



THE STUTTERING FOUNDATION®

A Nonprofit Organization

FALL 2007

Since 1947... Helping Those Who Stutter

Auditory cortex, altered auditory feedback and developmental stuttering

Initial studies of SpeechEasy

Anne L. Foundas, M.D.
and Edward G. Conture, Ph.D.

Editor's note: The Stuttering Foundation is pleased to support this new research.

Our knowledge of the biological bases of developmental stuttering has been greatly enhanced by recent results of brain imaging and physiological studies. Taken together, these complementary methods have begun to provide converging evidence about the brain regions that may be affected in individuals who

stutter. For example, there is strong evidence that dysfunctions



Anne L. Foundas, M.D.



Edward G. Conture, Ph.D.

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World congress unites groups



Fraser honored in medieval setting

Mark Irwin

In May, the International Stuttering Association, the umbrella organization representing 45 self-help groups throughout the world, held its 8th World Congress for

people who stutter.

The event was held in Cavtat, a picturesque coastal town on the southern tip of the Republic of Croatia.

Delegates from 43 countries comprised the more

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Photos: Terrace of fortress in Dubrovnik. Top right: Joseph Lukong of Cameroon with a copy of the new Basic Clinical Skills. Center: Mel Hoffman, awards chairman of the International Stuttering Association, presents the Outstanding Service Award to SFA President Jane Fraser. Bottom: Jennifer Tseng of Taiwan and Zong-Shan Li of China discuss translations of SFA materials.

Searching for predictors of chronic stuttering

Anne Smith, Ph.D.,
Purdue University

I am pleased to have this opportunity to update you on the progress of the Purdue Stuttering Project over the past year. You may recall from my earlier article that we are engaged in a longitudinal study of young children who stutter and their normally fluent controls.



Anne Smith, Ph.D.

very tight at NIH these days, so

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Rocket Science blasts off

Peter Reitzes, M.A., CCC-SLP, shares his comments on the new film *Rocket Science* not only as a speech pathologist, but also as a person who stutters. His insights may provide direction for those who want to see this film.

I saw *Rocket Science* and it is absolutely a wonderful movie. It really felt good and validating to see such a likable character as Hal (the high-schooler who stutters) struggle in all the same ways that I struggled in high school.



Jeffrey Blitz, who wrote and directed *Rocket Science*

As far as being appropriate for teens, *Rocket Science* certainly touches on some difficult topics. Some of the people around Hal treat him as a broken person.

When I was in Hal's shoes, I certainly felt broken as well. I am working now with a teen and I mentioned the film to the family. I was very careful to make it clear to the family that this movie could trigger some painful memories and feelings in their son. A teen may need support digesting this film. My buddy and I who went to see it were extremely moved by the film and really needed to talk about it afterwards. It is funny, beautiful and hard all at the same time.

One thing to keep in mind is that *Rocket Science* is not a perfect ending story. It presents stuttering as hard and it ends with Hal finding

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The movie's main character Hal gives a speech in front of his class.



Jane Fraser and Joe Fulcher meet with U.S. Congressman Frank R. Wolf, a longtime supporter of the Stuttering Foundation. In 2006, the congressman drew attention to childhood stuttering after he submitted an article about Tiger Woods from the SFA newsletter to the *Congressional Record*. □

Smith

Continued from front page

keep your fingers crossed for us!).

In our first year of the longitudinal study, we have tested 34 children who stutter on an extensive set of experimental protocols that includes recording orofacial movements and muscle activity during speech, testing basic timing ability in a hand clapping task, and recording the electrical activity of the brain (EEG) while the

children watch a video about a young penguin named "Pingu." We have analyzed some of our "year 1" data, and many exciting results have come to light.

I have space here to describe one of these new findings. We included the clapping task in our protocol, because scientists studying motor behavior have used bimanual hand clapping as a classical way to examine the brain's ability to "keep time."

The children are asked to clap their hands in time with a metronome beat. After clapping with the beat for about 15 claps, the beat goes off, and the children are asked to keep clapping until we have about 30 unpaced claps. We ask the kids to do this several times.

Our data analysis consists of analyzing the unpaced claps, so that we can determine (1) if they were faster or slower than the target rate they were trying to maintain, and (2) how variable they were in keeping up this rate. So far, we have analyzed data from 17 children who

stutter (CWS) and 13 children who are normally developing (CND).

What we have found is that the CWS and the CND have the same average rate of clapping; both groups tend to speed up when the beat goes off. Concerning the

... about 60% of 4 and 5-year-olds who are stuttering are unusually poor at keeping time compared to their normally developing peers.

variability of their clapping, we compute a statistic that reflects their variability in percent.

The range of variability in percent for the normally developing children was 5 to 13%.

Interestingly, 10 of

the 17 CWS had variability percentages outside the range of the CND. These 10 CWS had greater variability percentages than any of the CND, and these ranged from 15 to 32%! From these early analyses, we conclude that about 60% of 4 and 5-year-olds who are stuttering are unusually poor at keeping time compared to their normally developing peers.

One overall goal of the project is to be able to predict which of the children who are stuttering are most likely to develop a chronic stuttering problem. Are these children who are poor at a basic timing task at greater risk for chronic stuttering? Is this a sign that their young brains have motor timing circuitry that is developing atypically?

These are some of the questions we hope to be able to answer after following these children for five years. I look forward to updating you again in the future as more of our experiments reveal more about the physiological characteristics of these stuttering children. □

Documentary shares Bob Love's story

Bob Love has dreamt about being a great public speaker since his early days in Bastrop Louisiana, even though, as a young man, he could barely put two words together, let alone speak a full sentence.

In spite of his severe stuttering disability, Bob Love, the son of a sharecropper, rose to become a Chicago Bulls NBA superstar, whose records were eventually surpassed by Michael Jordan. Throughout his entire athletic career, Bob Love kept his stuttering a secret from the fans who adored him, thinking he could do his "talking" on the basketball court.

After a career ending back injury he was told by doctors that he would have difficulty walking, let alone play the game he loved. He could no longer hide his inability to speak, and his life spiraled out of control.

Find Yourself A Dream – The Bob Love Story is a one hour documentary about the inspirational true

story of Chicago Bulls legendary basketball player, Bob "Butterbean" Love. Written and directed by award winning director, Jim White, its message is about achieving one's goals, no matter how difficult, and the importance of an education in reaching those goals. It chronicles

Bob Love's battle to overcome his most formidable opponent, his stuttering, to become one of the most sought after motivational speakers in the country.

In *Find Yourself A Dream*, Bob's life is depicted through interviews, archival basketball game footage and on-location scenes with family members, old friends, fans, and teammates.

There are on-camera interviews with NBA Commissioner David Stern; Chicago Bulls owner Jerry Reinsdorf; Chicago Bulls superstar Michael Jordan, and others. The documentary also includes a montage of positive and inspirational comments about what Bob Love has meant to them and their sport from basketball greats like Oscar Robertson, Shaquille O'Neal, Bill Russell, and others.

A Web site, www.findyourselfadream.com, will feature Bob's basketball statistics, fan interviews and photos, as well as video and original music from the DVD.

For more information about the documentary, Bob's National School Speaking Tour, or the upcoming feature film "Butterbean," please contact: Steve Kennedy or Jay Rizzo at 312-368-0429, or info@americasfilmfund.com. □



These are behind the scene pictures from the documentary.



Bob Love speaks with Susan Hamilton, his former therapist. Susan now leads the Western Workshop, see page 6.



Ryan Pollard, Peter R. Ramig, Don Finan, and John B. Ellis, M.S.

Recent study reports on SpeechEasy use within extra-clinical environments

Ryan Pollard, John B. Ellis, M.S., Don Finan, Ph.D., and Peter R. Ramig, Ph.D.

University of Colorado - Boulder

Electronic devices that deliver altered auditory feedback (AAF) have been used for several decades to help reduce stuttering (Bloodstein, 1995). The SpeechEasy, introduced to consumers in 2001, is one of the more recent AAF devices available to individuals who stutter. In contrast to the often conspicuous and cumbersome nature of earlier electronic fluency aids, the SpeechEasy is comparatively small and cosmetically pleasing, and thus more appealing to some consumers.

Recently, researchers at the University of Colorado at Boulder examined the effects of the SpeechEasy over six months of continual use. The purpose of the project was to gather Phase I treatment outcome research about the SpeechEasy in more naturalistic settings. Unlike previous SpeechEasy research (e.g., Stuart et al., 2006), this study collected periodic speech samples outside of the laboratory to more accurately assess the device's real-world effectiveness. Subjects were recorded while reading aloud, conversing with a researcher, and asking a question to a stranger. After a month-long baseline phase, subjects wore a custom-fitted SpeechEasy device for four months. After this treatment phase, subjects continued to be monitored for an additional month

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Media gives space and time

Several Stuttering Foundation public service ads (PSAs) are being printed in national publications and aired on various radio stations. Browse through a copy of *Ladies Home Journal*, *Seventeen*, or *National Geographic Adventure* and you will most likely see an SFA ad. Tune into WZAK-FM 93.1, WJMO-AM 1490 in Cleveland, Ohio, or WLS-AM 890 in Chicago and listen for the country music star saying, "Hi, I'm Mel Tillis!" or 20/20 co-anchor John Stossel saying, "If stuttering affects you ... call the Stuttering Foundation for help."



The Foundation provides several sizes and versions of PSAs to meet the target audience of the publication. Popular PSAs are ones with "famous people" raising stuttering awareness. Among those featured are Chicago Bulls legendary basketball star Bob Love, wild-life conservationist Alan Rabinowitz, *Buffy the Vampire Slayer* actor Nick Brendon, Annie Glenn, and statesman Winston Churchill "speaking out" on behalf of those who stutter.

Better Homes and Gardens, with a circulation of more than 7 million, donated a full-page all-print ad stat-

ing, "There are many proven, effective ways to reduce stuttering." *Parents Magazine* chose to run a two-thirds page ad seen by more than 2 million readers.

You might even see a public service ad for the SFA on your next United Airlines flight in *Hemispheres*.

In addition PSAs have appeared in *Seventeen*, *CosmoGirl*, *Bass Guitar*, *Frontiers*, *New York Post*, *Fortune*, *AARP*, *Penthouse*, *Learning*, *Good Housekeeping*, *Black Enterprise*, *Natural Health*, and *Savannah Magazine*, as well as many, many others!

SFA is dedicated to thanking each and every one of the media outlets that provide space and time to raising stuttering awareness.

Radio station KMMS out of Bozeman, Mont., recently e-mailed SFA saying, "Thanks for the letter about our stations being of assistance to your organization! I work with probably 200+ non-profits nationally and locally and rarely do I get feedback on if what I do is catching an ear in the listening audience. Thank YOU for the pat on the back and letting me know the PSA director can help make a difference!" □

Be on the lookout — you could win

Be among the first to spot a Stuttering Foundation public service ads and help raise Stuttering Awareness!

Contest instructions:

1. Clip out the Stuttering Foundation PSA found in a magazine or newspaper.

2. On an index card, write the name of the magazine and month/date of issue. Also print your name, phone number, address and email address on the

card.

3. Mail the PSA and the index card in an envelope to SFA.

Stuttering Foundation, 3100 Walnut Grove Road, Suite 603, Memphis, TN 38111-0749

4. The first notification of a new PSA from each publication each month will receive an SFA T-shirt.

5. Winners will be notified by mail.

6. Contest runs from Oct. 1, 2007, through Dec. 31, 2007. □

SFA Web site a summertime hit

Did you know...

- There were 1,500,000 hits in the month of July alone at www.stutteringhelp.org.
- Highest volume date was Monday, July 30 with 73,134 hits.
- 5 a.m. – 7 a.m. is the time period receiving the most SFA traffic.
- SFA's Spanish Web site www.tartamudez.org July hits equaled 15,000.
- Most viewed streaming video is *Stuttering: Straight Talk for Teens*.
- Pages most often viewed are the five streaming videos, *Famous People Who Stutter*, and the SFA Referral List.
- Web site viewers are located all over the world, including Turkey, India, Japan, Poland and many others. □



Channel 3 focuses on stuttering

Jane Fraser was recently a guest on WREG's morning newscast.

CBS' Memphis affiliate invited her to the studio to discuss the resources available for those who stutter.

News anchors Alex Coleman and April Thompson also highlighted a number of famous people who stutter and offered the Foundation's Web site as a great source of help for parents, teenagers and adults seeking more information. □

James Frick remembered

James V. Frick, Ph.D., speech pathologist and stuttering authority at the Pennsylvania State University, passed away April 16. He was 84.

Affected by a severe stuttering problem as a child, he sought help following his service during World War II and eventually became an associate professor of Speech Pathology at Penn State, where he worked from 1951 until his retirement in 1984.



James Frick

Early in his career he helped establish the Penn State Speech and Hearing Clinic, where he specialized in the treatment of stuttering and aphasia.

He graduated from St. Thomas More High School in Philadelphia in 1939 and served in the U.S. Army Air Corps for three years during World War II where he attained the rank of Sergeant. He earned Bachelor's and Master's degrees and then a Ph.D. in Psychology in 1951 from the University of Iowa.

He was the son of the late James V.M. and Anna Hickey Frick. On June 20, 1953, he married Anna Netta Livingston, who survives him at home.

During retirement, Dr. Frick served as a volunteer with the Volunteer Income Tax Assistants, the Centre County, Pa., Planning Commission, and the U.S. Fish and Wildlife Commission.

He enjoyed golf, playing bridge, reading, jazz music and crossword puzzles.

In addition to his wife, he is survived by two sons, James V. Frick III, of State College, Pa., and Robert L. Frick and his wife, Karen, of Vienna, Va.; and three granddaughters, Amy, Hannah, and Maggie.

Please see page 15 for a list of gifts made in memory of Dr. Frick. □

Spotlight shines on spokesmen

Stuttering Foundation spokesmen Mel Tillis, John Stossel, and Alan Rabinowitz have all made the headlines recently.

Country music superstar Tillis has been selected for induction into the Country Music Hall of Fame this fall in the Lifetime Achievement category.

Early in his career, Tillis stuttered so severely that he couldn't even thank the audience at the end of a performance. But ever since his role as the curtain-puller for a first-grade play, Tillis wouldn't let stuttering keep him from the stage.

Singing in front of the class was Tillis' first step toward legendary fame as a recording artist, performer and songwriter. His hits include *I Ain't Never*, *Good Woman Blues*, *I Believe In You*, and *Ruby, Don't Take Your Love to Town*.

As he travels the country, he visits cities where his radio PSA on stuttering is being played daily, such as Chicago, where WLS generated a tremendous response to his PSA.

John Stossel, co-anchor of *20/20*, joined SFAs Chairman's Circle with a recent significant contribution to the Foundation. This donation will further the cause of helping young people and adults who stutter.

Stossel has been touring the country this past year speaking to groups and promoting his popular book

Myths, Lies, and Downright Stupidity: Get Out the Shovel — Why Everything You Know Is Wrong.

Conservationist Alan Rabinowitz was recently featured in *Forbes* and *The Christian Science Monitor*.

Forbes focused on Rabinowitz' exploring the Indo-Pacific region in northern Burma, also known as Myanmar. He is one of only a handful of Westerners who have traveled in this area during the last century.

"This is the most intact forest in the entire Indo-Pacific region, with many parts that are completely unexplored," Rabinowitz, of the Wildlife Conservation Society, told *Forbes*.

Rabinowitz is credited for large portions of land being declared national parks.

The Christian Science Monitor focused their attention on Rabinowitz' creating havens for tigers, jaguars, and leopards.

Rabinowitz established the Hukawng Valley Tiger Server in northern Myanmar. The reserve is the size of the state of Vermont.

As he strives to make the world safer for big cats, he is working with local populations, educating them on why it is important not to kill these animals.

"He is credited with bringing unlikely partners together for conservation in various nations," the newspaper wrote. □

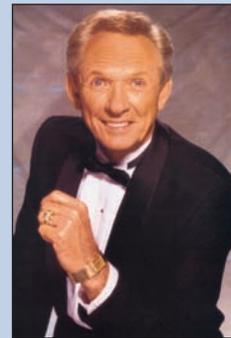


Photo courtesy of Seth Harrison The Journal News



Mel Tillis, Alan Rabinowitz and John Stossel have all served as SFA spokesmen.

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



Attendees say workshops are

Western Workshop heats up Portland

Susan Hamilton

Temperatures rose to over 100 degrees outside, while ideas sizzled inside at the first Western Workshop held in Portland, Oregon. The WW moved from Seattle to Portland when Ellen Reuler, former 2003 WW participant volunteered to host the event at Portland State University where she is Director of Clinical Services.

Susan Hamilton and Jennifer Watson joined forces at the podium for this five-day event where 20 participants were chosen from across the United States. Watson and Hamilton's goals for this year's workshop were to help the attendees' to increase their "comfortability," competence and confidence when treating children who stutter.

"This group really impressed me in that they were positive and so supportive of each other during the learning process," commented Watson.

Both presenters agreed that the participants were willing to step out of their comfort zones and build on past experiences to learn more about providing therapy to children who stutter. "It takes courage to practice newly learned skills in front of your peers," stated Hamilton.

The traditional wine and cheese reception was hosted by Mary and Steve Brannan on their beautiful houseboat on the banks of the Columbia River.

One workshopper deemed the event an amazing experience. Another indicated that it was a wonderful opportunity and that she was honored to have been a part of it. A third attendee summed it up when she said "the workshop was an unforgettable experience. I feel more confident and competent already....Now to go and practice!" □



Western workshopers gather for a group photo. Front row: Vinita Rajah, Mike Jedlicka, Jane Fraser, Lelisa Balderama, and Pam Hubbard. Second row: Pam Thuman, Anne Terry, Deborah Carter, Marsha Hundley, Shannon Richins, and Ellen Reuler. Third row: Mercedes Delaney, Jill Dolata, Debbie Livesey, Vicki Andre, Lori Matthews, Jaime Hardin, Vicky Edwards, Tara Roehl, Leigh Jones, and Jennifer Watson. Fourth row: Adam Heiner, Ute Conly, Susan Hamilton, and Glen Weybright



Western Workshop leaders Susan Hamilton, Jennifer Watson, and Ellen Reuler.

Scenes from the houseboat party.



Mike Jedlicka and Jill Dolata show off an SFA workbook.



Glenn Weybright, a workshopper from 2002, treats the 2007 workshopers to a kayak outing.

an 'unforgettable experience'

New England celebrates 10th workshop

Diane Parris

While the Stuttering Foundation of America was celebrating its 60th anniversary, New England celebrated its 10th biannual workshop hosted by Boston University. Participants gathered from nineteen states from California to New Jersey, and welcomed one international participant from Thunder Bay, Ontario. Experience among the group was as diverse as their geographical origins. From June 20 – 24th, however, these twenty speech-language pathologists shared one thing in common: increasing their expertise in the diagnosis and treatment of children who stutter.

Coordinated by Diane Parris, MS, CCC/SLP, a team of extraordinary researchers and master clinicians provided the right blend of information and skills training to increase participant's confidence and competence in providing an integrated approach to fluency therapy. The program began with a review of contemporary theory, current research, and assessment procedures led by Dr. Edward Conture, Professor and Director of Graduate Studies at Vanderbilt University. Focus on treatment of preschoolers and partnership with parents/families was provided by Dr. Sheryl Gottwald, Assistant Professor at the University of New Hampshire. Direct skills training began with the unique contributions of Dr. David Luterman in the area of counseling children who stutter and their families beginning with listening deeply and from the heart. Finally a leading specialist in the field, Adriana DiGrande, MS CCC/SLP, presented on the integration of cognitive, affective, motor, and social aspects of fluency therapy for the school-age child.

Diane, Sheryl, and Adriana coached participants in producing easy-relaxed speech models, cancellations, and pull-outs, and the program culminated in the opportunity for participants to practice these skills in mock therapy sessions with children gathered from the hosting clinicians' caseloads and their siblings. Many commented that this type of 'hands on' learning was a highlight of the program for them. Most participants will not only be putting their new learning to use immediately with their own clients, but will also be offering in-service training to colleagues in upcoming months. Spreading the knowledge and skills provided in the regional workshops is essential to the mission of the Foundation. Look for the next New England Workshop to be held in June 2009. □



Attendees enjoy a reception.



New England workshopers have their group picture taken. Front row: Angela Horne, Jane Fraser, Sue Basta, and Claudia Holcomb. Second row: Nancy Patriacca, Wanda Pritekel, Adriana DiGrande, Kavita Kaul, Brenda Spredding, and Sheryl Gottwald. Third row: Jennifer Shubin, Kathi Shute, Julianne Weckel, Melisa Kennelly, Stefanie Chenkin, Rozie Matthews, Erin Jarvis, and Darlene Sommer. Back row: Joe Fulcher, Dorothy Wise, Andrea Stach, Melinda Kuehn, Diane Parris, Blair O'Gorman, and Meghan Krodel.



Congress *Continued from front page*

than 300 people who stutter, speech pathologists and family and friends who attended this event. A highlight was the Congress gala dinner which was held in the nearby medieval town of Dubrovnik. It was the scene of formal speeches and awards including the presentation of the ISA's Outstanding Contribution Award to the SFA's Jane Fraser.

In presenting the award to Fraser, Melvin Hoffman of ISA said, "No one has done more to further the cause of helping those who stutter."

"It is a thrill to receive this award that recognizes our work on behalf of those who struggle daily with stuttering," Fraser said.

The first honorary lifetime members of the ISA are Fraser and Judith Kuster, of Minnesota State University, Mankato, and creator of the Stuttering Home Page, www.stutteringhomepage.com.



Celia Gruss of Paris, France, and Vilma Makauskiene, of Lithuania, at the SFA booth.

Retiring Board Chair Mark Irwin, DDS, received an ISA Distinguished Service Award



Following this event, there can be no doubt that the world has advanced in its understanding of stuttering as well as strengthening the bonds of international cooperation.

The next triennial World Congress will be held in Beijing, China in 2010. □



Suzana Jelcic-Jaksic, president of the Croatian Association for People Who Stutter, acted as the governor of the Congress. Here she speaks at the 14th century fortress, setting for the gala dinner.



John Ellis, Judy Kuster and Ryan Pollard in front of SFA poster of Famous People Who Stutter.

Poster produced by the Croatian Hinko Freund Support Group to raise funds for their work.



Study *Continued from page 3*

without the device in place.

The SpeechEasy was generally effective in reducing stuttering when immediately fit, but significant reductions in stuttering were not consistently maintained across four months of treatment.

Relatively more stuttering reduction occurred during oral reading than during the conversation or question tasks. Individual responses varied greatly with regard to both fluency improvement and personal impressions of the device. For example, many subjects reported that a promising feature of the SpeechEasy was its effectiveness while using the telephone. In contrast, the most frequently reported drawback was perceived background noise in certain situations (see Table).

At the end of the study, subjects were then surveyed in order to gain insight as to their satisfaction with wearing the SpeechEasy. Regarding ultimate purchasing decision, four of the 11 subjects who began the experiment elected to purchase their de-

vices at a substantial discount after completing the study. Three subjects did not purchase the device, but replied that they would continue to

Frequency of Subject Comments Regarding SpeechEasy Use

	Positive	Negative	Mixed	Ambiguous
Telephone (9 subjects)	12	1	5	1
Background noise (8 subjects)	0	19	3	0
Increased confidence in speaking (6 subjects)	13	0	1	0
Less severe blocks (5 subjects)	9	0	4	0
Hearing/understanding others (5 subjects)	0	9	2	0
Attending to signal (5 subjects)	4	1	2	4
Using fluency techniques (5 subjects)	4	2	1	4
Carryover effects (4 subjects)	5	0	0	0
Device does not help (4 subjects)	0	6	2	1
Effects change over time (4 subjects)	2	1	1	2
Slower speech rate (3 subjects)	8	0	1	0
TOTAL (n = 18 subjects)	44%	23%	18%	14%

use the SpeechEasy if it were given to them free of charge. A final three subjects decided not to buy the device and reported that they would not continue to use it even if it were given to them at no charge.

Although the group findings in this study revealed no overall treatment effect for the device, this is a qualified conclusion for several reasons. First, individual subjects did benefit from wearing the SpeechEasy during certain speech tasks and/or reported satis-

faction with the device, indicating that the SpeechEasy may be viewed as a viable treatment option by some who stutter. Furthermore, the subjects who participated in the study sampled their devices at no cost and may have conceivably been less motivated and emotionally invested in a positive outcome than those who actively seek out and purchase a SpeechEasy. Finally, subjects in this study were trained and encouraged to use active techniques such as easy vocal onsets or initial sound prolongations as needed to initiate voicing when wearing the SpeechEasy; however, additional stuttering therapy was not provided. Because recent clinical evidence indicates that including traditional stuttering therapy may improve SpeechEasy outcomes (Armson et al., 2006), it appears that in at least some cases, the expertise provided by a certified speech-language pathologist to provide additional stuttering treatment may be needed in order to maximize benefits derived from SpeechEasy use. □



SLPs have an opportunity to exchange ideas over lunch.



Presenters Barry Guitar and Kristin Chmela.



Presenters and discussion group leaders Barry Guitar, Karen Rizzo, Diane Games, Lisa Scott, Kevin Eldridge, Kristin Chmela, Patrice Carothers, Jane Fraser, and Mary Mantilla.

Best Practices in Preschool Stuttering: an overwhelming success

Lisa Scott, Ph.D.

The Cincinnati Airport Marriott was the setting for the Stuttering Foundation's annual summer clinical conference. Although such a conference is held each summer, 2007 marked the first time the program focused exclusively on preschool children who stutter. The response to this change was tremendous: 74 participants traveled from 21 different states and Canada to learn about and share their experiences in working with young children.

Participants heard state-of-the-art presentations from Barry Guitar and Kristin Chmela on best practices for determining whether a young child is stuttering, assessing the child's priority for treatment, strategies for implementing both indirect and direct treatments, and working with families. Guided practice sessions were in-

corporated across all topics in the conference and gave attendees the opportunity to practice and refine skills in decision-making, setting treatment goals, and counseling parents. Small group guided practice leaders included Patrice Carothers, Kevin Eldridge, Diane Games, Karen Rizzo, Mary Mantilla, and Bill Murphy.

Presenters profiled children who stutter through the use of video segments and examples of child responses, enhancing the explanation of concepts being discussed. The audience responded enthusiastically to these strategies as they facilitated greater understanding of the content being discussed. It was reinforcing for many clinicians to have the opportunity to see techniques and ideas being demonstrated as well to ask questions of leading experts in stuttering.

Evaluation comments indicated

that the conference's singular focus on preschool children was both refreshing and needed. "I've attended many conferences that mentioned preschoolers, but never addressed this population for any length of time that was meaningful to me and my practice. Thank you, thank you!"

In addition, participants appreciated the presenters' and group leaders' warm styles and accessibility: "It was wonderful being able to ask questions and talk with the speakers and group leaders with ease." The integration of lectures with guided practice also drew positive feedback and continue to be one of the strengths of the Foundation's clinical conferences. "Thank you for an outstanding conference! I know I will be a better SLP because I attended this conference. The format with lecture and guided practice was outstanding!" □

Dear SFA: Reader Response



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



Tony, of Yakima, Wash., drew this picture and included the following caption:

Stuttering is not that bad. I don't really care that I stutter. The stuttering ghost comes and makes me stutter. I go to speech to fight the stuttering ghost. I practice eye contact, smooth talking, and good relaxation.

Zach's story about stuttering

Dear SFA:

I do not like stuttering because some people make fun of me sometimes. I do not like stuttering but I am getting much better at it. I do not like stuttering because I get stuck on a word and it takes awhile before I can say the word clearly. I do not like stuttering because it makes me say words over and over again and it makes me mad when that happens.

Zachary, 9
Reedsburg, Wis.

A future movie star

Dear SFA:

Some of the things I like to do are video games and watching TV.

Sometimes my speech is the best when I'm whispering quietly. My friends do not mind my stuttering a lot. And my speech is not that good when I am shy, nervous, or I am in front of a large amount of people. And on Monday at school I go to my speech teacher. She is good with her speech. My mom says some day I will be a good talker.

My grandmom likes music and she says that a director will want me for movie or singing roles.

Dontae, 9
Cheltenham, Pa.

SLP helps John

Dear SFA:

I don't mind stuttering very badly. It's not like it's illegal to stutter. But I don't like it when I can't let the words out. Robert, my speech therapist, helps me learn about stuttering. Oh, and by the way, I am John. And I'm 8 ³/₄ years old.

John, 8
East Charleston, VT

Video for young children

Dear SFA:

I am currently a graduate student at College Misericordia (Dallas, PA), where I am pursuing my master's degree in speech-language pathology as well as my teacher certification.

I recently created an informational video for my graduate level fluency course. I did the voices, danced in the costumes, shot and edited the whole piece. This 5-minute creation is to be shown to **younger** school-aged children who are having troubles with stuttering. Here is the link:

www.vimeo.com/clip:219933

Sincerely,
Erik X. Raj
Dallas, Pa.

Teen says exercises help

Dear SFA:

Hi, my name is Brandi. I'm 15 years old and had a stuttering problem all my life. It has gotten a lot better. I've learned how to pronounce the letters easy for the word to come out right.

These exercises helped me a lot from then to now. I stutter when I get too excited, mad or sad, but sometimes I stutter when I don't talk a lot that day then when a time comes for

Continued on page 11

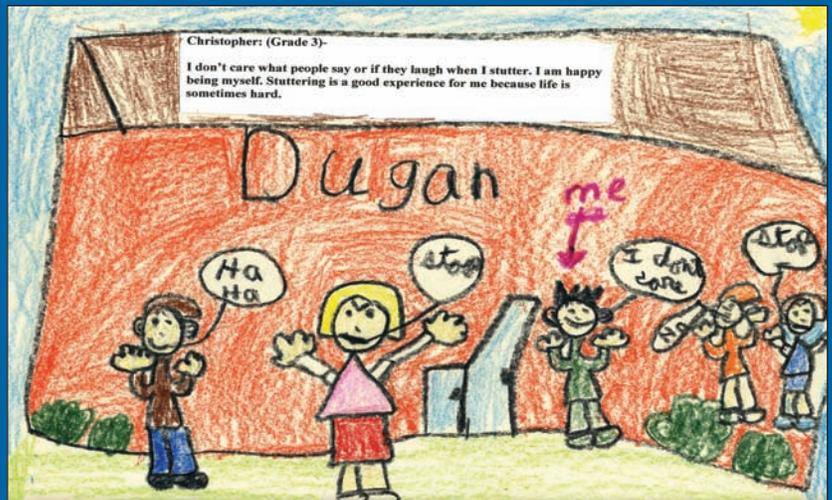
Picture perfect

Christopher of Marlboro, N.J., drew this picture. It says,

"I don't care what people say or if they laugh when I stutter. I am happy being myself. Stuttering is a good experience for me because life is sometimes hard."

I am happy being myself. Stuttering is a good experience for me because life is sometimes hard."

Do you have artwork to share? E-mail it to us at info@stutteringhelp.org.



Letters

Continued from page 10

me to talk the stuttering tries to come.

When I was younger, my stuttering sounded like this "d,d, do, dog." But now it's like bumpy words sometimes. Most of the time I run out of breath which I try to control by taking my time.

When I was younger in the fifth, sixth and seventh grade, I would get mad at my teachers when they asked me to read.

Sometimes when I felt as if I could read I would volunteer. I read that a lot of celebrities have stuttering problems in their life, but James Earl Jones is my favorite because he plays Mufasa in *The Lion King*, and *The Lion King* is my favorite movie. I say to myself I will try to succeed in my stuttering because I really want to be a veterinarian when I get out of high school. Now going to the 10th grade I will try harder to my fullest and try to succeed.

Brandi

E-mail

Poem wins awards

Dear SFA:

I saw my name in your summer newsletter and wanted to thank you. And my poem won first place at district and an award of excellence in the state level competition.

Thank you for everything,

Alicia

Virginia Beach, Va.

Editor: Congratulations on your awards!

Kids enjoy 'cool' brochure

Dear SFA:

First, I just wanted to say thank you for your excellent Web site. It's so nice to be able to point parents and professionals toward a Web site with good information.

Secondly, I wish you could have seen the reactions when I gave copies of the celebrities who stutter brochure to several grade school kids who stutter. They thought it was so 'cool' to see Tiger Woods, Marilyn Monroe and James Earl Jones.

Kari Peterson

E-mail

□

Eva launches MySpace page

Web site is: <http://groups.myspace.com/stutteringfoundation>

Eva Woolwine of Ashland, Kan., is on the go as always, but this busy gal checked in with us and agreed to manage our new MySpace page!

We first met Eva in the Summer 2005 Stuttering Foundation newsletter when she was the 18 year-old reigning Miss Garden City and on her way to the Miss Kansas pageant.

Since then, she's been in and out of pageants receiving accolades, pursuing her education, and speaking out tirelessly to educate the public about stuttering. She is living proof that stuttering does not have to hold you back!

Having graduated last May from Pratt Community College with an Associate's degree, Eva is attending Northwestern State University in Alva, Okla., this fall. Her goal is a teaching degree in elementary education. In addition to baby-sitting and working part-time in her dad's law firm, this past summer Eva



Eva Woolwine

worked at a local preschool for children with special needs. She told us, "One of the little boys in my class stuttered. I enjoyed working with him and encouraging him. It showed me that teaching really is my calling."

Eva tells us she still has many opportunities for speaking engagements and is able to inform and educate the public about stuttering.

She also attended the National Stuttering Association convention last summer with her family in Atlanta. "It's a good chance to offer and receive support along side other stutterers. And that's why I'm so excited to create and manage the Foundation's MySpace page! One of the goals is to offer young people and teens a chance to share experiences, feelings, and helpful information for success!"

At this rate, Eva may one day join our long list of Famous People Who Stutter! □

Runner on the move to support SFA

Cameron Francek has spent his summer running in honor of the 3 million Americans who stutter in an effort to raise awareness of stuttering. Cameron says, "I am a stutterer. I believe people don't fully understand this communication/motor disorder."

SFA applauds his efforts that are sure to educate people all along his 300 miles path!

Therefore, he took on the task of running 300 miles (approximately 5 miles/day) to raise money through pledges and donations for the Stuttering Foundation. At the end of this journey, he plans to run the Detroit Marathon.

Cameron is no stranger to a busy life. Currently he is a student at Michigan State University studying Communicative Sciences and Disorders and is an active member of

the Pi Kappa Alpha Fraternity. As a high school student, he was captain of both the Baseball and Golf teams.

"I would not be the person I am today without my family, my friends and many speech pathologists with whom I have been working since the 1st grade. I have decided to try and give back. While my efforts and donations may be small on a larger scale, it is something I need and want to do." says Cameron.

Through his efforts, Cameron has raised and donated \$1,435 to the Foundation. This gift will keep on giving as it helps others who struggle with stuttering.

SFA sends a big thank you to Cameron as well as best wishes for his marathon run.

Please see page 15 for gifts in honor of Cameron. □

Auditory cortex *Continued from front page*

in auditory cortical brain regions may contribute to developmental stuttering. Related to these findings, numerous investigators have studied how altered auditory feedback may influence speech fluency in individuals with developmental stuttering (e.g., Armson, Kieft, Mason, & DeCroos, 2006; Stuart, Kalinowski, Armson, Stenstrom & Jones, 1996; Van Riper, 1973, pp. 116-139). These alterations have involved such procedures as low-pass and high-pass auditory masking (e.g., Conture, 1974), delayed auditory feedback (DAF) (Van Riper, 1973), and frequency altered feedback (FAF) (Armson et al., 2006).

To greater or lesser degrees, these various alterations in speaker's auditory feedback for speech have been shown to reduce stuttering during reading as well as conversational speech. However, what is still unknown is whether there are predictable relationships between auditory cortical brain regions (structure and function) and changes in stuttering to altered auditory feedback.

In our first volumetric MRI study of developmental stuttering we found structural anomalies within a discrete brain region – a portion of auditory temporal cortex (Foundas et al, 2001). Other studies have found atypical activation-deactivation in this same brain region and atypical physiological responses when adults who stutter are compared to adults who do not stutter (for review, Brown et al, 2005). In a subsequent study we found that adults with developmental stuttering and atypical auditory temporal anatomy had enhanced fluency with DAF, but adults with developmental stuttering and typical anatomy showed less improvement under conditions of DAF (Foundas et al, 2004).

Although alteration in auditory feedback for speech appears effective, at least in the short term, for some individuals who stutter, there is a limited understanding of the

means by which stuttering changes as a result of alterations in speakers' air-borne auditory feedback for speech and language. With recent advances in digital technology, however, one such device has been widely marketed and empirically studied, that is, the SpeechEasy (2001).

The SpeechEasy is a small device which looks and fits like a hearing aid. This device works in essence by “playing a copy” of the person's own speech in their ear after shifting the pitch as well as creating a temporal delay in the acoustic output of their speech production. According to SpeechEasy's associated marketing literature, such adjustments or alterations in auditory feedback for speech supposedly mimic the effects of choral reading. One empirical study (Armson et al., 2006) showed that the SpeechEasy reduced stuttering events by 49%, 36%, and 74% respectively for conversation, monologue, and reading. Fluency was even more enhanced in all speaking conditions with the instruction to deliberately prolong vowels.

At present, there are several unanswered questions: How does the SpeechEasy device work at the level of the auditory cortex? How does the SpeechEasy device relate to brain anatomy and function? Our research group is interested in investigating these important questions. Our research group at Tulane, in collaboration with Dr. Edward G. Conture and colleagues at Vanderbilt, are conducting pilot studies to objectively examine the SpeechEasy in a small group of adults with persistent developmental stuttering.

Overall, results of this study should provide crucial, objective information for further, larger-scale study of this device, particularly relative to how cortical activity and structure relates to those who do versus those who do not benefit from using the device. The proposed studies have considerable theoretical and clinical significance. The proposed studies should provide a biologi-

cal framework that will allow us to learn more about the structure and function of auditory cortical regions in adults who do and do not stutter. Furthermore, it is thought that such studies may lead to more targeted interventions using the SpeechEasy to help those individuals with developmental stuttering seeming most able to receive benefit from such treatment.

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Movie*Continued from page 2*

ways to challenge himself, but the stuttering is still hard.

Looking back at my teen years, I am not sure how I would have responded to seeing the movie because I was in such denial about my stuttering. However, I would have been able to relate to so much of the film because Hal used all of the “tricks” that I grew up using.

Hal is a very likable character. He is the good guy, the witty teen, funny, smart, with greatness waiting to burst out. A very touching movie. □

Libraries put SFA materials on display

Libraries across the United States helped the Stuttering Foundation educate the public about stuttering by making displays for National Stuttering Awareness Week in May. The Foundation works hard to get the word out that there is help and hope for anyone who stutters as well as for their families, friends, teachers, and employers.

Some libraries shared photos of their displays.



The Rensselaer Library in Indiana made a beautiful, eye-catching display on a shelving system that looks like a garden fence with Stuttering Foundation materials and enlarged pictures of celebrities who stutter.

The Jefferson Parish Library in Louisiana chose to include books written by authors who stuttered with the Foundation's materials.

The Yonkers Public Library, Riverfront Branch in New York created a display outside their elevators that included SFA videos and DVDs available for the public to check out.

The Union County Library in Georgia displayed a poster made from Stuttering Foundation brochures that included something for teachers, employers, and parents as well as *Myths About Stuttering*, and *Tips for Talking with Someone Who Stutters*. The poster, *Famous People Who Stutter*, was the focal point of many of the displays.

Libraries typically coincided their displays with Stuttering Awareness Week. However, Union County Library in Georgia displayed their poster for a month! □

An interview with actor Eric Roberts

Q: At what age do you remember first being aware that you spoke differently?

A: I can't remember not being aware. In school, when we used to go around the table, each reading a paragraph, I'd count ahead and try to memorize my paragraph.

Q: Is there any history of stuttering in your family?

A: There wasn't that I knew of. I've heard that my mother stutters. Somehow, I don't hear it.

Q: Your daughter Emma definitely had a breakthrough role in this summer's hit movie "Nancy Drew." When she was a child did you worry she might develop a stuttering problem?

A: Never thought about it with Emma.

Q: Over the years, Hollywood has still produced movies which portray people who stutter in a negative light. Why do you think Hollywood still cranks out movies like these?

A: Hollywood is basically immature and insecure.

Q: You made "Best of the Best" with James Earl Jones. Did you ever discuss stuttering with him?

A: I can't actually remember if James and I discussed it. But I sense we have a lot in common.

Q: What was your single most embarrassing moment as a person who stutters?

A: Actually it was on a recent late night talk show. I got on a stuttering jag and the audience got uncomfortable and started laughing. I stayed relaxed, but I didn't have the presence of mind, until afterwards, to acknowledge the stutter and put the audience at ease.

Q: If you could give any piece of advice to a young person who stutters, what would it be?

A: The same advice I give to everyone, which is to do the ongoing work of self acceptance.

Q: Your name has long been on the Stuttering Foundation's list of Famous People Who Stutter. What was your reaction when you saw all the famous names on the list? Were you surprised to see some names on there?

A: I was surprised to see some of the names there.

Q: When you were growing up, did you have any people who stutter as role models?

A: Actually, that would have been great. But no.

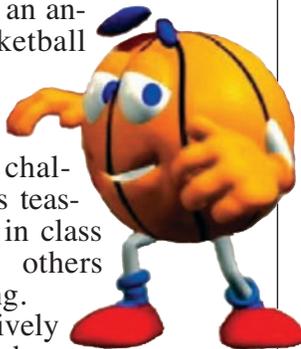
A list of Famous People Who Stutter is available at www.stutteringhelp.org. □

Q & A
CELEBRITY CORNER

Swish now helps Spanish-speaking kids

Stuttering: For Kids, By Kids is available in Spanish.

This DVD features children interacting with an animated basketball named Swish.



Kids recount how they handle challenges such as teasing, speaking in class and teaching others about stuttering.

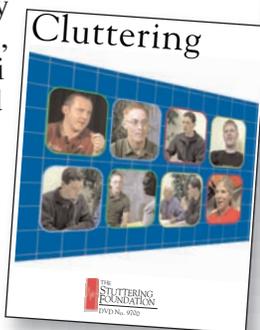
Swish, a lively and engaging character designed by students at Purdue University, narrates the video. The children who star range in age from first grade to high school, and they offer frank and sometimes different views of stuttering.

The original version premiered in 2004. Now, thanks to May International Productions and Lisette M. Betancourt, M.A., CCC-SLP, of Miami Children's Hospital, the film has been released in Spanish.

Free streaming video of the 12-minute film will soon be available online at www.tartamudez.org and www.stutteringhelp.org. The DVD will also be available free of charge to all public libraries.

New cluttering DVD now available

This 42-minute DVD, written and narrated by Florence Myers, Ph.D., Adelphi University, and Kenneth O. St. Louis, Ph.D., West Virginia University, features people who clutter and clearly illustrates the essence of cluttering as well as the problems that often accompany it.

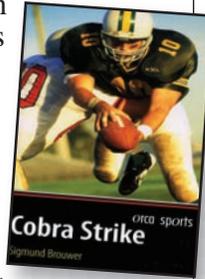


Strategies and suggestions for diagnosis and treatment of cluttering are provided for speech-language pathologists.

Book's character overcomes stuttering

In his latest book *Cobra Strike*, author Sigmund Brouwer writes about a young man who deals with his stuttering.

"I wrote it to encourage kids who stutter, and to help kids who don't face this problem to better understand the challenges," Brouwer said.



The book is available through the publisher, Orca Book Publishers, www.orcabook.com. It is also sold on Amazon.com.

In other news...

▶ Dave Germeyer offers a repair service for the Edinburgh Masker. Contact him via e-mail at dgermeyer@earthlink.net, write G.D. Germeyer, 306 S. Baltimore St., Dillsburg, PA 17019-1011, or call 717-432-3103.

▶ The documentary *Unspeakable* is about something Winnipeg filmmaker John Paskievich knows firsthand: stuttering.

His production *Unspeakable* explores the everyday trauma endured by those who stutter. He interviews people who stutter, and even explores treatments and therapies.

For more information, please contact the National Film Board of Canada at 800-542-2164 or visit www.nfb.ca.



Thanks to Rita Thurman and a helpful staff, the SFA booth at the North Carolina Speech-Hearing-Language Association conference was a success.



Online conference to explore stuttering

The 10th annual International Stuttering Online Conference opens October 1st and climaxes on the 22nd, the day designated as International Stuttering Awareness Day. The online conference will be open at the top of the Stuttering Home Page, www.stutteringhomepage.com, from October 1 - 22, 2007, and is accessible to anyone with a connection to the Internet.

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

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