



THE STUTTERING FOUNDATION®

A Nonprofit Organization

WINTER 2010

Since 1947... Helping Those Who Stutter

Neurobiology of Stuttering: Are there distinct subtypes?

By Anne L. Foundas, M.D.

The exact cause of stuttering is likely to be complex and may be multifactorial. One potential mechanism relates to a defective speech monitoring system. The basic theory is that ongoing sequential and fluent speech output is dependent on auditory sensory feedback, which monitors and corrects errors online. In normally fluent individuals, a dysfluency would be detected as an "error", and this error would be automatically corrected on-line via auditory self-monitoring. Stuttering behaviors, such as involuntary repetitions, blocks, or prolongations

in the utterance of speech elements, may be induced

by disrupted auditory self-monitoring within a closed-loop system. Thus, stuttering can be modeled, as the result of disturbed auditory feedback.

In 2001, we found that the planum temporale (PT), a brain region important in auditory processing, was anatomically atypical in adults with persistent developmental stuttering (PDS). However, the association of atypical PT anatomy to atypical function was not directly examined in this study. Therefore, in another study we attempted to determine whether there was a relationship between fluency and the anatomy of the PT under conditions of

Continued on page 13



New Film New Insights

Tools for Success: Solution Focused Brief Therapy Taster is a new 3½ hour DVD offering highlights from a workshop featuring Willie Botterill and Frances Cook as they provide insights into using *Solution Focused Brief Therapy* with those who stutter.

This taster introduces participants to the principles and practice of *Solution Focused Brief Therapy*, providing examples of children, parents, and teenagers describing their 'best hopes' for the future, using scales to determine the skills and resources they already have to attain that future, and identifying the small

signs of change along the way.

"*Solution Focused Brief Therapy* has given me a great way to find out what my clients have been doing since our last session to move themselves forward. I really like how the questioning leads them to solutions." said Brian Heskin, who took part in the workshop featured in this new film. He added, "I use the rating scale that clients do by themselves all the time since it

seems to give them ownership on what they are or are not doing to move themselves forward. The positive approach fits so well." □



Solution Focused Brief Therapy...

What is going well? And what else? And what else?

By Frances Cook, MSc, MRC-SLT (Hons) Cert. CT (Oxford)

De Shazer's model of *Solution Focused Brief Therapy* is based on several core assumptions about the nature of change. Clients are viewed as

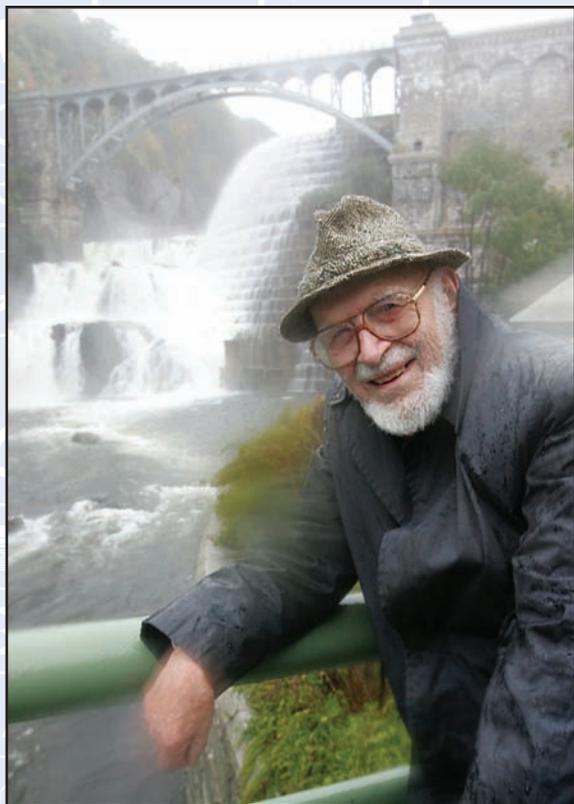
being "stuck" in problem patterns in which attempts to resolve or cope with their difficulties have become part of the problem.

However it is assumed that there will be times when problems do not occur or occur less and that clients



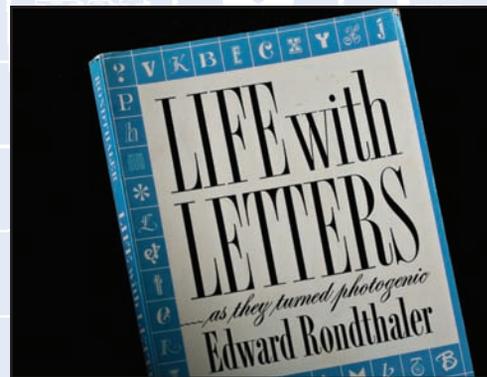
Continued on page 6

Photo by Joyce Dopken of the New York Times.



Longtime SFA Supporter

Edward Rondthaler was one of the 20th century's foremost men of letters – actual physical audible letters. An outspoken advocate of spelling reform, he spent decades trying to impose order on his 26 lawless charges. As a noted typographer who first plied his trade 99 years ago, he helped bring the art of typesetting from the age of hot metal into the modern era – and he was a person who stuttered.



Mr. Rondthaler established a national reputation by helping usher in the age of photographic typesetting. Phototypesetting was for decades a vital bridge between the hot-metal days of old and the digital typography of today.

A man of strong constitution and ardent enthusiasms, Mr. Rondthaler died on Aug. 19, 2009. He was 104 and attributed his longevity to having taken cold showers daily since 1918.

Mr. Rondthaler first became known more than 70 years ago for his seminal work in photographic typesetting.

In the mid-1930s, he and a colleague, Harold Horman, perfected a phototypesetting device that helped streamline the traditional art of setting type. Known as the Rutherford photo-lettering machine, it was one of the first such devices in wide commercial use.

Armed with their new machine, the two men founded Photo-Lettering Inc., a highly respected New York typographic house whose clients included many of the country's best-known magazines and advertising agencies.

Edward Rondthaler III was born on June 9, 1905, in Bethlehem, Pa. His father was a bishop of the Moravian Church, as was his paternal grandfather. Edward III was reared in Winston-Salem, N.C., where his father was president of Salem College.

At 5, Edward received a toy printing press as a gift and began publishing his own newspaper – a very small newspaper, about the size of a postcard. Only a few years later, he and a friend opened a print shop in a nearby basement, doing jobs for


 EDWARD RONDTHALER
 NORDICA DRIVE - CROTON-ON-HUDSON - NEW YORK

November 23 '81

 Speech Foundation of America
 152 Lombardy Rd.
 Memphis, Tenn. 38111

Gentlemen:

It is with enormous pleasure that I send you this check for a thousand dollars. Two weeks ago I received your book "Self-Therapy for the Stutterer" and have read it with amazement. Every word in it rings true. And I speak from a lifetime of experience---from Adler, Bassett, and Bogue right down the alphabet to Scripture, Twitmyer and Warren.

Those experiences are from long ago. Today, at 76, the severity is much much less, and for half of my life stammering has been more of an inconvenience than a handicap. What excites me is that at last someone has gotten to the root of the trouble and can write about it in an understanding, lucid way. I have total empathy with every line. It all makes sense.

When I was a boy there were many young stammerers. There seem to be fewer now, and for a long time I had been wondering why. It's been a long time since I've seen the little ads that Bogue and others used to have in almost every magazine. Clearly speech correction has at last risen above quackery, and I'm sure that your foundation has had much to do with that.

If you have more information about the Foundation I'd like to know about it. I'd like to remember it in my will.

Very cordially,



Edward Rondthaler Dies at 104

paying customers; they ran the business through high school and for a year afterward, to earn college money.

After studying at Westminster Choir College — besides singing, he played the flute, oboe and bassoon — Mr. Rondthaler earned a bachelor's degree in psychology from the University of North Carolina, Chapel Hill, in 1929. He wrote his senior thesis on the effects of different typefaces on the reader's perception of a text.

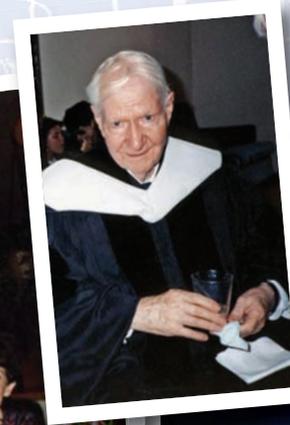
Throughout these years, he struggled with stuttering and hoped that his music studies would help alleviate the difficulty.

Mr. Rondthaler then moved to New York, where he was an art director for a commercial typesetter. In 1936, he and Mr. Horman founded Photo-Lettering, which specialized in headline and display type. The company was built around their new phototypesetting machine, which helped modernize a technology that had changed little in hundreds of years.

For centuries, type was cast in molten lead and set painstakingly by hand. In the mid-20th century, the advent of phototypesetting freed the alphabet from its leaden shackles, making it possible to manipulate letters as pure photographic images.

Mr. Rondthaler also helped found the International Typeface Corporation, which designed and licensed many commercial fonts, and the Type Directors Club.

Mr. Rondthaler's long campaign to reform English spelling did not bear much fruit, yet he had a great deal else to occupy his time. He wrote several books, among them *Alphabet Thesaurus: A Treasury of Letter Design* (Reinhold, 1960) and a memoir, *Life With Letters — As They Turned Photogenic* (Hastings House, 1981).



Ed Rondthaler with Jane Fraser (left photo) and Stuttering Foundation Board member Jean Gruss (below) at a reception honoring Stuttering Foundation Founder, Malcolm Fraser (middle photo). Ed had lobbied tirelessly for Malcolm to receive the Doctor of Humane Letters from Hamilton College in 1989 for his work on behalf of those who stutter.

“So we all move along trying to make the world a little better because we were here.”

~Edward Rondthaler wrote in a letter to Jane Fraser in 1987

He was a prolific writer of letters to the editor on a variety of subjects. He invented many things, including a slide rule that calculated currency-exchange rates and another slide rule that computed cooking times of foods based on weight.

Even after he turned 100, Mr. Rondthaler embarked on a new career in television commercials, appearing in campaigns for Pearle Vision and Genworth Financial.

In 1989, Rondthaler lobbied tirelessly to ensure that SFA founder Malcolm Fraser received an honorary degree from Hamilton College in Clinton, New York. The

two men finally met face to face the morning of June 15, 1989, after many years of corresponding.

Earlier Rondthaler had this to say about Fraser's book, “I have read your book, *Self Therapy for the Stutterer*, with amazement. Every word of it rings true. And I speak from a lifetime of experience.”

“What excites me is that at last someone has gotten to the root of the trouble and can write about it in an understanding, lucid way. I have total empathy with every line. It all makes sense.” □

When asked why he supported the Stuttering Foundation, he replied, “Because it completely changed my life – for the good.”

This article is based on an obituary written by Margalit Fox of the New York Times.



Jane Fraser, Baroness Whitaker and authors Dame Margaret Drabble and David Mitchell.

Number 10 ... Again

Stuttering Foundation President Jane Fraser was the only American at a reception in honor of the British Stammering Association at 10 Downing Street on Dec. 1.

In attendance during the London event were Cabinet Minister Ed Balls and other dignitaries, celebrities, and leading researchers and therapists in the field of stuttering.

“A second visit in a year!” said Fraser. “It is really a thrill to be back at Number 10.”

During the fall of 2008, Fraser joined actor Michael Palin and the staff of the Michael Palin Centre for Stammering Children during a reception hosted by Mrs. Sarah Brown, the wife of Prime Minister Gordon Brown. □



BSA Chair Leys Geddes raising awareness of stammering, by stammering at No 10!

Frances Cook, Jane Fraser and Willie Botterill



Dr. Trudy Stewart (University of Leeds) in animated discussion with Ed Balls MP.



Dr. Robin Lickley from Queen Margaret University, Edinburgh, with Jane Fraser and Frances Cook.



Jane Fraser and Sarah Brown greet Frances Cook.

British Stammering Association Chair Leys Geddes and Ed Balls MP



BSA education officer Cherry Hughes with Matthew Sumpter and Ed Balls MP.



Economy Doesn't Derail Support for Stuttering

Shelby Railroad On Board to Help Kids Who Stutter

Kirk and John Tarver and their Memphis-based Shelby Railroad Services Inc. raised an astonishing \$6,000 for the Stuttering Foundation.

Shelby Railroad held their annual fund-raising golf outing and dinner on Oct. 1 at Wedgewood Golf Club in Olive Branch, Miss.

“This generous gift comes at a perfect time to boost our fall campaign. What is even more amazing is that people came forward to support our cause during these hard economic times,” said Jane Fraser.



Kirk and John Tarver with Jane Fraser.

Trophies for the event ▶



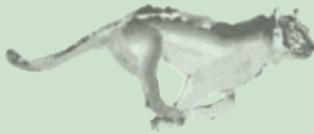
This is the eighth year the company teamed up with the Stuttering Foundation to honor Ruth McGuinness Tarver, the late mother of company president and founder John Tarver. Ruth stuttered from the time she was a young child.

“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.”

“We are so grateful for the dedicated friendship and support the Tarvers and Shelby Railroad have shown us,” Fraser said.

Shelby Railroad Services Inc. was founded by John Tarver in August 1974. The family owned company is committed to providing the railroad industry with the highest quality materials and construction services in the Mid-South and surrounding areas. Their services include design, new construction, maintenance, repair, and the supply of rail materials and equipment. □



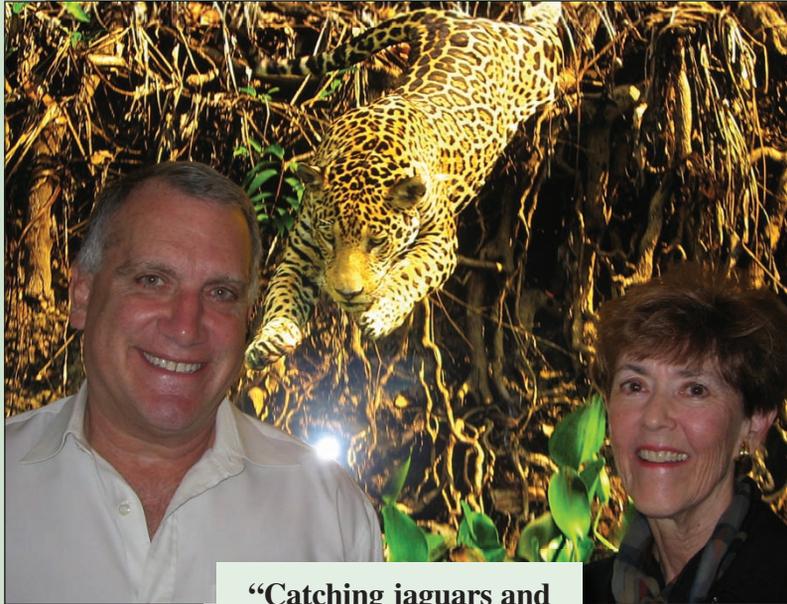
A Voice for the *Big Cats*

Stuttering Foundation spokesman and conservationist Alan Rabinowitz, actress Glenn Close, and former Assistant Secretary of State Claudia McMurray were on hand for the annual Panthera Conservation Advisory Committee reception in honor of Carlos Manuel Rodriquez of Costa Rica whose visionary policies helped secure crucial habitat for jaguars.

Also in attendance to applaud this exciting award were Stuttering Foundation President Jane Fraser and Vice President Joe Fulcher.

Mr. Rodriquez, who advises governments worldwide on adapting his groundbreaking strategy of payments for ecosystem services, was the 2009 recipient of the Rabinowitz-Kaplan Prize for Excellence in Cat Conservation.

Stories from Panthera's scien-



“Catching jaguars and tigers, negotiating with presidents and dictators - that’s easy stuff! The challenge for me has been living with the little, stuttering, insecure boy inside. The boy who’d come home from school every day and yearn for the darkness and safety of his closet.”

~ Alan Rabinowitz

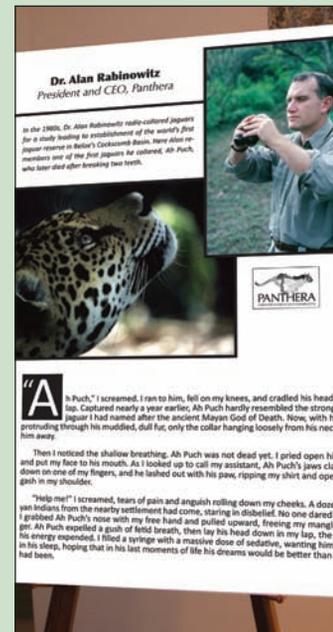
tists, researchers and partners to document their favorite encounters with big cats in the wild, known as “Cat Tales,” were on display throughout the reception hall. Award winning photographer Steve Winter, author Luke Hunter, and conservationist Andrea Heydlauf shared their stories with guests.

Panthera and the Stuttering Foundation share a common goal – to always work hard to set the bar ever higher for excellence in our respective fields. As a result, Panthera continues to develop and implement conservation strategies for the world’s most imperiled wild cats, and the Stuttering Foundation works to promote excellence in research and to provide resources, services and support to those who stutter and their families. □

Luke Hunter has conducted field work to protect large cats in Africa since 1992. His efforts have focused on lions as well as cheetahs and leopards. He is leading the first intensive study of Persian leopards and of the critically endangered Asiatic cheetah in Iran.



Renowned actress Glenn Close shares her passion for the big cats in awarding the 2009 prize.



In the 1980s, Dr. Alan Rabinowitz radio-collared jaguars for a study leading to establishment of the world's first jaguar reserve in Belize's Cockscomb Basin. Here Alan remembers one of the first jaguars he collared, Ah Puch, who tragically later died after breaking two teeth.

Best Selling Book Still Makes a Difference

“Among my packages there was a book, named *Self-Therapy for the Stutterer*,” writes Nantamu Collines from **Jinja**, a city in eastern Uganda.

Jinja lies in the south east of Uganda, 54 miles north east of the capital, Kampala. It is located on the shores of Lake Victoria, near to the source of the White Nile river.

“Whenever I read this book of self therapy, I get new perspectives and new techniques of overcoming my stuttering problem to an advanced way of communication skills. Many people, in fact, are desiring my knowledge from the book. They want to know how effectively I’m doing to overcome my stuttering to a more fluent speech. I’m trying to train them because at the mo-

ment I have got massive improvements in all areas affecting my speech. Fortunately everything is becoming clear because of the principles and concepts of this book.”

Billy Mild from **Nakuru** writes, “My therapist gave me the book, *Self-Therapy for the Stutterer*. This book has been so helpful to me, for since I started practicing the recommendations in it, I see myself on the way to taming my stutter. I have also found helpful content on your website.”

Nakuru is the provincial capital of **Kenya’s Rift Valley** province on Lake Nakuru.

Joseph Leigh writes, “I must thank Malcolm Fraser and all your supporters for making *Self-Therapy* available to me. I have

read the first thirty pages of the book and realized it talked to me. I knew that I was not alone.”

Writes Andrew Wong, **Shanghai, China**, “I am just starting self therapy by dint of your book, *Self-Therapy*, and if it does not bother you too much, I will try to report to you my ups and downs during those periods no matter what setbacks or progress; and I look forward to your valuable recommendations if possible. Thank you for your efforts and the kindnesses you offer; that gives me hope and inspires me a lot.”

Thomas Cong of **Surabaya, Indonesia**, writes, “I’m so grateful for those worthwhile books you sent. They will be useful in therapy. Blessings.” □

Therapy *Continued from front page*
therefore have within themselves the strengths and resources necessary to resolve difficulties.

In Brief Therapy it is assumed that small changes will initiate other changes in a “ripple” effect, thus helping clients to move towards their goals. Brief Therapy should therefore be as time-efficient as possible and as short-term as is required to establish a momentum of change.

Brief Therapy is orientated towards the future. This is achieved by devoting minimal time to exploring complaints or problems, by directing clients to “responses that are self-enhancing and strength-producing” and using language that implies an expectation of positive change. The focus of therapy is on what is changeable and possible rather than on what is impossible and intractable.

The therapist’s role is to see a person as more than their problem, to look for resources rather than deficits, to help clients identify goals or “preferred futures,” to

identify and amplify existing strengths and resources, and to identify and make use of “exceptions to the rule.” Problems may be elaborated in order to help clients identify patterns and repetitive cycles, but the greater focus is on identification of solutions, exceptions and the “difference that will make a difference.”

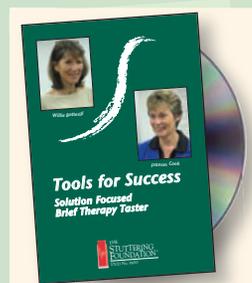
The process of therapy involves building rapport, identifying problem patterns, establishing goals, exploring strengths and solutions, emphasising positive coping and predicting, and preparing for relapse.

From the outset, interventions are specifically about the future and solution focused. Clients are treated as experts in their lives,

questions are used to establish goals or signs of change, which are small, relevant, achievable, and described in positive, behavioural terms. Some initial, global goals such as “feel more confident” or “be happier” are further refined by asking “What else will happen because you’re feeling more confident?” or “How will people know that you’re feeling happier?”

Rating scales are used throughout therapy and provide objective measures of change, while the emphasis on establishing concrete goals means that specific behavioural, if anecdotal, evidence from clients is gained.

Find out what is already working – and do more of it. Move from what’s going wrong to what’s going well - and what else, and what else, and what else? □



This new film, *Tools for Success: Solution Focused Brief Therapy Taster*, with Willie Botterill and Frances Cook, is now available from the Stuttering Foundation.

References:
Bateson, G. (1972) Steps to an Ecology of Mind. N.Y.: Ballantine Books.
Budman, S., Friedman, S., & Hoyt, M. (1992) Last words on first sessions. In Budman, S., Hoyt, M. & Friedman, S. (Eds.) The First Session in Brief Therapy. New York: Guilford.
de Shazer, S. (1985) Keys to Solution in Brief Therapy. New York: Norton.
de Shazer, S. (1988) Clues: Investigating Solutions in Brief Therapy. New York: W.W.Norton.
de Shazer, S. (1991) Putting differences to work. NY: W.W. Norton & Co.
Hoyt, M. (1994) Single session solutions. In M. Hoyt (ed) Constructive Therapies. New York: Guilford.
Iveson, G.E. & Rater, C. (1990) Problem to Solution: London, BT Press.
O'Hanlon, P. & Weiner-Davis, M. (1989) In search of solutions. NY: Norton.

Stuttering Didn't Silence the News

Byron Pitts has brought much attention to stuttering with his memoir, *Step Out on Nothing: How Faith and Family Helped Me Conquer Life's Challenges*, released in September, 2009. The book not only details his speech difficulties, but also his illiteracy until age 12 and his unstable family life. Pitts overcame the odds to become a national correspondent with CBS News.

Born in 1960, Pitts graduated from Ohio Wesleyan University in 1982. Beginning as a weekend sports anchor in 1983 at WNCT-TV in Greenville, N.C., Pitts worked his way up the ladder before being named a CBS News correspondent in 1998. He later became a contributor to *60 Minutes* and the chief national correspondent for *The CBS Evening News with Katie Couric*. He has received numerous awards including national Emmys for his coverage of the Chicago train wreck in 1999 and for his reporting of the Sept. 11 attacks.

Early in life he struggled with many of the same difficulties that are common for young people who stutter. In an interview with CBS News, Pitts stated, "I was bullied through elementary school and much of junior high school ... I didn't have many friends because of my stutter. I was embarrassed a lot of times and out of that embarrassment came anger and isolation."

In his book Pitts noted, "... from my childish perspective, I was simply a freak: the strange one, the one who couldn't get the words out, couldn't do a simple thing like speak clearly. For me, it was like living as a prisoner inside a cell ... and the times I just wanted lemonade in the school cafe-

teria but could only say the word soda. I've never liked soda. Would never drink it if I had the choice.... At the time self-esteem was a term with little meaning in the world of a child, but it's clear to me now I had very little self-esteem back then."

Dr. Ed Robinson, a speech communications professor at Ohio Wesleyan, took an interest in Pitts and led him toward the path to fluency. Dr. Robinson and a Ohio State colleague worked with Pitts over the course of the next year on speech exercises



which culminated in Pitts never stuttering while on live radio. Pitts was encouraged to host a program at the radio station and used the technique of singing his sentences to transition between the words without taking a breath.

"Through the years I have talked with skilled speech pathologists who talk about the dark ages of working with people who stutter. Many of the things Dr. Robinson had me do were long



ago cast outside as outdated. Today, there are a number of institutions that work faithfully and skillfully with people of all ages who stutter. I have done a few news stories on stuttering but have never sought specialized training. I could certainly still use it. There are words with which I still struggle. Phrases I avoid." Pitts noted.

He does tell of the time he stuttered on TV during a live shot when Terrell Harris and Pitts were both covering a case of government corruption. To avoid stuttering, he prepares and rehearses what he has to say. However Pitts states, "..... rather than hearing the introduction I expected on the corruption story, the anchor asked me a question about the weather. I froze. I was unable to react quickly to the unexpected question. In trying to respond, I stuttered. I intended to say that it had started to snow when we first arrived this morning. But it came out as 's-s-s-s-snow'. I looked at my feet to try to kick-start my brain."

"That night I ate my dinner alone in an edit suite and watched that live shot over and over again. I made a copy on VHS tape and took it home so I could watch it again. I wanted to see if there was a way to prevent something like that from ever happening again. But the shame has never left me."

The multiple challenges Pitts had to overcome in his early years are truly inspirational. While the most dominant challenge covered by the press since the release of *Step Out on Nothing* has been his years of illiteracy, Pitts' openness about his stuttering has brought great attention to this disorder. It is safe to say that Byron Pitts is a role model for a generation of young people who stutter. □

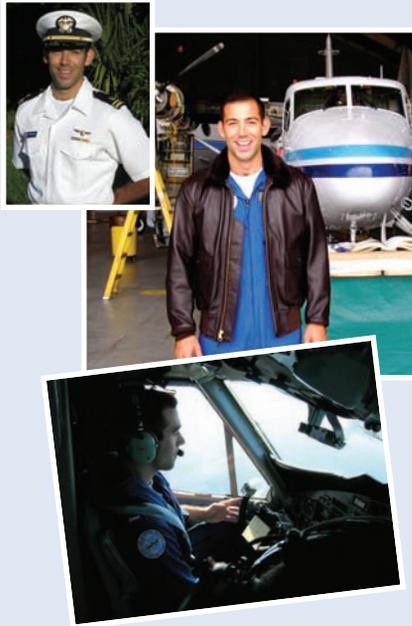
Stuttering Didn't Ground Me

By Lt. Jason Mansour, NOAA,
Aviation Operations Coordinator

I am currently a uniformed service pilot who struggled - significantly - during my youth with stuttering.

There were times when I would go weeks without being able to say a sentence without stuttering, and of course the social consequences and anxiety would only make the problem worse. Heck, even hearing a dial tone on the phone was enough to raise my heart-rate and anxiety knowing I would have to speak to someone in the next few seconds.

My family graciously was able to access a speech therapy clinic at the local college in Maryland and after several years I was able to receive treatment and assistance with a problem that I have, frankly, been able to



conquer in and out of the cockpit. I can recall the impact it had on my adolescence and am grateful for the support of my friends and family during that difficult time in my life.

It's important for young people to understand that stuttering is not, and should not be, considered an 'absolute' condition, and that it can and often does improve with proper treatment. □

'Words of Wisdom'

The Stuttering Foundation received this letter from longtime friend and supporter Dan Pappas, and we thought it would be an inspiration to others

"I frequently think about what Marty Jezer said in his marvelous book, *Stuttering: A Life Bound Up in Words*. The book is a recounting of all his attempts to find a way to stop stuttering. At one point, he said in exasperation 'I've tried everything...'

"Well, I could not get past that sentiment for many years. Finally I came up with a reply, summed up in the short phrase, 'Have you tried again?'

"I think trying to improve fluency, for many people, is very much like trying to lose weight or quit smoking. It's not the one-time fix that counts but the continual effort. During my lifetime, I've had some marvelous periods of fluency while at other times, I have had some inexplicable periods of relapse."

When asked how he deals with stuttering, Dan replied with another question, "How do I make speech therapy part of my everyday life?" □

Editor's note: Making therapy a part of your everyday commitment can make a difference.

Uncovering a Masterpiece

By Paul Noor

As a child growing up in a small village north of Iran, just south of Russia, I struggled with a severe stutter and even considered not talking and learning sign language. Today I am a speaker and speak at businesses, clubs, schools, colleges, churches and correctional facilities.

When I was a young man, I made a promise to myself that one day I would overcome my stuttering and become a public speaker. It was a huge promise as I could not even say my own name, but I also made another promise to myself: not to give up or lose hope until I achieved my dream.

About 30 years ago after I graduated from the engineering school in my home country of Iran, I came to the United States to get my Ph.D. and find a cure for my severe stuttering. For the first 10 years, I tried different therapies—nothing worked—no cure. Actually when I moved to the United States, my stuttering got worse as stuttering and learning a new language do not go together very well.

I came across a story of how Michelangelo created the "Statue of David." There was a piece of marble left on the side of the road. It was covered with dirt and trash, and no one was paying attention to it. One day as Michelangelo was walking on that street, he saw David in that marble. He took it to his shop, cleaned it up, and turned it into a piece of art. The story of David and how it was created from a leftover and unwanted piece of marble inspired me. I determined to uncover the masterpiece that I believed was hidden inside me. My goal was to overcome my stutter and become a speaker.

Continued on page 12

Therapists Jazzed in The Big Easy



The Stuttering Foundation booth was really jiving at the American Speech-Language-Hearing Association Convention.

Popular items included new products as well as many of the classics: The 2009 DVD *Tools for Success: A Cognitive Behavior Therapy Taster*, the teen brochure *Stuttering Myths, Beliefs, and Straight Talk*, and the *8 Tips for Teachers* and *7 Tips for Talking with Your Child* flyers. Older, yet still popular products, were *The School-Age Child Who Stutters: Working Effectively With Attitudes and Emotions* workbook, the DVD *Cluttering*, and the book *Self-Therapy for the Stutterer*.

An energetic group of 29 volunteers helped staff the twenty-foot booth. A special thanks to Elise Kaufman, Kathy Swiney, Joan Babin, Charlie Osborne, Peter Ramig, Nancy Ribbler, Julie Gasway, Joel Korte, Rick Arenas, Robin Jones, James Panico, Susan Cochrane, Joe Donaher, Sheryl Gottwald, Katerina Ntourou, Lisa Scott, Kristin Chmela, Judy Kuster, Rita Thurman, Jim Tsiamtsiouris, Steffi Schopick, Kathleen Scaler Scott, Jennifer Watson, Courtney Byrd, Wendy Wingard-Gay, Geoff Coalson, Jeffrey Mock, Dahye Choi and Rich Ecke. □

From top: Jane Fraser helps speech therapists select resources; Terri Jones and Katerina Ntourou discuss a DVD with an attendee; Renee Shepherd takes time to wave to the camera as she helps set up the booth; after setting up the booth, Jane Fraser, Carol Ecke, Terri Jones and Renee Shepherd gather for a picture; Peter Ramig and Nancy Ribbler.

Photos courtesy of the New Orleans Convention and Visitors Bureau.



▲ *From top: Charlie Osborne; Carol Ecke and Sheryl Gottwald; Katerina Ntourou and Terri Jones; Carol and Rich Ecke; Renee Shepherd answers questions; and Jane Fraser discusses Stuttering Foundation materials with John Van Borsel and Monica de Britto Pereira.*

Dear SFA: Reader Response



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

VP Knows Stuttering

Dear SFA:

My name is Paul. I go to speech therapy because I have trouble with my language skills and I stutter. My friend, who also stutters, my speech teacher and I did a presentation in front of my class about stuttering. We talked about how Vice President Joe Biden used to stutter. And, I also wrote an article in the school newspaper about it. Everyone at school liked it and I hope you do too:

“Did you know that in the vice president’s young life he had some trouble in school? He took speech therapy because he had a little bit of trouble speaking... (and also to)...make his stuttering better.

“How come the vice president had trouble in his young life and now he is the vice president? Because he never let it bother him ... That means that if you have any problems in school or out of school, don’t let it get to you. Don’t let people make you feel like a bad person. ...pick friends that will guide you and help you...and...keep on trying and you will be successful...”

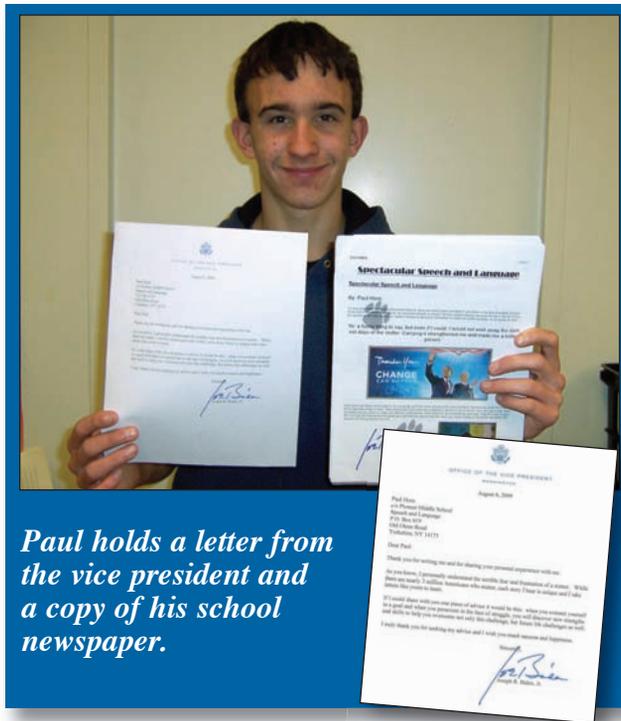
Paul
Arcade, NY

Editor’s Note: Paul was thrilled to receive a personal letter of thanks and encouragement from the vice president, who thanked Paul for writing to him and for sharing his personal experiences with stuttering, saying, “...I personally understand the terrible fear and frustration of a stutterer.”

“If I could share one piece of advice it would be this: when you commit yourself to a goal and when you persevere in the face of a struggle,

you will discover new strengths and skills to help you overcome not only this challenge, but also future life challenges as well.”

Excellent advice for everyone, from Paul and the VP!



Paul holds a letter from the vice president and a copy of his school newspaper.

Keep on Talking

Dear SFA:

My name is Ghiovaney and I’m 10 years old and in the fifth grade. I’ve been going to speech for two years. I like to play soccer, football, and basketball. I also like to play video games after I finish my homework. I have two brothers, one younger and one older than me.

When I stutter, I feel OK with it. To me, it’s not a big deal. I’m positive about it and don’t let people get to me. Sometimes I stutter when I talk to my classmates, but I just keep on going. The strategies that my speech teacher taught me that work are “easy onset” and “phrasing.” Making good eye contact also

helps me while speaking. These strategies all help me speak better.

I hope that all kids who stutter use their strategies. Also, if any classmates tease them, they should just ignore them and keep moving forward.

Ghiovaney

Orlando, Fla.

Everyone Stutters

Dear SFA:

My name is Jean. I’m 10 years old and in 5th grade. I like to play soccer, video games, basketball, football, and I like watching TV.

When I stutter, I get furious because I can’t get my words out correctly. I feel shy when I’m talking to someone. Then, in the middle of a word, I stutter. I get nervous when I have to speak to a group of people. Sometimes, I get frustrated because people laugh at me. I just try to ignore them and keep talking.

The strategies I learned with my speech teacher are slow, easy speech, pausing, and phrasing. Slow, easy speech helps me not talk so fast. Pausing and phrasing help me break up the sentence and take pauses so I can slow down.

The only thing I can say to people who stutter is to never give up and keep your speech moving forward. Ignore the people who bother you. Don’t get mad about your stuttering. Almost everyone in the world stutters sometimes, even Darren Sproles! If you don’t know who he is, he is a famous football player. Don’t be shy when talking to other girls and boys. Don’t let stuttering control your life.

Jean

Orlando, Fla.

Continued on page 11

Letters*Continued from page 10***Stuttering is OK**

Dear SFA:

I am 8 years old. I am OK with stuttering but not perfect. Sometimes I stutter with a friend or my mom and dad. I go to therapy so I can have help.

Jonathan,
New York

Teasing Hurts

Dear SFA:

My name is Chynna and I'm 8 years old. A lot of people in my class tease me about stuttering. When I talk, I stutter. People finish my sentences. I tell them to stop but they don't. I feel embarrassed.

Chynna,
Georgia

Editor's Note: Sometimes it helps to talk to your classmates about stuttering

and how it hurts to be teased. Your speech teacher can help you make a presentation to your class. Read Jean's letter on page 10 for tips.

'Super Cool Kid'

Dear SFA:

I am T.J. and I am almost 9 ½ years old. I don't like it when people make fun of my stutter. It hurts my feelings. I try not to do it. I try to use "slow, smooth, speech," and it helps a tad bit. I try breathing in and breathing out and then talking. That helps too. Sometimes, I don't want to talk in class. My classmates say, "Why don't you talk a lot?" I tell them why and when I tell them why, they start laughing at me.

In class, we talked about everyone having something that is hard for them. That helped. Now,

the kids in my class understand why I stutter. I stutter at home too — a lot. I am learning new strategies to help with my stuttering. It doesn't really matter if I stutter because I am a super cool kid.

T.J.,
Milwaukee, Wis.

Speech Teacher Helps

Dear SFA:

My name is Dylan. I am 8 years old. I stutter when I talk fast. My speech teacher helps me not to stutter with pull-outs. This helps me relax. This helps me get out the stutter.

Dylan,
Missouri

Friends Make a Difference

Dear SFA:

My name is Cohen and I stutter. When I turned 8 in second grade

I was teased and I did not like it at all.

Even though I was teased about my stuttering I still made friends. I got better with my stuttering because I go to speech.

I went to a stuttering conference in Phoenix. It was so fun because we make a lot of things. We made our own T-shirts. The hotel had a pool shaped as a U. It had a raft and slide.

There are a lot of people who stutter besides me. There's Johnny Damon for example. People need to stop teasing other people about their stuttering.

I have friends who will stick by my side and don't care if I stutter. They don't call me names.

Don't let other people get to you about your stuttering.

Cohen,
Boston, Mass. □



11-year-old "J" from Brooklyn, N.Y., drew this picture telling us that people around the world stutter.

A Word About Stuttering*By Myles Buchanan*

My stutter has been with me since before I can remember. Over the years, it has manifested itself in numerous ways: When I was young, in loud whole-word repetitions; when I was in the nervous beginnings of adolescence, in frantic sticking jitters on a single sound; and now in less conspicuous but still dreaded silent blocks in which words



s i m p l y
stop dead
in my
m o u t h .
I've hated
it, laughed
at it, made
light of it,

come close to tears about it, and above all have resented it, but stuttering has become an integral part of who I am.

My frustration with the spoken word began when I was five and endured on into middle school, and I learned to despise my stutter. My teachers were kind and my classmates accepting, but neither of these things could dispel the constant irritation that I suffered because of my speech impediment. I had intelligent, thoughtful, important things to say, but my stutter hindered my speech.

I'm sixteen now, and have come to view my stutter with a healthy touch of levity. Through work with my speech pathologist, Kristen Haines Mangan, I've become well-equipped to deal with my speech impediments and exercise a measure of control over them.

to be continued... visit our Web site, www.stutteringhelp.org, for the rest of this article. Click on "Teens." □



Sandra Garzon works with children who stutter in Colombia.

Spanish Materials Help in Colombia

By Sandra Garzon, M.A., CCC-SLP

I traveled to my native Colombia over the summer and was given the extraordinary opportunity to give a talk to parents about stuttering and how they can help their children to improve their speech and fluency skills. I was able to establish contacts with speech pathologists at the University of Valle and Centro Medico Imbanaco in Cali,

Colombia, and I shared with them materials from the Stuttering Foundation in Spanish.

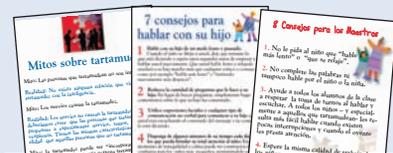
They were thankful for these efforts to increase awareness of the disorder.

The clinicians and professors from University of Valle are interested to continue to disseminate this information and are willing to continue working in a collaborative way with the Stuttering Foundation. □

Gift from Argentina

As a gift to the Stuttering Foundation and to help children and adults who stutter whose native language is Spanish, work-shopper Mara Luque from Argentina has translated the following flyers: *Myths About Stuttering*, *8 Tips for Teachers*, and *7 Tips for Parents*.

Mara writes from Buenos Aires, “Last week we celebrated the awareness day and I was really thrilled!! I wrote a news article about stuttering for one of the most popular newspapers from my country. □



Buenos Aires' leading newspaper featured Mara Luque.

Masterpiece *Continued from page 8*

I enrolled in a four-week program by Successful Stuttering Management Program at Eastern Washington University in Cheney, Washington. After many failed therapies in the past, I took their program to heart. What I liked most was they did not promise fluency and heavily emphasized being open about stuttering and advertise it—something that even after 20 years I do. Without it, I could not break through the fear of

stuttering and being a speaker.

Since my ultimate goal was to be a speaker, I immediately joined our local Toastmasters Club after graduating from that workshop. I visited the club as a guest five times and sat by the exit door to make sure I would be able to escape if needed. Finally I took the risk and joined the club. I became an active member and participated in many speech contests and won several public speaking awards. The positive, supportive and con-

structive environment of the club built my confidence, and I was able to push myself to a higher level. Joining the Toastmasters Club was the greatest investment I have done in my life.

Today, I feel my stuttering is a gift. It allows me to share my story with other people and inspire them. If we are committed, we can achieve almost anything. If I was able to do it, everyone can.

For more information, visit www.paulnoor.com. □

Neurobiology *Continued from front*

altered auditory feedback (AAF) and non-altered auditory feedback (NAF). Two groups were identified. One group had a larger left PT (leftward PT asymmetry) and one group had a larger right PT (rightward asymmetry). The PDS subgroup with atypical rightward PT asymmetry was significantly more dysfluent at baseline than the PDS subgroup with typical PT anatomy. These groups differed in their response to AAF. The individuals with atypical PT anatomy became more fluent under conditions of AAF. The individuals with typical PT asymmetry did not become more fluent with AAF. The subgroup that we identified with atypical PT anatomy may represent a distinct biological subgroup.

In 2001, the SpeechEasy device was developed to treat stuttering by using principles of AAF. It 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 the manufacturer’s development and testing of this device and empirical studies, there are some individuals that have a marked improvement in speech output with use of the device and these effects persist over time. Some people who show improvement initially may have diminished benefit over time. There are other individuals that may not respond to the device with a significant

improvement in speech output.

We are interested in determining whether there are predictable brain-based measures of auditory temporal cortical anatomy and function that are associated with a better treatment outcome. It may be that atypical PT anatomy will be associated with a better treat-



Anne Foundas, Deidre J. Devier, Nicole Villemarette-Pittman, Edward Conture, Jeffrey Mock, Tracey A. Knaus, Celine McConville and Jane Fraser during the visit of Conture and Fraser Oct. 12-14 to the Brain and Behavior Program at LSU Health Sciences Center in New Orleans.

ment response to AAF, and bilateral deactivation of auditory temporal cortex may be “corrected” with treatment, i.e., this pattern may become more left lateralized as reported in fluent controls.

In order to understand the mechanism of action of this device we have examined the device under laboratory conditions. To date 20 participants — 11 adults who stutter-AWS, 9 controls — have been examined. At the recent ASHA meeting in New Orleans, we reported on the results in the right-handed men evaluated to date including AWS (n=8) and controls (n=8) matched on age and education. The results in our larger sample confirm what we found in our preliminary analyses.

The device has more influence on stuttering frequency during narration and reading than during conversational speech. This effect interacts

with which ear the device is worn on. That is, some participants had more effect with the device in the left versus the right ear. As has been shown with previous studies, there was considerable variation among participants.

Thus, our preliminary results show that the AAF device can influence stuttering, but inconsistently with a great deal of individual variation. It is important to determine whether specific settings, ear placement, attention or other biological factors, like the anatomy of the PT, may influence response. □

References

- Armson J, Kieft M, Mason J, De Croos D. (2006) The effect of SpeechEasy on stuttering frequency in laboratory conditions. *J Fluency Disord.* 31:137-152.
- Foundas AL, Bollich AM, Corey D, Hurley M, Heilman K (2001). Anomalous anatomy of speech-language areas in adults with persistent developmental stuttering. *Neurology*, 57: 207-215.
- Foundas AL, Bollich AM, Feldman J, Corey DM, Hurley M, Heilman KM. (2004) Atypical planum temporale anatomy in stuttering: Relationship to delayed auditory feedback. *Neurology*. 63: 1640-1646.
- Kalinowski, J. (2003). Self-reported efficacy of an all-in-the-ear-canal prosthetic device to inhibit stuttering during one hundred hours of university teaching. *Disability and Rehabilitation*, 25: 107-111.
- Pollard, R, Ellis, JB, Finan, D, Ramig, PR. (2009) Effects of the SpeechEasy on objective and perceived aspects of stuttering: A 6-month, Phase I Clinical Trial in naturalistic environments. *J of Speech & Hearing Research*. 52:516-533.


Best wishes from Shanghai!

SFA workshopper Haiyin Huang is surrounded by members of his stuttering support group in China.

 **Find us on Facebook**

Brenda Kay Malepeai 1952-2009

Brenda Kay Malepeai passed away on March 31, 2009, surrounded by her family. She was a member of the Stuttering Foundation's Western Workshop Class of 2000. "Brenda was an outstanding leader in the practice



of stuttering and fluency disorders," noted Foundation President Jane Fraser.

Brenda joined the faculty of the Speech Pathology and Audiology Department at Idaho State University in 1982, where she served for 20 years as the Clinical Director. Among her professional accomplishments, she was awarded the Honors of the Idaho Speech-Language-Hearing Association and received Specialty Recognition in fluency disorders from the American Speech-Language-Hearing Association.

Colleague and fellow workshopper Carol Ecke remembers her fondly, "Brenda's compassion for her family, friends, students, and profession were apparent from the day we met in 2000, and although her death is a shock, I will always remember her glorious smile, laughter, and good humor as she embraced each day as a new adventure." □

Workshops

▶ The Stuttering Foundation Five Day Workshop, *Cognitive Approaches to Parent-Child Interaction Therapy*, will be held in Boston, Massachusetts, June 14-18, 2010. With Frances Cook, MSc, Cert. CT (Oxford), Reg UKCP (PCT), Cert MRCSLT (Hons) and Willie Botterill, MSc (Psych. Couns.), Reg UKCP (PCT), Cert MRCSLT of the Michael Palin Centre for Stammering Children in London. Conference coordinator is Diane Parris, M.S., of Boston University. For more information, call 800-992-9392 or visit www.stutteringhelp.org and click on "Speech-language pathologists." The Stuttering Foundation pays all tuition costs as well as room and board for this exceptional in-depth workshop.

▶ The Stuttering Foundation's Five Day Mid-Atlantic Workshop, *Treating Children and Adolescents Who Stutter*, at Children's Hospital of Philadelphia, Philadelphia, Pennsylvania, June 18-22, 2008. With Joseph Donaher, Ph.D., Children's Hospital of Philadelphia; Lisa A. Scott, Ph.D., The Florida State University; and Vivian Sisskin, M.A., University of Maryland-College Park. For more information, call 800-992-9392 or visit www.stutteringhelp.org and click on "Speech-language pathologists." The Stuttering Foundation pays all tuition costs as well as room and board for this exceptional in-depth workshop.

Books

▶ *Leap of Faith* by Richard Benyo. (2009) Pennsylvania Heritage Books. Available at www.amazon.com.

▶ *Treatment of Stuttering, Established and Emerging Interventions* by Barry Guitar and Rebecca McCauley. (2010) Lippincott, Williams, and Wilkin, Baltimore. www.lww.com.

▶ *Research on Stuttering in Pre-school and School Children* by Zbigniew Tarkowski and Ewa Malgorzata Skorek. (2009) University Zielonogorski Press, Poland.

▶ *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.

See our Web site, www.stutteringhelp.org, for a complete list of books. □



Stuttering Foundation workshopper and speech-language pathologist Anne-Marie Simon, center, of France and speech-language pathologist Aude Fresnay led an intensive therapy week in Port Louis, Mauritius, reports Jim Caroopen of Mauritius. □



Happy New Year!
~ from our staff

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

Volume 19, Issue 1

Renee Shepherd Editor
Scot Squires Writer/Designer
Special thanks to Joan Warner, Patty Reed, Susie Hall, Pat Hamm, Lisa Hinton, Terri Jones, and Carol Ecke.