



65
Years of Service

THE STUTTERING FOUNDATION®

A Nonprofit Organization

SUMMER 2012

Since 1947 ... Helping Those Who Stutter

2012 NEW YORK CITY GALA

Stossel Leads Winning Team



John Stossel honored during New York City gala.



Author, playwright, and actor Scott Damian, page 2.



New York Jets star Ellis Lankster, page 3.



Hello Kelly front-man Francis Goudreau, Jr., page 4.

NEW YORK—Renowned journalist and commentator John Stossel joined the Stuttering Foundation at a May 8th gala in New York to celebrate National Stuttering Awareness Week and the Foundation's 65th Anniversary as the world's leading charitable organization helping those who stutter.

"John has been a longtime friend of the Foundation and a true champion for people who stutter. He readily admits that stuttering is still a concern for him and shows his courage every evening as he faces the camera," said Jane Fraser, president of the nonprofit organization.

Fraser presented Stossel with the Foundation's "Converting Awareness into Action" award.

"Awareness is really nothing without action – it involves a willingness to inspire others," Fraser said. "This award is symbolic of John's dedication over many years to helping those who stutter."

"Providing hope is a team effort," added Fraser. "We rely on the courage and kindness of many to showcase the talents and accomplishments of people who stutter, to inspire and to shine a spotlight on what is possible."

Also receiving recognition for their contributions to the stuttering community are recording artist Francis Goudreau, Jr., of the band Hello Kelly, author/actor/playwright Scott Damian, and New York Jets cornerback Ellis Lankster.

"Today we honor those who have opened their hearts and lives by sharing their story and experiences as an example for all who struggle to speak," continued Fraser.

During the past year, the understanding of stuttering increased dramatically with the Oscar-winning movie, *The King's Speech*. The Foundation, building upon this, is converting awareness into action throughout its 65th year, reaching people in 136 countries around the world.



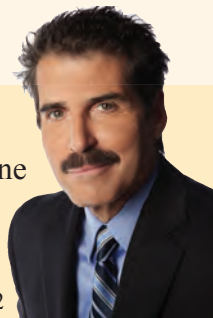
John Stossel receives the "Converting Awareness Into Action" award from Celia Gruss, granddaughter of SFA Founder, Malcolm Fraser.

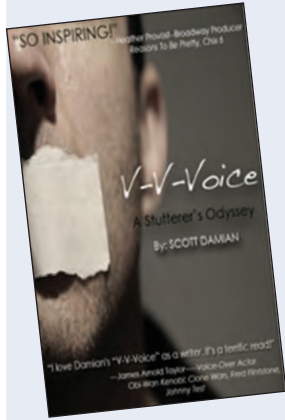


Stossel's Stats

Winner of 19 Emmy Awards, journalist John Stossel is one of the most recognized and articulate reporters today. However, he once considered giving up his broadcasting career because of his stuttering!

Continued on page 2





V-V-Voice: A Stutterer's Odyssey, will be available on eBooks in the near future.



Jane Fraser presents Scott Damian with the Stuttering Foundation's "Converting Awareness into Action" award.



Actor, Author Damian Honored at Gala

"In his book V-V-Voice: A Stutterer's Odyssey, Scott Damian explores his own personal struggles with stuttering while reminding us through his multitasking career how those obstacles can be overcome," noted Jane Fraser at the gala. "He is an inspiration."

Damian had this to say about stuttering, "V-V-Voice...the word sticks in the back of your throat. Your mouth shudders as your teeth grit together. You push, trying to get the word out. A jarring, jackhammer sound gurgles out of your mouth. Your face contorts and your body shakes as judging eyes stare at you. A shameful feeling washes over you. Your soul is forever crushed.

These are the wounding, humiliating trials that millions of stutterers worldwide endure each and every day...and I am one of them.

Even though some conquer their stuttering, the psychological ramifications stay with a former stutterer for a lifetime. The self-doubt. The uncertainty that the stuttering will surface again. The shame and guilt that comes with the memories of stuttering. Each and every day we must contend with these visceral battles. That is why I wrote V-V-Voice: A Stutterer's Odyssey. To show that we share the same pain. The same hardship. The same battle scars. And that through this bond, we can find healing."



Ellis Lankster chats with Heather Provost and Scott Damian.



Scott Damian describes his challenges with stuttering.



The Hello Kelly group, Ellis Lankster, and Scott Damian hamming it up!



Francy and Scott.

Stossel Continued from front page

"Fear of stuttering can easily become worse than the stuttering itself," he observed. "The idea that I'm on television and making speeches is still a shock to me sometimes."

John's childhood and the early part of his career were fraught with the difficulties of stuttering. "I remember terror in the classroom," he said. "In my early days as a reporter, I did regular live 30-

second segments with the anchor of the news program; I woke up every morning in fear of that. The fear stayed with me all day long."

He considered quitting but, fortunately, sought speech therapy first. "Once I began to see the results of treatment, I was like a cork out of a bottle," John said. "I started talking all the time, celebrating and testing my newly found fluency."

"Immediately after going through intensive treatment, I re-

member having the attitude that I'd never have a stuttering problem again, and then the crushing disappointment when I did," he notes. "I had to constantly remind myself to keep working on it."

John provides commentary on many news programs on the Fox News channel, has his own show on FBN twice weekly, and is currently promoting his newest book titled No, They Can't: Why Government Fails – but Individuals Succeed.

Lankster: 'Don't quit. Go live your dream'

Football Star Inspires Kids Who Stutter

NFL Cornerback Ellis Lankster, of the New York Jets, was honored by the Stuttering Foundation at a May 8th gala in New York.

"Ellis shows his true toughness by sharing his struggles with fluency as a child," said Jane Fraser, president of the Stuttering Foundation. "He refused to let his stutter keep him from his dream of playing professional football, and he is committed to helping and inspiring children attain their dreams by overcoming the obstacles they face."

Fraser presented Lankster with the Foundation's "Converting Awareness Into Action" award for the hope and inspiration he brings to the stuttering community.

Ellis is a person who stutters, but has refused to let it alter his dream of playing professional football.

His mother told him at an early age that he could still be anything he wanted to be. "Don't quit. Go live your dream" is his motto.

"God made me a star football player who stutters for a reason. So I can help other people who stutter."
~Ellis Lankster



Jane Fraser presents Ellis Lankster with the "Converting Awareness Into Action" award.



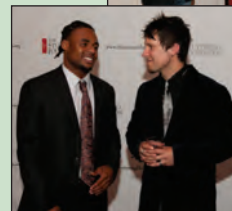
Ellis Lankster, Tom Caggiano, and Alan Rabinowitz.



Joe Donaher visits with Ellis.



Frances Cook, Ellis Lankster, and Jane Fraser.



Ellis with members of the band Hello Kelly.



Diane Parris and Ellis.



Tom and Lee Caggiano talk with Ellis about helping kids who stutter.

Facebook Comments

Iris: What an excellent story and tremendous courage.

Bob: ...will be rooting for these two guys.

Michael: There is no shame in stuttering (all of us do, at some point, some more often). The shame, however, is in denying or hiding its very existence.

Alvin: God bless and help him. And GOOD for him - doing what he wants to do.

Cindy: He's saying "like um" a lot as an avoidance behavior to avoid a stuttering moment. It's unfortunate that the general population sees this video and automatically thinks he is unintelligent. This is why stuttering awareness needs to be educated in our public schools as early as possible.

Patrick: We all deal with it the best way we know how. He will do great.

Kevin: As a stutterer, I hate when people think I'm just nervous, as some people in the youtube comments area said about Mr. Lankster. Stuttering is certainly a misunderstood condition. It's hard enough to stutter, but when people misunderstand the condition, it just hurts more.

HelloKellyOnline.com

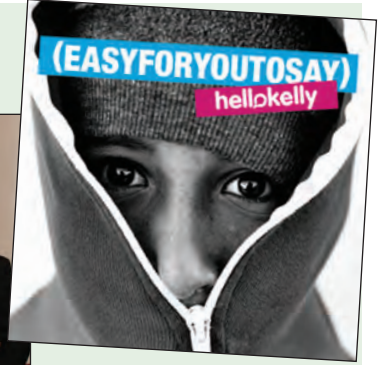
Lead singer for the rock band Hello Kelly, Francois "Francy" Goudreault, Jr., was also honored by the Stuttering Foundation.

In Hello Kelly's song *Communication Breakdown*, Francy and his bandmates have set to music the struggles 65 million people around the world live each day. Francy's message and achievement amplify hope for a new generation of people who stutter.

Hello Kelly is a feisty alt-rock band from Orangeville, ON. Francy Goudreault explains: "The album title *Easy for You to Say* is wordplay on my stutter, something I've scrapped with for a long time. But I don't count it as a weakness. Instead, I count it as a unique perspective, a challenge, a story to tell. The hope is that people will hear my story and be encouraged to overcome the hurdles and hardships in their own lives."



Jane Fraser presents Francois Goudreault with the Foundation's "Converting Awareness into Action" award for the hope and inspiration he brings to the stuttering community.



Unplugged songs win over the crowd.

"...I count it as a unique perspective, a challenge, a story to tell."

~Francy Goudreault



Recording artists share ideas.



Steffi Schopick and Francy.



Jiving with the group.



Dr. Phil Schneider, Francy, and Tom.



Annie Glenn a Real Hero and Inspiration

February marked 50 years since John Glenn blasted off to orbit the Earth. Glenn, one of the original Mercury 7 astronauts, is an American hero. But he has his own hero — his wife, Annie.

Author and CNN contributor Bob Greene recently wrote on CNN.com about Annie's struggles with stuttering.

"Her stuttering was so severe that it was categorized as an 85% disability. Eighty-five percent of the time she could not manage to make words come out," Greene explained.

As a military family, John and Annie moved often. It was often hard to settle in a new area. "I can remember some very painful experiences — especially the ridicule," Annie recounts.

"In department stores, she would wander unfamiliar aisles trying to find the right section, embarrassed to attempt to ask

the salesclerks for help," Greene wrote. "In taxis, she would have to write requests to the driver, because she couldn't speak the destination out loud. In restaura-

were missing out on knowing a rare and wonderful girl," Greene said about John and Annie.

In 1973, at the age of 53, an intensive program was able to help Annie speak more fluently.

"I saw Annie's perseverance and strength through the years and it just made me admire her and love her even more," John wrote previously. "I don't know if I would have had the courage."

Annie has served as a longtime spokesperson for the Foundation. She chaired National

Stuttering Awareness Week, has been featured on posters, in press releases and in the Foundation's public service ads.

As a symbol of courage, she is a real inspiration to all women who stutter.

You can read the entire article about Annie Glenn by columnist Bob Greene at <http://edition.cnn.com/2012/02/19/opinion/greene-john-annie-glenn/index.html>.



rants, she would point to the items on the menu."

John is now 90 and Annie is 92. They have been married for 69 years. The two knew each other since they were young children because their parents were close friends.

"Even as a boy he was wise enough to understand that people who could not see past her stutter

There are many proven, effective ways to reduce stuttering.

Doing nothing is not one of them.

We can help, but you have to take the first step. We're here for you.



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

The Foundation's Financial Reports for 2011

The annual audit of the Stuttering Foundation financial reports for 2011 was recently completed by the accounting firm of Cannon and Company, Certified Public Accountants, Memphis, Tenn. Following is a recap of funds and expenditures for the year.

The 3.3% of expenditures for administration and general expenses and the 8/10 of 1% for fund raising are very

low, and since we are fortunate to have an endowment which more than covers our overhead expenses, donors can be assured that their gifts will go directly to support our program services.

The Foundation is a 501(c)(3) private operating foundation which expends its funds on its own programs and operations and does not make grants to other institutions.

Funds expended for:

Creation, production, printing and distribution of educational materials	\$558,414.....34.6%
Public information and education	442,060.....27.4%
Educational symposia for professionals	196,149.....12.2%
Research on causes/treatment of stuttering and therapy	258,894.....16.1%
Maintain Web site and toll-free information hotline	89,383.....5.5%
Total for Program Services:	\$1,544,900...95.8%
Other expenditures:	
Administration and general	53,313.....3.3%
Fund-raising expense	12,993.....0.8%
Total Expenditures:	\$1,611,206....100%

Annual Audit

The workshop elevated my confidence in my stuttering therapy with adults, and has given me new and concrete tools which enriched my view and approach, even technically. Insisting on describing a situation through Cognitive Behavior Therapy (CBT) cycles has made a real difference. Also, since then I have been doing Parent Child Interaction therapy, which I have never done thoroughly. I enjoy the process and it has been showing results.

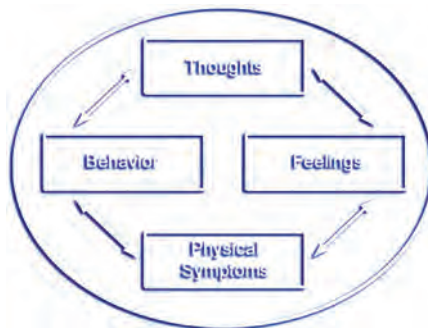
Since the workshop, I offer Parent Child Interaction therapy to families of preschoolers and use CBT and SFBT principles and procedures in individual and group therapy with those who stutter. Also I have had my practicum students read about PCI, CBT, and SFBT and learn to apply these strategies with the clients they work with under my direction.

We have added CBT to our intensive clinics, added some best hopes elements to our extended and intensive therapy, practice Solution Focused Brief Therapy (SFBT) strategies during staff development and in our supervision sessions with students, and have started to use PCI components in our therapy for children.

I've been integrating a lot of things I learned from last summer's workshop in practice and in my everyday life. My workplace has become more 'solutions' focused and there has been a greater emphasis placed on clients being the expert.

I facilitated a workshop with my colleagues and put on my Solution Focused Brief Therapy hat with the questions I asked and it really helped point out to my colleagues how useful SFBT is (rather than the clinician being the expert and telling the clients what is important, the client can be the

expert and set up noticing tasks jointly). As a result of the increased awareness of the usefulness of SFBT, my workplace has contracted an external Solution Focused Brief Therapist to run a



Cognitive Approaches in Fluency Therapy: Workshopppers report how they are using what they learned

workshop for us and other Speech Language Pathologists to spread the word.

I have used the Cognitive Behavior Therapy model to describe how stuttering can have a vicious cycle to my school aged/teen clients with great results. This has really helped them tune into their thoughts, feelings, physiological responses and behaviors which contribute to the manifestation of the stuttering 'problem.'

The most important lesson I learned and use all of the time is to provide an opportunity for the client to openly discuss the issues pertinent to themselves with respect to communication. I have had 3 adults on my caseload this year, all of whom have been in therapy before. All have felt that they "just didn't work hard enough or practice enough" when they were in therapy before. Not one of these gentlemen has used disclosure or had any CBT. I know you understand the relief I see on their faces when we use CBT and solution-focused work.

I had an epiphany one day recently while taking one of my daughters to her endocrinologist

for a diabetes appointment. With diabetes, much like stuttering, the numbers are never going to be 100% where you want them to be. I have observed my child's doctors being fixated on the numbers and forgetting about the angst the patient feels because some of the numbers were out of "desired range." I began to think about our fluency clients and how they too, feel similarly. We recently saw a doctor who doesn't look first at the numbers but knows instinctively that his guidance was needed and took the time to get to know my child. I can't tell you how amazing

this was for my daughter's sense of well being. At this point, I really don't like taking

counts in front of a client. I am more concerned with whether or not they were able to say, for example, their first name at a meeting (stuttered or not) rather than saying "Mr. Paul B..." inappropriately to avoid stuttering. That is a much more important measure of success.

Upon returning from the workshop, I started a client session with a SFBT focus to help review and frame what had been going well while I was away. Initially, he reported that it was a roller-coaster over the last few weeks but somehow he managed to remain upbeat and to talk more. He played for me a recording of him reciting the speech from the end of *The King's Speech*. He spoke with fluency, control and confidence. As we explored the effect this self initiated task had on him, it was a catalyst for him to feel better about himself and to reinforce that he is in control!

I did a short presentation with my colleagues at the private practice. My excitement proved infectious as they were all very interested to learn more.

I start therapy tomorrow with a

When we think of stuttering, we normally think of developmental stuttering that has its onset during a child's early developmental years. However, since the first published case study in the early 1800's, researchers and clinicians have been aware that

stuttering or stuttering-like disfluencies also can occur in persons after they have experienced neurological trauma or disease¹. Since then, many patients have been described in the literature documenting how neurogenic (or acquired) stuttering can manifest itself at an adult age. However, little is known about the incidence or prevalence of neurogenic stuttering, and few systematic studies have investigated the characteristics of neurogenic stuttering that are common to these patients. Even fewer have used brain imaging to identify the neural mechanisms underlying the onset of stuttering in adults.

Stroke and traumatic brain injury are the two most commonly reported causes of neurogenic stuttering but it also has been observed as a result of neurodegenerative diseases (e.g., Parkinson Disease), and other conditions such as epilepsy, brain tumors and drug use¹. Because most studies on neurogenic stuttering report on single patients, and these may not necessarily represent what is typically seen in neurogenic stuttering, we conducted a multi-faceted study on a large group of patients in an attempt to shed more light on their speech fluency disorder. These studies were done at the University of

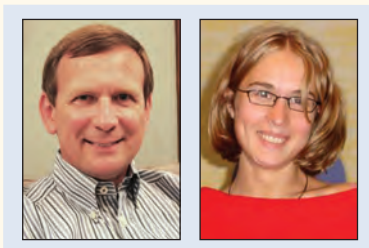
Leuven in Belgium as part of the doctoral degree completed by the second author.

In an attempt to gain a better

understanding of the prevalence of neurogenic stuttering in the clinical setting, we first conducted a survey study of speech-language pathologists who were asked to

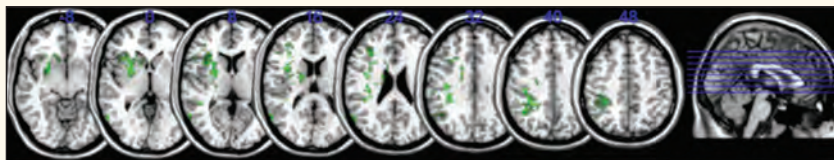
Advances in Our Understanding of Adult Neurogenic Stuttering

By Luc De Nil, Ph.D., and Catherine Theys, M.Sc.



respond to a series of questions on the occurrence and characteristics of neurogenic stuttering in their patients². Information was obtained on 58 patients with neurogenic stuttering following various neurological disorders, most often stroke. The findings indicated that neurogenic stuttering is not an uncommon disorder and, indeed, that many clinicians had worked with such patients. Furthermore, the data suggested that patients with neurogenic stuttering are not a homogeneous group but may differ in terms of lesion site and speech characteristics in part based on the underlying neurological disease.

In a second phase of the project, a systematic, prospective study on stroke-induced stuttering was completed. This study was limited to stroke patients because they consti-



Left-hemisphere areas with a probability higher than 90% of being lesioned in patients with neurogenic stuttering.

tute the largest etiological group among patients with neurogenic stuttering. It consisted of three consecutive parts. First, data on the in-

cidence and prevalence were obtained by repeatedly screening 319 stroke patients for speech dysfluencies in the first year following their stroke³. If screening indicated potential stuttering, a more extensive test battery was administered. As a result, 17 of the 319 patients

were diagnosed with neurogenic stuttering, resulting in a 5.3% incidence among stroke patients. The stuttering persisted in at least 2.5% of these patients for more than six months following the stroke. In a second part of the study, the behavioral speech characteristics and the co-occurring speech and language disorders associated with neurogenic stuttering were investigated⁴. Aphasia and dysarthria were diagnosed as frequently co-occurring communication disorders, while apraxia was diagnosed much less frequently. While patients with co-occurring aphasia presented with a significantly higher frequency of stuttering, dysarthria or cognitive problems did not lead to more severe stuttering.

In a final part of the study, we investigated the localization of brain lesions that were most likely associated with the diagnosis of neurogenic stuttering in stroke⁴. This was done by comparing the brain lesions of 20 patients with stroke-induced stuttering to those of 17 stroke patients without stuttering. We showed that 9 left-hemisphere areas were significantly associated with the presence of neurogenic stuttering. These areas were largely overlapping with the cortico-basal ganglia-cortical network

comprising the inferior frontal cortex, superior temporal cortex, intraparietal cortex, basal

Continued on page 10

Student's Inspirational Essay Goes Viral

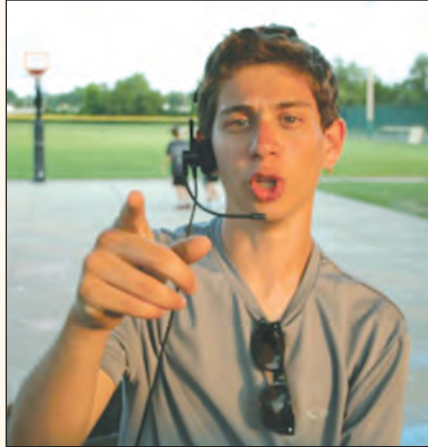
Since this college essay by Daniel Altman was first published on the Stuttering Foundation's website a few months ago, Filmmaker Magazine and other websites have featured it. Daniel will be attending Wheaton College in Massachusetts, where he plans to study International Relations and Film.

By Daniel Altman

I stutter. I stutter like Porky Pig. Sometimes I stutter in short bursts - unrecognizable to any language - leaving me gasping for breath. Other times I stutter myself into silence. Standing with my mouth wide open like a possessed vulture, I try in vain to conjure sound. I've stuttered for as long as I can remember. My parents tell me it began at the age of two when one morning I woke up and couldn't speak. From that day on I have experienced challenges in day-to-day life: ordering food in restaurants, making phone calls, or talking in class. I'm told stuttering is a mysterious and powerful force that blocks the path from brain to mouth. Muscles simply freeze, and potential words are left in the brain, sitting in a stuffy waiting room until they are ushered to the mouth to form words. For most of my life, I haven't let stuttering define me. Still, I have recurring nightmares of a future work situation, talking on a phone struggling to speak to a boss or co-worker. My greatest fear is not what others think of me because of my disability but the limitations in life that are a result of stuttering.

This summer I had the opportunity to work on a full-length independent film being shot in

Louisville. I have a passion for film production and would love to pursue it as a career. I interviewed and got a job as a production assistant. Here was a chance to work alongside big shots. Other production assistants who



Daniel Altman worked as a production assistant last summer for a full-length independent film.

had already graduated from college and were trying to break into the business seemed puzzled by my presence on set. The movie included actors from shows like *Cougar Town* and *Weeds*. I couldn't let my speech get in the way of this opportunity. Time to tame Porky Pig.

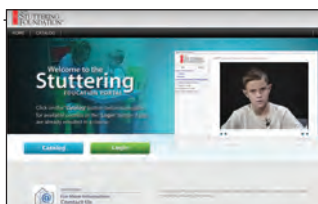
On the first day of shooting, I was handed a walkie-talkie. The little black voice box was everything I had always feared and more. This was a device that projected your voice to a network of people with high stress levels and volatile tempers.

The movie was a real life test of my ability to do what everyone around me takes for granted: the ability to speak. My failure to participate in essential set communication - a fury of fast talking jar-

gon - would mean my immediate dismissal from the job. Another intern had been fired for a miniscule costume infraction. Working on a movie set meant working 18-hour days and complying with every order barked into the walkie-talkie during that grueling expanse of time. More importantly it meant dealing with everything that happens on a movie set uninvolved with filmmaking: actor transport, set maintenance and the hugely important task of tending to the all mighty Crafts and Services. So when that long dreaded moment came, when I heard my name in the headset, I felt my heart drop. Suddenly, a strange sensation overwhelmed me. A kind of dismal calm dominated my system. Wide-eyed and filled with the potent combination of fear and somber understanding, I raised the walkie to my mouth and somehow clearly stated. "Sorry, no more assorted danishes at Crafts and Services."

The next month was filled with night-long shoots and lots of walkie-talkie dialogue. My nightmares about failure in the workplace gave way to long talks on cell phones with good friends, perfect strangers, bosses or co-workers. Nothing was better than this, not even speeches in front of thousands, no, millions of people; to have the ability to communicate without hand gestures or someone else finishing my sentences. Now if someone asked me to escort the talent from hair-make-up-and wardrobe up to set, my response would be a steady and fluent: "Copy That."

Copy That.



The Stuttering Foundation will soon begin offering continuing education (CEUs) online for speech-language pathologists. Call 800-992-9392 for more information.

Meet Board Member Frances Cook

Frances Cook has served on the Stuttering Foundation Board of Directors since 2008.

Frances recently retired as the Head of Specialty at the Michael Palin Centre (MPC) for Stammering Children in London, UK. The MPC opened in 1993 and it is now recognised as a centre of expertise in the practical treatment of stuttering, for its professional training programmes and its expanding programme of research into treatment efficacy.

Frances has specialised in the field of stuttering since 1974. In addition to being a Speech and Language Therapist, she is trained in Personal Construct Psychology and in Cognitive Behaviour Therapy. She was awarded the Clinician of Distinction Award by the International Fluency Association in 2004 and, in 2005 was appointed an honorary research fellow in the Department of Psychology, University College London and awarded the honours

of the Royal College of Speech and Language Therapists.

Frances has published many articles, chapters and texts in relation to clinical practice as well



as a range of research papers. She has also been involved with two DVDs produced by the Stuttering Foundation of America: Stuttering: Basic Clinical Skills and more recently, Tools for Success: A Cognitive

Behavior Therapy Taster.

“My interest in stuttering was awakened by my excellent lecturers, Maud Wohl and Roberta Lees in Glasgow, it was strengthened by training with Gavin Andrews and Barry Guitar in Sydney, and finally became deep rooted in London when working with my remarkable mentor Lena Rustin and my brilliant colleague and friend, Willie Botterill.”

“But it has always been the wonderful children, teenagers and families who have taught me the most. It is clear that those who stammer do have some commonalities, but I believe that each person has an individual experience of the challenges they face and therapy must be tailored to their needs. Despite the advances in research and evidence based practice, I will continue to worry about the damage that can be done to young lives by inadequate services, by lack of training and expert supervision. If my child was stuttering, I would want to be helped by an expert.”

Straight Talk for Teachers Translated into Polish

Stuttering Foundation 2011 Western workshoper Katarzyna Wesierska translated the book Stuttering: Straight Talk for Teachers into Polish.



Katarzyna Wesierska

This very attractive book includes the SFA video for teachers with Polish subtitles. In addition to her work on the book and video, Wesierska translated the flyers, Myths about Stuttering, and 8 Tips for Teachers, which are also included in the book.

Katarzyna wrote, “As I promised, the Polish translation of

Stuttering: Straight Talk for Teachers was published in time for the Logopedical Prevention in the Educational System Conference held at the University of Silesia. Both the book and the poster were received with great enthusiasm.”



She successfully gained the support of the University for this project.

Katarzyna noted, “Wszechnica, the Scientific Society of the University of Silesia, financed the



Conference at the University of Silesia in Poland, where the translation of Stuttering: Straight Talk for Teachers was introduced.

8 Tips for Teachers poster which will promote the book in the school setting. One thousand copies of the poster were published for circulation.”

Mid-South Conference



Terri Jones (seated on left), and Pat Hamm at the Stuttering Foundation booth during the Mid-South Conference.



Molly Ellis (left), president of the University of Memphis Chapter of the National Student Speech Language Hearing Association, presents Jane Fraser with the Malcolm Fraser Community Service Award on Feb. 23 during the Mid-South Conference on Communicative Disorders in Memphis.

The award received media attention from The Associated Press, along with other news outlets around the country.

2012 Board Meeting



The Stuttering Foundation held its annual Board meeting on February 18, 2012, on St. Simons Island, Georgia.

Board member Frances Cook reported on therapy programs and research at the Michael Palin Centre in London, and Lisa Scott of The Florida State University outlined a project to move all of the Stuttering Foundation's continuing education materials online.

Workshoppers Continued from page 6

9 year old who appears to be a great candidate for some CBT. I am going to start with helping him put names to feelings and emotions. I plan to read the kids' letters on the SFA website to start. I know SFA has a great DVD and there are some books in our handouts. I may have him plot his stutter onto

an iceberg as it might help him conceptualize what surface behaviors are and what's beneath the surface (negative thoughts and emotions.)

The use of CBT and SBFT has been very positive in the sense that I have better tools to counsel parents not only applied to stuttering cases but in general for all kinds of speech and language cases. I also gave a presentation

and led a discussion about CBT applied to school-age children in one of my Cluster Meetings with other SLPs. My fellow SLPs who attended were very interested in the topic. Regarding SFBT, I found it really fun and constructive to use it with my intern student from Emerson College, more on the supervision arena...The Ten minutes talk was very helpful.

Neurogenic Continued from page 7

ganglia and their white matter interconnections through the superior longitudinal fasciculus and internal capsule (see Figure on page 7). Our results showed that stroke-induced neurogenic stuttering is not associated with neural dysfunction in one particular brain area but may occur following one or more lesions throughout the cortico-basal ganglia-cortical network, and that neurogenic stuttering in stroke patients likely results from disintegration in a neural network necessary for fluent speech, not unlike that observed in developmental stuttering.

As a result of our studies on neurogenic stuttering, we now have a better understanding of the incidence and prevalence of neurogenic stuttering, the stuttering characteristics associated with this condition, as well as the influence of co-occurring disorders. Most importantly, we have started to investigate the neural correlates associated with neurogenic stuttering following stroke. Many questions still remain and need further systematic studies in this and other patient populations. Finally, it is important that we expand these studies to investigate issues of differential diagnosis with co-occurring speech and language deficiencies (e.g., word-finding problems),

and to provide clinical treatment guidelines for optimal management of neurogenic stuttering.

Luc De Nil, Ph.D., is a professor at the University of Toronto and a visiting professor at the University of Leuven.

Catherine Theys, M.Sc., is a doctoral candidate at the University of Leuven.

REFERENCES

- 1 De Nil, L.F., Rochon, E., Jokel, R. Adult-onset neurogenic stuttering. In: McNeil MR, ed. Clinical management of sensorimotor speech disorders, 2 ed. New York: Thieme, 2009:235-248.
- 2 Theys, C., van Wieringen, A., De Nil, L.F. (2008). A clinician survey of speech and non-speech characteristics of neurogenic stuttering. *Journal of Fluency Disorders*, Mar;33:1-23.
- 3 Theys, C., van Wieringen, A., Sunaert, S., Thijs, V., De Nil, L.F. (2011). A one year prospective study of neurogenic stuttering following stroke: incidence and co-occurring disorders. *Journal of Communication Disorders*;44:678-687.
- 4 Theys, C., De Nil, L.F., Thijs, V., van Wieringen, A., Sunaert, S. (in press) A crucial role for the cortico-striato-cortical loop in the pathogenesis of stroke-related neurogenic stuttering. *Human Brain Mapping*.

Sophie Tees Off With Courage

Now a fixture on the ladies pro golf circuit for nearly 18 years, the public at large is unaware that Sophie Gustafson deals with the issue of stuttering every day of her life.

While studying economics and law at Aranas Skolan and Komvux University in Sweden, Gustafson decided the time was right for her to turn pro. Her career has been prolific to say the least. As a member of the LGPA Tour she has five tournament wins in addition to 22 international wins. An article on Gustafson's fascinating playing career would be a grand work in itself; this article intends to solely deal with her speech.

In a May 9, 2000, column for Sports Illustrated under the title "My Shot," Gustafson wrote a heartfelt analysis of how media coverage always seems to focus more on her speech than on her winning gold tournaments. She wrote, "All articles written about me focus on my stuttering, and that bothers me. Why should my stuttering be the story when I beat the best golfers in the world?"

This statement

seems to typify the kind of press coverage that the women's golf champion has received. Having had two brothers who stuttered early in life and stopped by age six, she was unable to stop like her brothers, even with intensive speech therapy. Early on in her pro career she admitted that it was hard to do things like book flights and hotel rooms because of her stutter and that she had to have her father do so.

In a question-and-answer interview on the Sports Illustrated/CNN website in 2002, Gustafson was asked about an old rumor that as an amateur she purposely lost tournaments so she wouldn't have to give an acceptance speech. Her response was,

"That's not true. It may have been in the back of mind, but it was not a conscious thought. When I was on the Swedish team, we had an exercise in which everyone had to make a victory speech. I finally decided that if I just said, "Thank you," that would be sufficient and would take off some of the pressure. Six weeks after that I won my first pro tournament, and three weeks later I won my first European tournament. It might have been something that held me back, but I didn't realize it."

A very direct article appeared in The Independent, the British daily, on May 1, 2002, which was titled "Gustafson's struggle and search for words." The article relays Gustafson's ability to sing fluently the lyrics to songs by her favorite rock band Tonic as well as how each day after leading the golf tournament, she made the jaunt to the interview tent and refused to "succumb" to her stuttering. Her caddy, Chuck Hoersch, told reporters, "It might take some time. Please be patient and she'll answer all your questions."

A San Diego Union-Tribune article on September 19, 2009 entitled "More than her game is inspiring about Gustafson" describes her lifelong struggle with stuttering.

Staff writer Tom Leonard, states, "She has her good days and bad days with it, and the

Continued on page 13



Sophie Gustafson joins Emily Blunt as the newest celebrities added to our Famous People Who Stutter poster and brochure.

How Mom and Stuttering Helped Me

By Bill Leinweber

When I read the article about a 17 year old young man who took his own life, apparently because of his stuttering, I was moved to tell my own story. Stuttering can be embarrassing, debilitating and isolating and has a profound impact on all who are afflicted. Living with a stutter is hard, like wearing a life-restricting device that never comes off. At the same time, my stuttering had a positive effect on my life and the person that I am today.

As early as I can remember speaking, I remember stuttering. I could barely speak my own name. “B-b-b-b-b-i-l-l-l-l-l L-l-l-l-l-e-i-n-w-w-w-w-w-e-b-b-b-b-e-r,” the b’s, l’s and w’s were awful letters for me. Unfortunately, when you’re a little 4 or 5-year-old, people like to bend down and ask, “What’s your name little boy?”

As the fourth of six children, I was “the sensitive one,” in the middle of a very busy household. Sometimes it was just too hard to get a word in or to be heard. When it was my turn to say anything, I felt I had to speak quickly and always had an audience, neither of which helps a stutterer much.

Elementary and junior high school were the worst. The prospect of having to read ANYTHING aloud in class had me terrified on a daily basis. I never sat in the front of the class although I was a very good student. Instead, I would sit behind one of the bigger kids in the middle or back of the room so I could “hide” from the teacher and avoid being called on. If the teacher started a round of student reading, paragraph by paragraph, student by student, I would get sick to my stomach (literally) before it was my turn to read. I would sooner skydive than hear the words, “Bill Leinweber, please read the next paragraph.” Miraculously, during math or

music class, I felt fine. The rhythm of numbers and music seemed to ease my self consciousness and boost my confidence.

I don’t recall specific instances of teasing by other kids but I know it did occur. That usually resulted in a cycle of further withdrawing



Bill Leinweber

until I felt strong again. My mother, Grace, raised all of us to be aware of how others were feeling. Early in our childhood, if we laughed at someone for tripping and falling or dropping something, Mom would always put us back in our place by saying something like, “How would you feel if that had been you?” I heard that question so many times growing up that I just began to naturally put myself in the other person’s shoes. How would I feel if...?


I never went to speech class or a therapist. By high school, I gained more confidence, made friends easily and learned to live with and adjust to my stuttering. In sophomore year of high school, I stepped further out of my shell, was drafted into school choir and became active in Spanish club and other activities, still, always taking a side role or a back seat in class. Writing was by far the biggest outlet for me. What I couldn’t confidently say, I could write instead. I loved writing and still do to this day. Looking back, I did miss things I would have done had I not stuttered. I would have read morning announcements over the PA system. I would have auditioned for drama classes, plays, and performances. I would have joined Toastmasters, debate club or competed for Academic Challenge.

What I didn’t realize at the time

is that the inhibition caused by my stuttering resulted in my becoming a really good listener. I mean I REALLY listen to understand others. I also became attuned to others whose voices were not being heard. I instinctively want to hear from the introverts in a group, from the people who don’t feel they have power. The extroverts rarely need help being heard. This combination of listening and mom’s persistent asking “how would I feel if that were me” became a strong foundation for my career in customer experience and in developing others to be great leaders.

In business, the best results occur when there is coherent Voice Around the Table. In order for that to happen, everyone needs to be heard. And don’t we all want to be heard? In the world of customer service, understanding how the customer feels and making sure the customer is heard are key components to success in business. My personal path, stuttering and my mom, provided me with a perspective that I know to be unique.

Today, I give presentations and speak in public about my own journey and about how businesses can create WOW experiences for their customers. Sure, I still get nervous. The fact that I can stand in front of an audience and speak is no small miracle to me. In my own mind, I believe I still stutter although most people say they don’t notice it. Whether I do or not, I wouldn’t change a moment. I do know that we all have something important to contribute and we all need to be heard.



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



Facebook Comments

▶ Happy 65th Anniversary Stuttering Foundation! You are a Big Help to all People who stutter like myself. I am improving on how I talk now. I talk nice and slowly. It helps me a lot!!

▶ I may not be an American who can have a direct access to your Foundation's services; but the inspiration and education you gave me about stuttering (like me) are just as helpful. I hope you touch and inspire more lives in the future!

▶ Loved this (anniversary) video – as I did the commemorative issue of the newsletter!!

▶ Happy Anniversary!!!! I have a 6 year old son who stutters.

▶ Everyone please support this awareness

▶ All who stutter are not alone...Let's listen, have compassion and support! And it's okay!

▶ Well done! Congratulations on 65 years of supporting research, treatment, advocacy, training and education in the area of stuttering. We are all better because the SFA has been there for us. Thank you.

[Facebook.com/stutteringhelp](https://www.facebook.com/stutteringhelp)

Readers Find Stuttering Foundation at Every Turn



page

In recent months, numerous publications have donated ad space to the Stuttering Foundation's public service ads.

These PSAs have appeared in several issues of AARP and Redbook, twice in Time, and in Oprah Magazine, Forbes, Family Fun, Seventeen, People Español, Memphis Parent Magazine, Philadelphia Daily News, Colorado Parent, Tennessee Magazine, Bee Culture Magazine, Gold Clipper, and Electrical Apparatus.

In addition to public service ads in magazines and newspapers, Google has donated online ads that generate millions of visitors each year to the Stuttering Foundation website, www.StutteringHelp.org.

Stuttering Gets the Royal Treatment



King George VI, whose five brothers all began the struggle of the British people during World War II, met the challenge of war. If you stutter, you should know about the man, dramatized in The King's Speech. For more information, visit www.stutteringhelp.org.

There are many proven, effective ways to reduce stuttering.

Doing nothing is not one of them.

We can help, but you have to take the first step. We're here for you.

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



Post Office Box 1208 • Memphis, TN 38102-0208

Stuttering Didn't Keep Sproles Out of the Game



Stuttering never benched NFL superstar Darren Sproles. Don't let it sideline you either. To find out how you can get in the game, call or visit us:

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



¡Su tartamudez no le impidió actuar en la televisión!



Su tartamudez no le impidió al actor Nicholas Brendon tener éxito en Hollywood. Mientras desempeña el papel de "Xander" en el programa, Buffy The Vampire Slayer, Nick constantemente trata de superar su problema de tartamudez. Para más información, U.S. puede escribir, llamar gratis, o visitar www.tartamudez.org.

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



Post Office Box 1208 • Memphis, TN 38102-0208

Sophie

Continued from page 11

stuttering is said to be less pronounced when she is relaxed and around friends."

Gustafson faces stuttering head on in addition to having a sense of humor about it. "I guess I'm not Nike commercial material," she once said. Also, she made reference to a comfort zone with her speech in contrast to the interviews, "Get me among my Swedish friends and I'll be the one doing most of the talking."

Males heavily outnumber females four to one in the stuttering community, and it is exciting to see so many male pro athletes who stutter generously lend their name and time to

help young people. However, girls who stutter now have their very own hero — Sophie Gustafson.

The fact that Sophie Gustafson still battles stuttering every day of her life puts a

"... girls who stutter now have their very own hero: Sophie Gustafson."

human face on this frustrating speech disorder. Needless to say, among her most loyal fans are people who stutter, both young and old, male and female.

Sophie's Stats

- ▶ Number of wins by tour:
LPGA Tour, 5
Ladies European Tour, 14
Other, 10
- ▶ Qualified for the LPGA on her first attempt.
- ▶ Turned professional in 1992.
- ▶ From Varberg, Sweden; now lives in Florida.
- ▶ Earned Ladies European Tour Player of the Year in 1998, 2000, and 2003.
- ▶ Received Swedish Golfer of the Year in 2000.
- ▶ Average driving distance (year to date): 266

Dear SFA: Reader Response



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

'The Stutter'

By Allyson

I stutter every time I talk,
It feels like people think
I have problems.
I have a lot to think about.
Do I lie? Do I not talk?
I really don't know.

When I stutter it's like
A big storm in my mouth.
I stutter even at home
At school
Everywhere I stutter.

When my teacher gives me
a book to read
I just freeze.

I-I-I...there it goes again
Man I wish it could go away
But it can't.
It's my life when I speak
Stutter...

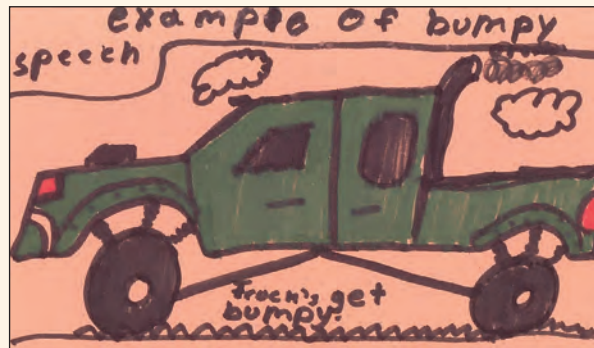
Allyson, 10
Spring, TX

I Raise My Hand

Hello! My name is Devin and I am a stutterer. I have been stuttering since I was 4 years old. Stuttering has made my life difficult when I talk. When I want to say something to people I stutter and I feel sad and embarrassed.

My stuttering occurs when I talk to adults, but when I talk to my friends I don't stutter a lot. I wish that I could talk clearly without mistakes.

Even though I stutter I don't let



Sometimes my speech gets bumpy and it is hard to get out of it. I have been stuttering for seven years. I have also been going to speech class since I was five and I am starting to overcome it.

Patrick, 9, Worcester, MA

it get control of me. I raise my hand in class because I have a good answer so I'm not gonna let stuttering get control of me. Remember that you are not alone.
Devin, 5th grade
Cordova, TN

I Know My Stutter

I stutter and actually it's not a big part of me. I go to therapy and have been since I was in first grade. The way I stutter has changed over time just because of going to therapy. Sometimes people ask why I talk like that or finish my sentences for me. If I say "that wasn't what I was going to say" they keep on guessing and that really bothers me. One day

someone mimicked my stutter and I didn't like it at all. Stuttering doesn't drive me crazy up to the point where I hate it, but I don't love it. Let's just say stuttering and I have gotten to know each other over the years.

Ella, 10

Georgia, VT

I Start Over

I have read about your request to have students who stutter write you a letter. Hi, my name is Hassaan. I have a stuttering problem but it is fine with me. I am still

trying to fix it but I do not think it is going to be fixed any time soon. When I stutter saying a sentence I just start over so I can fix it. This is what I wanted to tell you about my stuttering.

Hassaan, 11

Hillsboro, OR

Tips for Stuttering

My name is Jacob. I will be 9 in two months. I am good at basketball. I am also good at art. I use crayons for art. I copy drawings off the computer and they're pretty good. I started stuttering in first grade when we had to put on a play. I was nervous because there were so many parents there. I stutter more when I get nervous.



My time bomb represents my stuttering. When I stutter, it is like a time bomb exploding. Some of them have long fuses; some have short fuses. If it has a long fuse, it probably won't go off for a few sentences or maybe even a paragraph. If it has a short fuse it will go off very soon. And most of the time, I'm anticipating them going off. I'm thinking to myself, "I have to get ready for one to go off so that I can steam roll it." I feel I have to be prepared so I can conquer it with a technique and get on with my life.

Charlie, 10

Mt. Pleasant, MI

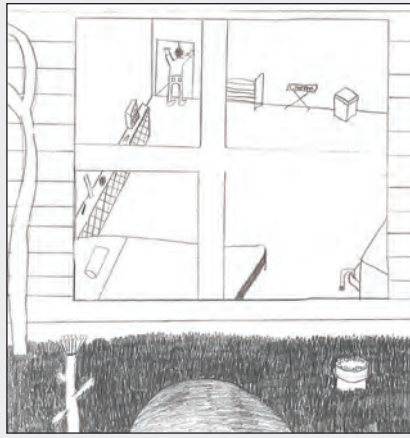
My favorite tip about stuttering is saying to a stutter bully, "Come back when you can stutter better than I do." Reading aloud makes me stutter. I can get stuck on words. What helps me when I'm reading is going to speech. I learn lots of different stuff in speech. When I am in speech I pause and that helps me read. All the kids should not worry about stuttering because lots of other kids stutter so you shouldn't feel bad and even if you stutter and get made fun of, tell a teacher or an adult or your speech teacher. My speech teacher helps me with that. That's good.

Jacob, 8 years and 10 months
Wallingford, CT

Slow Rate Helps Me

My name is Joey. I am 8. I will be 9 in three months. I am good at Karate. I have red/black belt and I am starting boot camp. I am also good at dodge ball because I'm fast and I can dodge well. I go to speech. I learn all the strategies. Some are slow rate, easy onset, and pausing. My favorite is slow rate because it's easy and it helps me a lot. I usually block when I stutter. Slow rate helped me when I had to read to the class about my Holiday tradition and my Christmas day. You might want to try slow rate too as your first strategy and if you don't like it you can try easy onset or pausing.

Joey, 8 and 3/4
Wallingford, CT



When I stutter it is like I've locked myself in a room. When I forget to use my strategies, take a breath, and calm down, I just stay locked in. But if I use my strategies, I find the key and I'm free.

Sam, 4th grade
South Holland, IL

Letter to Eddie

Dear Eddie (from the book Sometimes I Just Stutter),

My stuttering is getting better. Is yours, Eddie? If it is, write to me.
Joshua, 10

North Charleston, SC

Editor's note: We told Joshua that "Eddie is grown up now and he tells us he has his stuttering under control, but that he still has to work at it. Eddie says that like most people he has days where he does really great and other days where it is a little more challenging. But he doesn't feel ashamed of stuttering anymore. Eddie says for you to keep up the good work – we are all proud of you!"

Payton's Story

Hi, I'm Payton and I am eight years old. I have been stuttering since I was five years old. I have a great speech therapist teacher and her name is Mrs. M.

She helps me go through practicing my sounds and breathing. And, she tells me it is alright to stutter, but deep inside I feel differently. I feel dreadfully ashamed when I stutter. I get really confused and I start to cry sometimes, but other times I get the hang of it.



My teacher, mom, dad, sister, and friends Hanna and Nicole all love me just the way I am.

Your friend,
Payton, 8
California

I Am Not Afraid to Talk

I started stuttering when I was in 3rd grade. I used to be ashamed for my stuttering but I have overcome my unique characteristic. Trust me, it gets better! I am now 11 years old and not afraid to talk anymore! I have learned new techniques such as easy starts and slow speaking. Getting help with my speech has not only helped my speech, it also helped me build more confidence in my stuttering.

Santiara, 11
San Antonio, TX

Continued on page 16



Stuttering happens to many kids, even famous people like George Washington. There are strategies you can use to help, like pull-outs. I don't know why (people stutter), and I don't think it can be stopped. All I know is, stuttering is you.

Taylor, 9
Worcester, MA



I feel like a prisoner when I stutter ... being picked on and treated horribly.



When I don't stutter, I feel like a king ... being a great ruler over my kingdom with respect.

I am a student at Wildorado School. My speech therapist and I like to read the Dear SFA: Reader Response. I would like to submit my picture to your magazine.

William, 11
Wildorado, TX

Letters

Continued from page 15

Question About Stuttering

I am Seth and I am seven years old. How do I stop stuttering? Every time I talk I stutter, and the more I stutter, the more I talk fast, and the more I talk fast, the more I stutter! I have been stuttering for five years, I think.

Seth, 7

Jeffersonville, IN

Editor's Note: The book, *Sometimes I Just Stutter*, is a great resource for help. On page 9 it says, "It may be difficult at times for your lips and tongue and throat and breathing to work together quickly and smoothly. When you speak slowly or feel at ease, ... you may talk just fine. ... when you are in a hurry and want to say something quickly, or when you feel nervous, talking may get harder, and you may start to stutter. And if you are afraid stuttering is wrong and you try hard NOT to stutter, talking will become even more difficult. ... So it's much better to just let the stuttering happen and not try to stop it or hide it. You will feel less nervous, and the calmer you are, the easier the talking will be." Read more of *Sometimes I Just Stutter* on our Web site <http://www.stutteringhelp.org/Default.aspx?tabid=209>

Best of Luck Wishes

Hello! I am Sunchit. I am 12 years old. I also stutter. I started stuttering at the age of 2. But now I have gotten control over it. I want to wish all the other children who stutter the best of luck. Don't hide behind your problem but face it bravely.

Sunchit, 12

Haryana, India



When I first started going to speech I was scared but when I continued to go I started to like it. I liked it because it was fun and because it helps me with my speech. I realized it's okay to stutter. I also realize if someone makes fun of you, you should just ignore them. I gave a speech to my class about stuttering. I talked about what stuttering is, why people stutter, famous people that stutter, and we played Jeopardy. I don't normally like to talk in front of the class but giving my speech made me feel happy because no one will make fun of me anymore and now my friends know more about stuttering.

Mariah, 9

Grand Junction, CO

Speech Strategies Help

Here's how I feel about stuttering. I don't feel very bad about stuttering. Only a few children I know have this problem. I've been going to my speech therapist since second grade. There are many ways to help

with stuttering. I use my strategies to stop stuttering.

Fatima, 8

Coppell, TX

Editor's Note: Hear what other kids have to say about stuttering by viewing the video, *For Kids, By Kids*. It's free online at www.youtube.com/stutteringfdn.

I Stand Up for Myself

My name is Ny'Asia. People tease me and they make fun of my stuttering.



Some people tease me like, "hey, hey, hey." Then they laugh at me. I want them to stop making fun of

me, but they say more mean things about my stuttering. So I stand up for myself and they stop talking about my stuttering!

Ny'Asia, 10

Normal, IL

Don't Stop Talking

Hi, my name is Mary. I am 14 and I live in New York. I stutter. When I was younger my stutter was very severe but speech therapy helped it. Up until very recently no one has picked on me for my stutter. I am a triplet and my brothers are very protective about it. Sometimes I get flustered when a little kid asks me why I talk funny

but I explain to them what a stutter is and how I can't help it. I was out with my church youth group and some boy was making fun of me. My friends and my brothers stood up for me and demanded that he apologize. He did and he never bothered me again. My friends don't notice it anymore and accept me for it. It's not always easy to speak in public, but with the support of my friends and my tools I am able to participate in many activities that involve speaking, and I plan on joining a speech and debate team next year. My advice to anyone who stutters is that what you have to say is important and don't let anything stop you from talking.

Mary, 14
New York

A Letter to My Teacher

Have you ever met anybody with a communication disorder? If not, I know for a fact you have. The person you met with a communication disorder is me, Eva.

My communication disorder is stuttering. Stuttering is when a person's brain and mouth doesn't work together in which they repeat a sound. If you notice in class when I stop in the middle of a sentence and repeat the entire sentence that means I either stuttered or I was going to stutter. At times when I raise my hand then put it down quickly that's just because I know that I'll stutter. When this happens I feel as if I'm different from all the other students and that sometimes stops me from participating in your class.

Please don't judge me when this happens. It happens because of a variety of reasons. When I stutter there are a variety of things you could do to make me

more comfortable when speaking in your class. But these are the main things that will most definitely help me:

1. Please don't interrupt me when I'm speaking. Let me finish what I was trying to say because it helps me get better in that situation.
2. Don't try to finish the sentence for me. That only makes me stutter even more than what I started with.
3. When I do talk too fast just



Hi, my name is Eric and I am 9 years old. I get angry when I stutter. When I talk smooth and slow my words come out. Sometimes I am sad because my brothers make fun of my stuttering. I just try to ignore them. I wish I never had stuttering. But I will not talk fast to help me talk better.

Eric, 9
San Antonio, TX

raise your hand to inform me that I'm talking too fast.

Doing all of these things will help me prevent and help me control my stuttering.

Thank you for taking your time to read this. Now you know a little more about me and my communication disorder.

Eva, 8th grade
Clearwater, FL

Poem Inspired Us

We recited Lydia's poem from your book *Sometimes I Just Stutter* and we got inspired to write our own poems! We hope you enjoy them!

Be calm, smile
You're like everyone else
Don't be shy, don't be scared
Stuttering is understood!
Camryn (student)
Middle School
New York

Sometimes we all
just stutter,
for one way or another.
So be calm, be focused,
and be yourself.
Let easy speech go through,
your greatest wealth!
Mrs. M (SLP)
Middle School
New York

Ryan's Poem

Hi, my name is Ryan. I'm 11 and in 5th grade. I live in New Hampshire. This is my poem:

I'm on a diet
Organic foods help my
speech
Comfortable talk
I lose control of
My stuttering when I eat
Non-organic foods
I'm the only kid
In school that stutters a lot
Makes me feel strange

Ryan, 11
Bradford, NH

Editor's Note: We hope you'll meet other kids on our DVD, *Stuttering: For Kids, By Kids* on YouTube.

Did you know?

We have a page just for kids on our website, www.StutteringHelp.org. There are lots of great drawings, letters, free videos, downloadable books, and much more. Check it out!

65 Years of Service

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

▶ The Stuttering Foundation's Eastern Workshop: Using Cognitive Approaches with People Who Stutter, June 25-29, 2012, at Boston University. Featuring Willie Botterill, MSc (PsyD Couns.), Reg UKCP (PCT), and MRCSLT and Elaine Kelman, MSc, Cert CT, Cert MRCSLT, both of the Michael Palin Centre for Stammering Children; Diane Parris, M.S., CCC-SLP, BRS-FD, conference coordinator, Boston University.

▶ The Stuttering Foundation's Mid-Atlantic Workshop: Treating Children and Adolescents Who Stutter, July 9-13, 2012, Philadelphia. Co-sponsored by The Stuttering Foundation, The Florida State University and The Children's Hospital of Philadelphia. Featuring Joseph Donaher, Ph.D., CCC-SLP, The Children's Hospital of Philadelphia; Lisa A. Scott, Ph.D., CCC-SLP, The Florida State University, and Vivian Sisskin, M.S., CCC-SLP, University of Maryland.

▶ NSA Convention in St. Petersburg, Florida. July 4-8, 2012. For more information, visit www.nsastutter.org.

▶ Friends Convention in Denver, Colorado, July 19-21, 2012. For more information, visit www.friendswhostutter.org.

▶ International Fluency Association World Congress, Vinci International Convention Centre, Tours, France, July 2-7, 2012. More information at www.worldcongressfluency-disorders.com/index.html.

▶ Summer camps: Please visit us online at StutteringHelp.org for a list of summer camps.



Books on Stuttering

▶ Stuttering Intervention, 2nd edition, by David Shapiro (2011). Pro-Ed, Austin, TX, www.proedinc.com.

▶ Theoretical Issues of Fluency Disorders (in English and Russian), edited by Yu.O. Filatova, Ph.D., National Book Centre; contact nbcmmedia@mail.ru or visit www.nbcmmedia.ru.

▶ Multilingual Aspects of Fluency Disorders, edited by Peter Howell and John Van Borsel, 2011, Multilingual Matters, Bristol, UK; to order, contact www.multilingual-matters.com.

▶ Recovery from Stuttering by Peter Howell. (2011) Psychology Press, Taylor and Francis Group, New York, NY. Order at www.taylorandfrancis.com.

▶ Stuttering: Foundations and Clinical Applications by Ehud Yairi, Ph.D., and Carol H. Seery, Ph.D. Pearson Education, Inc. Upper Saddle River, NJ (2011). www.pearsonhighered.com.

▶ Izabela A Fairy Tale about a Princess Who Stuttered by Beata Akerman. www.fsd.uni-lj.si/knjizne_izdaje/

A complete list of books can be found at www.StutteringHelp.org.

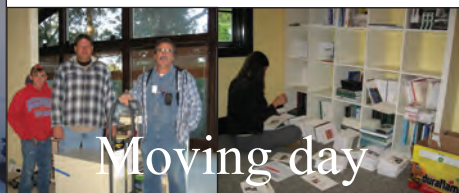
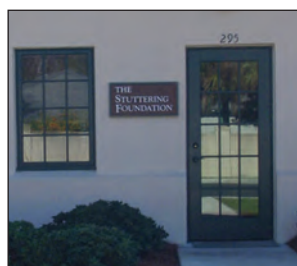
Gifts in Memory of:

Max A. and Tillie C. Newman
James Michael Campbell
Michelle Smith
Edgar Bell
Keith Gadbois
Malcolm Fraser
Dr. Harold Starbuck
Esther Rothchild
Seah Chin Chiong (father)
Shane Frankel
Dr. Charles Van Riper
Dorothea Hutchinson

Gifts in Honor of:

Annie Blanton, Ph.D.
Celeste Roseberry-McKibbin, Ph.D.
Daniel Altman
Samantha Fradkin
Mary Hempsey
Blaise Levai
Edward M. Dougherty
Aidan Horne
Gregory Stocker
Patrick Steele
Gwendolyn Nielsen and family
Mayor and Mrs. Beach
Hall and family
Sister Charleen Bloom
Alan Rabinowitz
Mrs. Joseph Genievieve Patrick
Ms. Lang
James Campbell's birthday
65th Anniversary
Jane Fraser
Joe Fulcher
Dr. Sal Pace

Stuttering Foundation opens East Coast office



Moving day

Volume 20, Issue 2

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

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