I am a diehard NASCAR fan.

Because the help I sought in becoming fluent is proving successful, my therapist thought perhaps others could benefit from  reading about my experience and encouraged me to answer the following questions for the reader of this article.

What did I think about myself before beginning therapy?

Before I started therapy a year ago, I did not really think of myself as a stutterer, per se. I knew that there were instances where I really could not get sounds out, but other than that, I really just thought of myself as having no problems at all. My circle of friends, from the age of 11 when my stuttering began, never drew attention to my disfluency. Because I was unaware of my own stuttering and was not exposed to it through other people, I knew very little or nothing about this problem. Through my therapy, I have learned much.

What strategy has worked the best?

The one that has probably helped me the most is taking a deep breath from the diaphragm before speaking. It has especially helped with words that begin with "wh", "y", "h", etc. Along with that, it has assisted me in slowing down my speech and making it more even.

Easy contact and easy onset,

Continued on page 12

Meaningful Bar Mitzvah Project Benefits All

Josh Cohen of Cherry Hill, N.J., wanted to do something special for his Bar Mitzvah last October. In fact, his plans had been in the works since the spring time.

It was the Bar Mitzvah requirement to complete a personally meaningful project of community benefit that inspired Josh to contact the Stuttering Foundation. Josh has stuttered for nearly his whole life, and he told us he wanted to “raise public awareness and help other kids get therapy and access to resources.”

Josh organized two blockbuster fundraisers in his community. One was a car wash held during National Stuttering Awareness Week last May 10-16, and then a Zumbathon followed in June (see story in Fall 2010 Newsletter). In addition, in lieu of gifts at his Bar Mitzvah, Josh asked his guests to donate to the Stuttering Foundation.

Josh recently wrote to the Foundation about his Bar Mitzvah, “It was a great day for me. I was able to complete my Torah portion exactly, and barely stuttered at all!”

He continued, “In the end, it was really fun. I was happy, and it was good that we raised awareness and money for the Stuttering Foundation.” Josh’s awareness projects have raised more than \$2,000 to date for the nonprofit Stuttering Foundation.

“Josh’s thoughtfulness will make a difference in the lives of other young people who stutter,” said Jane Fraser, president of the Foundation. “He is an exceptional and commendable young man.”



Shelby Railroad on Track for Stuttering

Kirk and John Tarver and their Memphis-based Shelby Railroad Services Inc. raised a record \$7,000 to help those who stutter.

Jane Fraser and Susie Hall were in attendance to receive this outstanding gift.

The annual Tin-Cup Tournament took place on October 7 at Wedgewood Golf Club in Olive Branch, Miss.

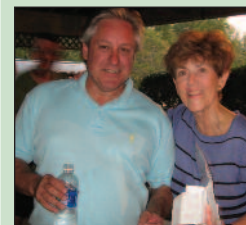
This is the ninth year the company teamed up with the Stuttering Foundation to honor Ruth McGuinness Tarver, the late mother of company president and founder John Tarver. Ruth stuttered from the time she was a young child.

“She was a great lady,” Shelby Railroad Vice President Kirk Tarver said of his grandmother. “It didn’t matter to us, but it embarrassed her. Back in the 30s, there wasn’t any help.”

“With the support of John and Kirk Tarver, there is now a lot more help for children who stutter,” Fraser said during the event.



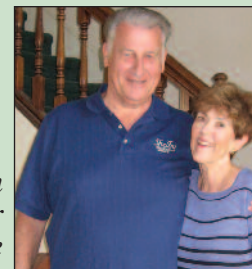
Above: Jane Fraser receives a check from Kirk Tarver.



Above and at left: These golfers donated their winnings to the Foundation.



John Tarver and Jane Fraser.



Foundation Loses a Dear Friend

*Anne Spencer Edwards
1940-2010*

Many of you have spoken with Anne over the years and recognized

how caring and competent she was as she put her librarian skills to work from day one with the Foundation. “She was our very first staff member,” recalls Jane Fraser. “The Foundation had been

mentioned by Ann Landers and was swamped with more than a thousand letters. Anne came to the rescue back in 1987 and didn’t leave until she retired in 2008!”

Anne was the “go-to-person”

in registering new materials with the Library of Congress and obtaining ISBN numbers. She had graduated from Mississippi

University for Women with a degree in Library Science.

Through her more than 20 years of service, Anne had a wealth of expertise and information about the day-to-day activities of the Stuttering Foundation.

She faced life with love, gratitude, optimism, faith and courage -inspiring all who knew her. She is dearly missed by her family, friends, and co-workers.



What Do You Know About Stuttering?

This quiz was posted on the Port Huron Hospital Web site.

What do Lewis Carroll, Bill Walton, and King George VI have in common? They were all stutterers at some point in their lives. Take this quiz and see how you do.

True
Or
False

True or False?

1. More than 3 million Americans stutter.
2. Stuttering affects four times as many males as females.
3. Despite decades of research, no clear-cut answers have emerged about the causes of stuttering.
4. People who stutter are self-conscious about their stuttering and often let the disability determine their vocation.
5. You won't find any quick miracle cures for stuttering. Therapy can take up to six months.
6. A quarter of all children go through a stage of speech development with severe enough problems to concern their parents.
7. Stuttering becomes more of a problem as a child becomes a teenager.
8. Famous people who stutter have included Winston Churchill, Marilyn Monroe, Mel Tillis, Carly Simon, James Earl Jones, and John Updike.
9. If you are seeking therapy for your child with a stuttering problem, it's best to look for a speech-language pathologist who specializes in stuttering.

To take this quiz online, visit www.stutteringhelp.org.

Answers: 1. True, 2. True, 3. True, 4. True, 5. True, 6. True, 7. True, 8. True, 9. True

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



These are the NSSLHA chapters that have contributed to the Stuttering Foundation. Thank you for your support!

NSSLHA Loves the SFA

The Stuttering Foundation is this year's recipient of the student-led fundraising campaign organized each year by the National Student Speech Language Hearing Association.

"This year, the Stuttering Foundation was chosen because of its support of cutting edge research and unwavering support of practicing clinicians," says Julie Stierwalt, Ph.D., Associate Professor at The Florida State University.

"The products offered by the

Stuttering Foundation represent the 'state of the art' information regarding the assessment and management of individuals who stutter. That information is offered to practicing clinicians and students at low cost in order to ensure best practices for this population."

"We are excited to be this year's choice as every dollar raised will go toward helping those who stutter," commented Jane Fraser. "We applaud NSSLHA and their extraordinary efforts!"

New Resources to Help Those Who Stutter

In recent weeks, the Stuttering Foundation has released several new resources.

These items include the new book *Wendi's Magical Voice* by Brit Kohls. The book is an imaginative, well-written story about a girl witch who stutters. The main character has fears at school and uses magical ways to resolve them.



New Dimensions in Parent Counseling is a DVD with David M. Luterman, Ed.D., facilitating a group of parents of children who stutter using a listening/valuing model of interaction.

Stuttering: Advice from the Heart features fluency specialist Kristin Chmela, M.A., CCC-SLP, talking to parents of children who stutter. She urges parents to see each child as a gift and consider several important guidelines as they rear a child who stutters.

Moving from Assessment to Intervention Planning is a great DVD for speech-language pathologists working with preschool children. Sheryl Gottwald, Ph.D., uses the Demands and Capacities model to guide treatment planning.

In the DVD *Scoring Disfluencies*, Diane Parris, M.S., CCC-SLP, teaches how to differentiate between various types of disfluencies, code them, and analyze the data accordingly.

Lisa A. Scott, Ph.D., CCC-SLP, discusses concrete strategies for establishing eligibility for school-age children who stutter according to IDEA guidelines in the DVD *Decoding IDEA Eligibility*.

Alan Rabinowitz Saves Big Cats

Emily Spivack of Poptech.org recently wrote on her blog about Alan Rabinowitz. Here is part of what she said:

Panthera CEO Alan Rabinowitz's debilitating stutter as a child led him to seek refuge amongst animals. He felt most comfortable during trips to the Bronx zoo where he hunkered down at the great cat house to watch powerful jaguars, lions, and cougars locked in a cage with no voice of their own. As a child, he vowed to be their voice. Since then, Rabinowitz has devoted his life to do whatever possible to conserve these animals and their habitats.

For years, he worked to set up safe havens for these animals including the world's only jaguar sanctuary in Belize and the largest tiger reserve in Myanmar. But for Rabinowitz, that wasn't enough. "No matter how fast I ran, no matter how many hours I stayed up in a

day, no matter how many protected areas I set up, I was losing. And at this point in time, I had set up about eight protected areas over 15,000 square kilometers of pristine habitat for these animals to live and I could not keep pace with human

kind. I couldn't keep pace with the way people were killing and mistreating these big cats."

Then Rabinowitz had an epiphany. He discovered that jaguars, without being cordoned off in their own sanctuaries, were surviving, thriving, and finding their way through the human landscape from Mexico to Argentina.

So what if he could create a corridor in which these animals could move freely, a space still inhabited by humans, but safe for these animals?

To read the complete blog and for a video of a presentation by Alan, visit our Web site, www.stutteringhelp.org. We have a link on the right side of the home page.



Teletherapy *Continued from page 5*

notice how the twelve year old purposefully dropped his paper on the floor when his teacher called on him to read aloud, or the way a young child transitioned to and from therapy. We aren't able to reach out by moving physically closer to the woman who tearfully recalls memories of childhood bullying, nor stand behind the teenager to show him we "have his back" as he bravely orders his own hot chocolate at the local diner for the first time.

Some positive evidence exists for stuttering and teletherapy (see reference below), but more re-

search is needed, as well as guidance and training for specialists in stuttering seeking to utilize teletherapy. Every client teaches us something more about being a successful clinician, and with that in mind, we are carefully and exuberantly modifying, developing, implementing, and utilizing telepractice services, one client at a time.

Editor's Note: To reach Kristin Chmela at the Chmela Fluency Group, call (847) 383-5589 or e-mail chmelafluencycenter@gmail.com.

The American Speech-Language-Hearing Association (2010). Professional Issues in Telepractice for Speech-Language Pathologists [Professional Issues Statement]. Available from www.asha.org/policy.

Questions & Answers

Dennis Drayna, Ph.D., researcher for the National Institute on Deafness and Other Communication Disorders, answers questions from students at Glendale American Elementary School



Dr. Drayna: Thank you for your interest in our research on stuttering. I'm happy to answer your questions as follows:

Claire: Why is it important to learn about this gene?

Dr. Drayna: The reason we're interested in learning about this gene is that this is a way to help us understand the causes of stuttering. Once we know what genes are altered in stuttering, we can see what kinds of proteins those genes make, and how and what they do in the body. This can tell us things that were previously unknown about stuttering.

Cynthia: Can people stop stuttering forever?

Dr. Drayna: Many people stop stuttering forever. Stuttering typically starts in young children who are 3 or 4 years old. Most of these children, about 75-80 percent, get over stuttering naturally, and never stutter again. In the rest of those children, stuttering can go on for years, sometimes for their whole life. But even for these people, speech therapy can be a big help, and sometimes it can help them stop stuttering forever.

Sedona: Why do you care about stuttering?

Dr. Drayna: Before I started to work on stuttering I didn't understand this disorder very well. I thought it was just a small annoying thing in a few people's lives. However, then I learned that stuttering makes some people's lives miserable. Imagine if you knew exactly what you wanted to say but you couldn't say it, and then to make matters worse, people laughed at you because of it. The ability to talk to other people is one of the most important

things in our life. Because it can ruin a person's ability to talk, stuttering can have a very bad impact on people, and our job at the National Institutes of Health is to perform research to solve such problems.

Eric: Why do people stutter?

Dr. Drayna: About half of people with lifelong stuttering do so because of something they inherit. The other half of stuttering has no cause that is obvious to us at this time.

Ciara: Why is it that the heritability of stuttering is high for twins?

Dr. Drayna: Scientists study twins because twins can help tell us how much of a disorder is due to genes and how much is due to other things, like diet or other environmental things. This is sometimes called the "nature versus nurture" question. Identical twins share all their genes, while fraternal twins share half their genes. So for example, if a disorder is 100 percent genetic in origin, identical twins will always both have that disorder, while fraternal twins will both have it in only 50 percent of the time. If one identical twin has a disorder and his or her identical twin does not have it, that disorder cannot be caused by genes alone. Twin studies tell us that stuttering is in the range of 50 to 70 percent genetic in origin.

Shantell: How are you going to find a cure for this disorder and not cause damage?

Dr. Drayna: Finding the cause of a disorder is the first step in making a cure for that disorder. Imagine trying to stop influenza if we didn't know what caused it. For thousands of years, people

tried all sorts of things to prevent getting influenza. None of them worked, until we discovered that influenza is caused by a virus that we could grow in the laboratory. That enabled us to make a vaccine, and now we can prevent influenza with a flu shot. It can take many years to go from the discovery of the cause of a disorder to having a cure for it. Since no one knew any of the causes of stuttering previously, our finding of genes that cause stuttering is an important first step in developing a cure.

Missy: What percentage of Americans have problems with stuttering?

Dr. Drayna: About 5 percent of people stutter as young children. About 80 percent of these people get over stuttering, leaving about 1 percent of people who stutter in the general population. This is about 3 million people in the U.S. and about 60 million worldwide.

Asia: Is stuttering only inherited or can it be acquired as well?

Dr. Drayna: Stuttering can be acquired beyond young childhood. This happens when people have specific injuries to parts of their brain. This so-called acquired stuttering is rare.

As one final note, when you're talking with a person who stutters, don't tell them to relax or slow down, and don't try to finish their sentences for them. This doesn't help them talk, and it can make their stuttering even worse. Just be patient and give them a chance to say what they want to say.

*Best regards,
Dennis Drayna, Ph.D.*

Dear SFA: Reader Response



Send letters to SFA, P.O. Box 11749, Memphis, TN 38111-0749 or e-mail info@stutteringhelp.org.

Speech teacher helps

Dear SFA,

My name is Dakota and I am 11 years old and in fifth grade. I stutter a lot. My speech therapy teacher helps me learn ways to speak nicely. My dad and my little brother stutter sometimes too. Sometimes my sister teases me about my stuttering. I go in my bedroom and read my Bible to calm myself down. I've been stuttering since I was 2 years old. I don't stutter as much when I am calmed down. My speech teacher teaches me how to calm down and talk slowly.

Dakota, 11
Noble, Okla.

Teasing hurts

Dear SFA,

My name is Adriana. I am 11 years old and I stutter. I don't know how to stop it and my parents tell me "don't talk like that." But it doesn't help because I don't know how to stop this and some kids make fun of me. I need help to stop this.

Adriana, 11
Honduras

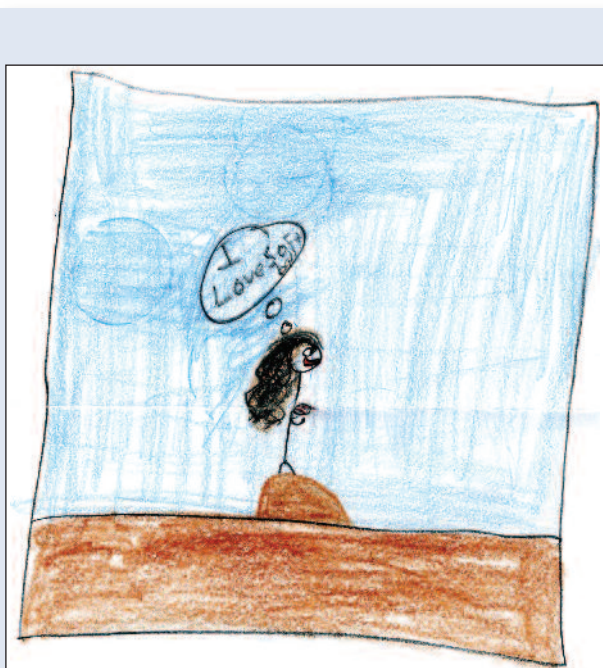
Editor's Note: The Stuttering Foundation mailed Adriana resources to help with her stuttering and how to deal with teasing.

Mixed feelings

Dear SFA,

Hi. My name is Waylon. I'm 10 years old and I stutter. When I stutter, I do repetitions. I feel good and bad about my stuttering. It is not fun to stutter at all.

Waylon
Ottawa, Ohio



Dear SFA,

My name is Carly and I live in Norman, Okla. I'm 10 years old and I have been stuttering for six years. Stuttering has been really hard but I'm okay. A boy in my class was being mean to me by making fun of me when I stuttered. My speech teacher talked to my teacher and he stopped making fun of me. This spring I am going to play softball and I'm excited about it. When I stutter, I stop and slow down and that helps me talk smoother.

Carly, 10
Norman, Okla.

Others stutter like me

Dear SFA,

My name is Julia, and I am 8 years old. I stutter when I talk or read. I feel frustrated when I stutter. I also feel nervous when I am doing presentations. When I read about the other kids that stutter, it made me feel better knowing that other kids stutter like me. Thank you so so so so so much for your Web site.

Julia, 7
Edinburg, Texas

I am not alone

Dear SFA,

Hi. My name is Jonathan. I am 9 years old and live in New Haven, CT. Today I met someone who stutters. It felt very good. It made me also realize that I am not alone. Sometimes I don't care that I stutter. It felt very good not to care about stuttering. If you don't care about it, then it feels like you don't stutter.

Jonathan, 9
New Haven, CT

Encouragement

Dear SFA,

My name is Gunnar and I'm 9 years old and in the third grade. I have been stuttering since I was 6, and have been going to speech therapy for three years. I have learned a lot of different strategies that I can use to perfect my speech. My favorite strategy that I use is to pray. You can pray anytime and anyplace.

I would like to tell everyone that it is all right to stutter. All people have something that they are good at, and something that they are not good at. This is what makes us all different and special. For example, I am excellent at throwing a football, but my friend is not as accurate as me. But my friend is an incredible receiver.

I want to say thank you to the Stuttering Foundation!
Gunnar, 9
Stillwater, Okla.

Letters*Continued from page 10***Try Turtle Speech**

Dear SFA,

I started stuttering in third grade. People don't really tease me about the stuttering, but they ask, "Why are you repeating words?"

It all started one day and I don't really know why. After school that day I went to my mom and asked, "What is this called?" And I repeated some vowels. And my mom said, "That's stuttering." I thought I could shake it off, but it couldn't. The next day I went to school a little more nervous because people would ask me questions about my stuttering.

In fourth grade I got used to it.

In fifth grade I don't really worry about it much and I found new ways to help it. I got a speech therapist.

The first thing I learned is to talk slowly. This is called Turtle Speech and it's the most effective way to control my stuttering. Secondly, I found a thing called Soft Contacts, where you put body parts that help you speak together softly. Then I learned something called Easy Onset. It's when you're stuck on a word or letter you just slide it.

I'd tell other kids who stutter what I know about stuttering and what causes it. Then try something I do, like Turtle Speech.

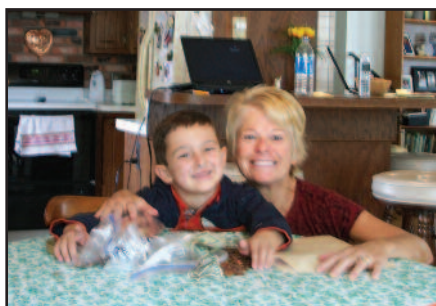
Aaron, 11

Shoreline, WA

Pennies for Speech

Dear SFA,

My name is Matthew. I started stuttering when I was 4. Then I met the nicest person I know, "Miss



Matthew and speech-language pathologist Susan Cochrane show the money Matthew raised to help other kids who stutter receive speech therapy.

Susie" (Cochrane). I do not know what I would have done had I not met her. Every weekend we go up to her house and she teaches me strategies to help me not to stutter. I always look forward to going to see her and playing games. She has helped me be so smooth when I talk by teaching

me to use tools when I speak. We always have the best time! There is one thing Susie has taught me that I will never forget and that is it is okay to stutter. If it wasn't for her I probably would have just stopped talking.

Susie has helped me so much I wanted to help her help other children that stutter. So I decided to have a penny carnival. We had lots of games. All of my friends came and brought their pennies. I was even the ringmaster! It was such a great time to get everyone together and then surprise Freedom to Speak with the money that was raised.

Susie is the best person I have ever met. I just wanted to thank her for helping me!

Matthew

New York



Dear SFA,

My name is Evan and I've been stuttering for three or four years. When kids make fun of me, I walk away. If they come back and make fun of me again, I get the teacher. I am in fifth grade and am 10 years old. I like going to speech therapy because I learn how to speak slowly and smoothly. My group is going to do a presentation for my class about stuttering. I like playing football because I don't think about my stuttering when I am playing football.

Evan, 10

Noble, Okla.



Nathan and Jake hold a framed copy of the Fall 2010 newsletter that has their published letters.

Famous authors

Dear SFA,

Thank you for publishing our letters in the Fall 2010 newsletter. We are the first published authors at our school. Our wonderful librarian Ms. Bitel has offered to put our picture up with a copy of the newsletter in the library. Ms. Bitel is going to tell all of the kids in her lessons there are two published authors. That's us! Thank you.

Nathan and Jake

Wallingford, CT

Helping the World

During the past year, the Stuttering Foundation has reached people in 136 countries with help...

Afghanistan	England	Lithuania	Slovakia
Algeria	Eritrea	Macedonia	Slovenia
Argentina	Estonia	Madagascar	South Africa
Australia	Ethiopia	Malawi	South Korea
Austria	Fiji	Malaysia	South Wales
Bahamas	Finland	Malta	Spain
Bahrain	France	Mauritius	Sri Lanka
Bangladesh	Gambia	Mexico	St. Lucia
Barbados	Germany	Morocco	St. Kitts
Belgium	Ghana	Myanmar	Sweden
Belize	Greece	Northern Ireland	Switzerland
Bermuda	Guam	Namibia	Syria
Bhutan	Guatemala	Nassau	Taiwan
Bolivia	Haiti	Nepal	R.O.C.
Bosnia	Honduras	Netherlands	Tanzania
Botswana	Hong Kong	New Zealand	Thailand
Brazil	Hungary	Nicaragua	Tibet
Brunei	India	Nigeria	Trinidad
Burkina Faso	Indonesia	Norway	Turkey
Cameroon	Iran	Oman	Uganda
Canada	Iraq	Pakistan	United Arab Emirates
Chile	Ireland	Paraguay	United States
China	Israel	Peru	Uruguay
Colombia	Italy	Philippines	Uzbekistan
Costa Rica	Jamaica	Poland	Venezuela
Croatia	Japan	Portugal	Vietnam
Cyprus	Jordan	Qatar	Virgin Island
Czech Republic	Kazakhstan	Russia	West Malaysia
Denmark	Kenya	Rwanda	Wales
Dominican Republic	Kosovo	Saint Lucia	West Indies
Egypt	Kuwait	Saudi Arabia	Yemen
El Salvador	Latvia	Scotland	Zambia
	Lebanon	Senegal	Zimbabwe
	Liberia	Serbia	
	Libya	Singapore	

We've moved

The Stuttering Foundation's office in Memphis has moved to a new location. Our toll-free helpline, 800-992-9392, is the same but the regular telephone number is now 901-761-0343. Come see us at our new home, 1805 Moriah Woods Blvd., Suite 3, Memphis, TN 38117-7119.



Fluency

Continued from page 5

along with the one above, have most likely helped me as well. If I get nervous, I tend to press harder with my lips and tongue. So, with the easy onset and contact, I am able to “get the sounds out” during occasional stressful moments.

What advice would I give to others?

I would most likely just explain some of the misconceptions of stuttering and present the latest

scientific findings.

These are only a few of the concepts and strategies I've learned since starting therapy, and I will continue to use and practice them well into the future. Though I have provided only brief explanations, I hope they will help and encourage any who might be reading this. I offer these four words in closing: “Keep working at it.”

Garrett is a fluency client of Maureen Eaton, M.A., CCC-SLP.

Brain

Continued from front page

girls and boys who stutter. We will also examine what aspects of brain growth leads to recovery versus persistence in stuttering.

In a related previously conducted research study, adults with persistent developmental stuttering, both men and women, were examined to determine how different parts of the brain are interconnected to support speech production. To do this we used MRI methods that enable us to look at what parts of the brain are activated together during speech production, and how they are anatomically inter-connected. We hypothesized that if most girls recover from stuttering, the ones that continue on to have chronic stuttering may have an exaggerated pattern of deficit that is not overcome during normal development.

Results showed that both men and women who stutter had less

coordinated activity between the speech motor and planning areas in the left hemisphere compared to the non-stuttering comparison group. Also, anatomical connectivity between these regions was less robust in the stuttering group, particularly for the stuttering women. Stuttering men appeared to have greater connectivity with the right motor regions, but women who stutter were found to have less right-sided motor connectivity.

Because this study was conducted only with adults, it is unclear how much of what we are seeing could be attributed to stuttering itself or to the reaction to stuttering due to decades of stuttering. It is important to examine children who have been stuttering for not too long and track their brain growth to investigate what aspects of brain development lead to recovery versus persistence and whether there are gender differences.

Better understanding of the neural bases of stuttering starting in early childhood will enable us to identify early on those children who are more likely to have chronic stuttering, and will allow us to prioritize treatment for these children. We will also be one step closer to testing treatments that result in lasting recovery for many people worldwide affected by persistent stuttering.

References

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- Chang, S-E., Kenney, MK., Loucks, T., & Ludlow, C. (2009). Brain activation abnormalities during speech and non-speech in stuttering speakers. *NeuroImage*, 46(1), 201-212.
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- Ingham, R.J., Fox, P.T., Ingham, J.C., Xiong, J., Zamarripa, F., Hardies, L.J., Lancaster, J.L., (2004). Brain correlates of stuttering and syllable production: gender comparison and replication. *J. Speech Lang. Hear. Res.* 47, 321341.

Philadelphia was full of



The City of Brotherly Love was a fitting location for the 2010 American Speech-Language-Hearing Association Convention and the Stuttering Foundation Workshop Reunion remembering Oliver Bloodstein.

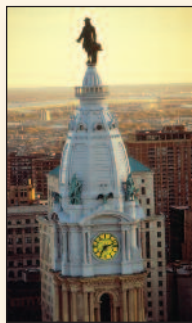
The Foundation booth stocked with over 60 different resources — almost a ton — was a hopping place and only a few items were left after two and a half days! Many speech pathologists visited the booth for new resources and were excited to see nine



new DVDs to help them work with school-age children, teens, and adults who stutter.

As in the past, SFA had a superb group of volunteers to help staff the twenty-foot booth. A special thanks to Rick Arenas, Hayley Arnold, Joan Babin, Vianne Bjornberg, Willie Botterill, Courtney Byrd, Patrice Carothers, Kristin Chmela, Susan Cochrane, Joe Donaher, Sheryl Gottwald, Kia Johnson, Robin Jones, Judy Kuster, Katerina Ntourou, Charlie Osborne, Diane Parris, Diane Polledri, Nancy Ribbler, Kathy Scaler Scott, Steffi Schopick, Lynne Shields, Vivian Sisskin, Maureen Tardelli, Rita Thurman, and Wendy Wingard-Gay.

A highlight for many during their time in Philadelphia was the workshop reunion as stuttering pioneer Oliver Bloodstein was remembered.



Nan Ratner commented, “Oliver transformed my life in many ways. He was an incredible human being not just an incredible resource.”

“I admired his great thinking ability and his gentle nature.” Jane Fraser said. “He attended the very first Stuttering Foundation meeting along with Charles Van Riper and Wendell Johnson. As a true scholar, he was an inspiration to us all to renew our love for honest scholarship and research.”

Here’s to you, Oliver!



Boothers roll posters and rest feet before the rush : Sheryl Gottwald, Rita Thurman, Renee Shepherd, Diane Polledri, Diane Parris, Jane Fraser and Carol Ecke.



Maureen Tardelli, Robin Jones and Diane Parris.

A toast to Oliver



Nan Ratner and Jane Fraser.



Dr. Oliver Bloodstein Memorial.



Carol Ecke and Lynne Shields.



Diane Parris showing materials to Joan Babin and Maureen Tardelli.



Renee Shepherd, Carol Ecke, Lynne Shields, Joan Babin and Maureen Tardelli.



Kristin Chmela, Renee Shepherd, Jane Fraser and Rick Arenas.



For the latest news about *The King's Speech*, visit www.StutteringHelp.org

www.stutteringhelp.org • 800-992-9392 • www.tartamudez.org

News Briefs

▶ **The Eastern Workshop: Cognitive Approaches to Working with People Who Stutter**, June 13-24, 2011, co-sponsored by The Stuttering Foundation and Boston University. Call 800-992-9392 or visit www.StutteringHelp.org for more information. Deadline to register is March 15.



▶ **The Western Workshop: Diagnosis and Treatment of Children Who Stutter**, July 11-15, 2011, co-sponsored by The Stuttering Foundation and Portland State University. Call 800-992-9392 or visit www.StutteringHelp.org for more information. Deadline to register is March 15.



▶ **Friends Who Stutter** is holding its annual convention in Washington, D.C., July 21-23, 2011. For more information, visit www.friendswhostutter.org



▶ **9th Oxford Dysfluency Conference**, Sept. 1-4, 2011 at St. Catherine's College, Oxford, UK. For more information, visit www.dysfluencyconference.com.



▶ **National Stuttering Association** is holding its annual convention in Fort Worth, TX, July 6-10, 2011. For more information, visit www.nsas-tutter.org



▶ 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, (714) 858-8255.



Books

▶ **Stuttering: Foundations and Clinical Applications** by Ehud Yairi and Carol H. Seery. 2010. Pearson Education. Boston. www.pearsonhighered.com

▶ **Treatment of Stuttering: Established and Emerging Approaches: Conventional and Controversial Interventions** by Barry Guitar and Rebecca McCauley. 2009. Lippincott, Williams & Wilkins, Baltimore. www.LWW.com

▶ **Clinical Decision Making in Fluency Disorders** by Walter H. Manning. (2009) Delmar Cengage Learning, Clifton Park, NY. www.cengage.com

▶ **Practical Intervention for Early Childhood Stammering** by Elaine Kelman and Alison Nicholas. (2008) Speechmark Publishing, Ltd. Milton Keynes, U.K., www.speechmark.net

▶ **Stammering, Advice for All Ages** by Renee Byrne and Louise Wright. (2008), Sheldon Press, London, 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

▶ **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

▶ **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.

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

▶ **Begaieiment: Intervention preventive precoce chez le jeune enfant** by Anne Marie Simon et al. 2005. Available from the Association Parole Begaieiment, www.begaieiment.org

▶ **Les begaiements: Histoire, psychologie, evaluation, varietes, traitements** by Anne Van Hout and Francoise Estienne. Published by Masson, S.A., 120 boulevard Saint Germain, 75280 Paris Cedex 06, France.

▶ **Forty Years After Therapy: One Man's Story** by George Helliesen, M.A. Available from Apollo Press, Inc., 800-683-9713 or www.apollopress.com

▶ **Sharing the Journey: Lessons from my Students and Clients with Tangled Tongues** by Lon Emerick, Ph.D., available from the Stuttering Foundation at 800-992-9392.

▶ **Stuttering: Its Nature, Diagnosis, and Treatment**, by Edward G. Conture, Ph.D., published by Allyn & Bacon, Needham Heights, MA. (781) 433-8410.

▶ **Successful Stuttering Management Program**, Second Edition, by Dorvan Breitenfeldt, Ph.D., published by EWU Press, Cheney, WA, (509) 235-6453.

▶ **Synergistic Stuttering Therapy: A Holistic Approach** by Sister Charleen Bloom and Donna K. Cooperman. Published by Butterworth Heineman, Woburn, MA.

▶ **Stuttering Intervention: A Collaborative Journey to Fluency Freedom** by David Allen Shapiro, published by Pro-Ed, Austin, Texas.



Best Wishes for a Happy New Year!
~ from the Stuttering Foundation's Memphis staff

This newsletter is published quarterly. Please e-mail address changes and story ideas to info@stutteringhelp.org.

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Renee Shepherd Editor
Scot Squires Designer
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