



Brain Development in Stuttering

By Deryk S. Beal, Ph.D., R.SLP, S-LP(C), CCC-SLP
University of Alberta

I recently spent 2 years studying brain development, motor learning, computational neuroscience and stuttering in Boston, Massachusetts. I am Canadian, and I also happen to be an intense hockey fan, and the team that I cheer for is the Boston Bruins.



Deryk Beal, Ph.D.

The Bruins take as their logo a large 'B' at the center of a circle with spokes radiating out from it. The significance of this symbol is that Boston is the economic and cultural

'hub' of New England; the metropolis where all people and things intersect. For me, the logo is analogous to the future state of knowledge discovery in developmental stuttering.

For many years now, individual researchers have explored the separate spokes of the stuttering problem in relative isolation as compared to the interdisciplinary team approach afforded other health problems. Around the world, different labs have focused on the genetics underlying the disorder, or its neural correlates, or the psychoeducational characteristics of people with the disorder, or the impact of various types of pharmaceutical and behavioral treatment protocols on the speech and cognitive aspects that define stuttering. The achievements in each

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A Fresh Look at Avoidance Reduction Therapy

Starting with the Stuttering Foundation's very first project with Charles Van Riper in the late 1940s, professors working in the field of stuttering have taken a hard look at how avoidance behaviors – avoiding words and situations in which one expects to stutter – affect those who stutter and stuttering itself.

We know that the more we avoid any feared situation, be it fear of flying or fear of speaking, the greater those fears become.

Thus, we are happy to welcome Vivian Sisskin's excellent

new DVD, *Avoidance Reduction Therapy in a Group Setting*. This is a topic that should be of great interest not only to our readers who stutter but also to the many professionals who work with stuttering.

The roots of avoidance reduction therapy for stuttering are found in the pioneering work of the late Joseph Sheehan, a professor of psychology at UCLA, and his wife Vivian Sheehan, a Los Angeles-based speech pathologist. The Sheehans applied con-

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Spanish Resources Expand

Stuttering Foundation resources continue to help people around the world. Recently, a few more books have been translated into other languages.

Daniela Jaramillo translated *Treating the School-Age Child Who Stutters: A Guide for Clinicians* into Spanish.

"It was great to

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Fundraiser Runs at Full Steam to Make Record Gift

Kirk and John Tarver and their Memphis-based Shelby Railroad Services Inc. raised an astonishing \$11,000+ for the Memphis-based Stuttering Foundation.

Shelby Railroad held their annual fund-raising golf outing and dinner on Oct. 4 at Wedgewood Golf Club, in Olive Branch, Miss.

"This generous gift will be put to good use helping those who stutter in Memphis and around the country," *John Tarver (second from left) and Kirk Tarver (second from right) of Shelby Railroad Services Inc. with Stuttering Foundation staff members Susie Hall (from left), Terri Jones, and Pat Hamm.* "The Foundation is 65 years old this year, and this is a terrific birthday gift."

The golf outing honors 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."

The Stuttering Foundation closed its office early and the staff joined in the celebration.

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.



Czech Republic Celebrates ISAD

The ancient Moravian city of Brno in the Czech Republic was the setting for an exciting workshop focusing on stuttering in the days leading up to International Stuttering Awareness Day (ISAD).

The 10th annual conference of the Speech Therapists Association of the Czech Republic was held Friday, Oct. 19.

Morning presentations included Jane Fraser speaking about the Stuttering Foundation history and how products have been and continue to be developed to help those who stutter. She was followed by Frances Cook discussing principles and practice of therapy at the Michael Palin Centre for Stammering Children. Heather Grossman of AIS presented on desensitization and voluntary stuttering; she was followed by Mitchell Trichon who talked about self-help activities and their role in managing stuttering.

“We were excited to see that Stuttering Foundation books, translated into Czech by Elisabeth Peutelschmiedova, were on hand,” said Fraser. The Foundation also donated materials — DVDs, books, and brochures — to share with local therapists.

Local hosts, led by Dr. Ilona Kejklickova, announced that this was the 10th anniversary of their conference. They also announced the founding of their new organization, the Czech Association for Stuttering.

Below: All attendees used headsets to hear the simultaneous interpreters.

Brno, Czech Republic



Frances Cook presents during the conference.



Jane Fraser and Dr. Ilona Kejklickova celebrate International Stuttering Awareness Day in the Czech Republic.



Self-Therapy for the Stutterer and Effective Counseling in Stuttering Therapy were translated into Czech by Elisabeth Peutelschmiedova of Olomouc.

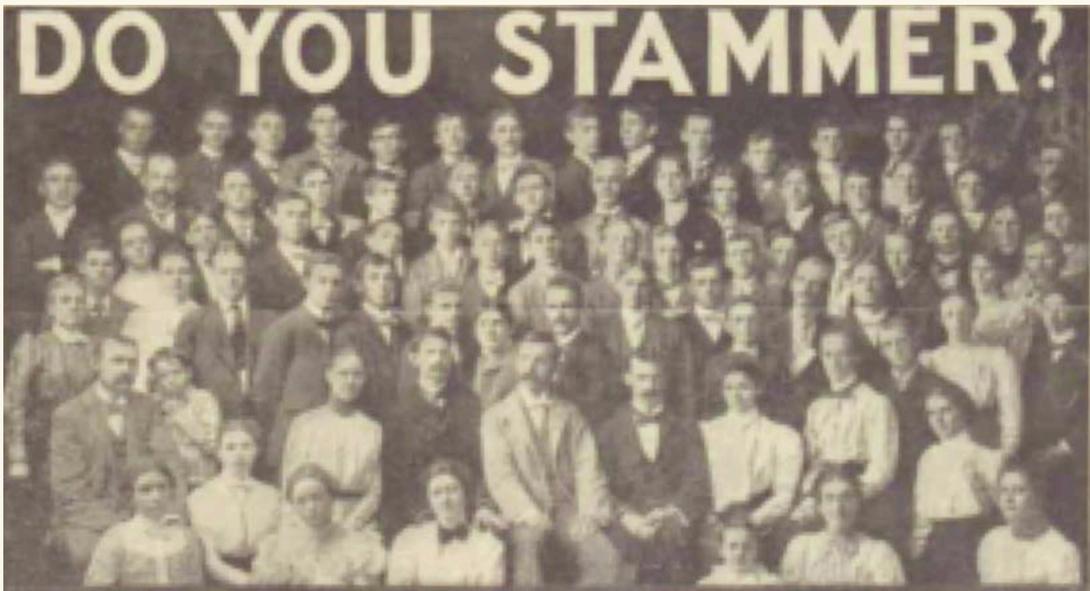


A birthday cake to celebrate the 10th annual conference.



Dr. Martin Kucera, Ing. Tomas Ostry, Dr. Eva Skodova, Frances Cook of MPC, SFA's Jane Fraser, PaedDr. Ilona Kejklickova, clinic director, Heather Grossman of AIS, and Mitchell Trichon of St. John's University.

DO YOU STAMMER?



Class of pupils under instruction at the Lewis Phono-Metric Institute and School for Stammerers, Detroit, Mich. The largest and most successful institution for the cure of stammering in the world.

Our new Institute provides superior accommodations for one hundred students. Large lecture halls. Spacious gymnasium. Pleasant parlors. Electric light. Hot water heating. Hardwood floors in every room. Surroundings homelike, moral and wholesome. Care lasting and permanent. Facilities for training unacquainted students. Refer by permission to: Hon. H. S. Pingree, Gov. of Michigan; Hon. Wm. C. Maybury, Mayor of Detroit; Rev. Robert Stuart MacArthur, D.D., LL.D., Pastor Calvary Baptist Church, New York City; Prof. Thom. C. Trumbull, University of Michigan, Ann Arbor, Mich. Indorsed also by hundreds of graduates from all parts of the U. S. and Canada. Additional references furnished on request. Write at once for our new 200-page book, "The Origin and Treatment of Stammering." Sent free to any address for 6c. in stamps to cover postage. Ask also for a FREE sample copy of "The Phono-Meter," a monthly paper exclusively for persons who stammer.

THE LEWIS SCHOOL FOR STAMMERERS, 40 Adelaide St., Detroit, Mich.

An ad from the early 1900s. It reads, "Write at once for our new 200-page book. Sent free to any address for 6 cent in stamps to cover postage."

Some Words From Our Blogger Voon Pang

Hello everyone, my name is Voon Pang and I have been blogging for the Stuttering Foundation since August of this year. I am a Speech Language Pathologist working for the Stuttering Treatment and Research Trust in Auckland, New Zealand. Prior to writing for the SFA, I had no experience in blogging (disclaimer – check!) though I have an interest in social media and running a group forum for SLPs. I feel very privileged to be part of the SFA family even though I'm about 8,000 miles away and 19 hours ahead of the main headquarters.

Jane Fraser and the team have been amazing in supporting me in this endeavour, and as with learning anything new, it will take a while for me to find my feet but in the meantime I hope that I'm doing an OK job for you all.



Voon Pang

A bit about me... I graduated from Curtin University in Perth, Western Australia at the end of 2006 with a degree in human

communication science (or speech language pathology). Since graduating, my passion and interest in stuttering has taken me to various places around the world. I was fortunate enough to attend a SFA training workshop in 2009 in Boston at Boston University (and again in 2011), which is where I met Jane. In 2010, I visited the Michael Palin Centre for Stammering Children in London and am due to visit again in the summer of 2013. This year, I was able to experience my first American camp and attended

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Atlanta

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The 2012 convention of the American Speech-Language-Hearing Association (ASHA) was held Nov. 15-18 in Atlanta.

This year the Stuttering Foundation had a great location with a 30-foot, corner booth.

"The convention was a great opportunity to reach speech-language pathologists who seek resources," said Stuttering Foundation President Jane Fraser.

A special thanks to volunteers, including Charlie Osborne, Vivian Sisskin, Kristin Chmela, Lisa Scott, Robin Michael Jones, Katerina Ntourou, Kathy Scaler Scott, Elaine Kelman, Sharon Millard, Steffi Schopick, Geoff Coalson, Diane Parris Constantino, Hatun Zengin-Bolat kale, Courtney Byrd, Vianne Bjornberg, Megann McGill, Patrice Carothers, Tony Buhr, David Evans, Judy Kuster, and Dahye Choi.

During the convention, the Foundation also hosted a reunion for alumni who have participated in the Stuttering Foundation's workshops over the years.

25 things I wish I had known when I was 20



By Laurent
Lagarde

Laurent Lagarde, who translated the books *Advice to Those Who Stutter* and *Sometimes I Just Stutter* into French, now shares “25 things I wish I had known about stuttering when I was 20 years old.”

He wrote them for his French blog and has now translated them into English.

- 1 I wish I had known that stuttering is not a fault and is not my fault.
- 2 I wish I had known that stuttering is just one part of my person.
- 3 I wish I had known that to accept doesn't mean to abdicate.
- 4 I wish I had known that stuttering is not the explanation for all the things I don't like in me or in my life.
- 5 I wish I had known it's possible to overcome stuttering.
- 6 I wish I had known that a common point among PWS who have overcome stuttering is that they knew it was possible.
- 7 I wish I had known that stuttering is not a failure and fluency is not a success.
- 8 I wish I had known that you have to dare to be yourself with your virtues and defects.
- 9 I wish I had known that speaking openly about my stuttering could be such a relief.
- 10 I wish I had known that others will react to my stuttering the way I react to it myself.
- 11 I wish I had known that speaking about stuttering is opening the door to a world of wonderful discoveries and encounters.
- 12 I wish I had known you must never let stuttering prevent you from moving forward.
- 13 I wish I had known that every avoidance is a waste of time.
- 14 I wish I had known that every journey starts with a first step.
- 15 I wish I had known that you don't have to be good to start but you have to start to be good.
- 16 I wish I had known that the smallest action is better than the noblest intention.
- 17 I wish I had known that “we are what we repeatedly do. Excellence, then, is not an act, but a habit.” - Aristotle
- 18 I wish I had known that being positive and changing my thoughts could really change my life.
- 19 I wish I had known that the word “failure” doesn't exist. There are only results which are learnings and stepping stones to success.
- 20 I wish I had known that there are no difficulties, only opportunities.
- 21 I wish I had known that effective communication is not a matter of fluency.
- 22 I wish I had known that PWS can compete with the best speakers and win speech contests.
- 23 I wish I had known that stuttering responds positively to humour.
- 24 I wish I had known that you must look for pleasure not for performance.
- 25 I wish I had known that I'd write these lines one day. And I wish I would have known that I will speak one day with Jane Fraser and translate and publish two Stuttering Foundation books :-).

Laurent Lagarde's blog is at www.goodbye-begaielement.fr and he is on Facebook at www.facebook.com/GoodbyeBegaielement

Queen Honors Board Member

Board member Frances Cook was awarded an MBE* in the Queen's Birthday Honours on the 9th of November in London for her outstanding work with children who stammer.

"Our most heartfelt congratulations to Frances," said Elaine Kelman of the Michael Palin Centre for Stammering Children

"This honour is truly deserved, we have all experienced first-hand the enormous contribution that Frances has made to children,

young people, their families and adults who stammer.

She has been a dedicated clinician and manager, effectively establishing expert services at the Michael Palin Centre and beyond.

Many lives have been changed as a result of Frances's vision and endeavours and she has created a legacy that we will protect and develop into the future. So exciting!"

*Member of the Most Excellent Order of the British Empire (MBE).



Camps Provide Fun and Learning

In the Fall newsletter we featured *Camp Shout Out* and *Camp Our Time*. For this newsletter we are featuring three more summer camps: the Institute for Stuttering Research, Wasatch Children's Stuttering Management Program, and Freedom to Speak.

In August 2012, the Institute for Stuttering Treatment and Research (ISTAR) held a 4 day summer camp in Edmonton, Alberta, for children who stutter and their families. Children participated in activities such as the "Speech Olympics," field trips to local attractions, a simulated school day experience as well as small and large group activities all while practicing their fluency skills in a fun and supportive environment! Parents also gained valuable experience learning to facilitate fluency skill use and support their child

in real-world situations. A great time was had by all! Feedback from children and parents at the end of the camp included, "It

dren, teens and adults at ISTAR, please contact 780-492-2619 or visit us online at www.istar.ualberta.ca.



Top pictures: Campers from the Wasatch Children's Stuttering Management Program take part in outings to facilitate stuttering management. Above: Susan Cochrane with campers at Honeoye Lake.

Tom Gurrister and his wife, Maria, completed the 6th year of the Wasatch Children's Stuttering Management Program during the summer of 2012 in Holladay, UT. It provided treatment and training for eight children and eight clinicians and student clinicians. Utah State University, Brigham Young University, and the University of Utah all had participants.

The program entailed many social activities, groups, and functional community outings to facilitate stuttering management skills in a variety of settings.

For more information, visit StutteringInfo.com or call 801-308-0400.

Freedom to Speak held a treatment program on Honeoye

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Umang!

Umang Desai is one of the young people featured in the DVD Stuttering: For Kids, By Kids. Since that DVD was filmed in 2004, Umang has not only inspired many young people, but has crossed many bridges himself to become an attorney. We thought this would be a good time to interview him about stuttering, his success, and the advice he has for others.

Umang: I think it is important to stay positive and be willing to take chances. You are going to have good days and bad days, easy speaking situations and really hard speaking situations. On the good days, try to reflect on what is working and what you can do to replicate this success in the future. On the tough days, don't let yourself get too worked up. One moment or one day is not going to define your success, so keep the big picture in perspective and keep pushing forward.

Question: We understand that you've completed law school, what advice do you have?

Umang: No matter what career path you choose, seek out mentors within and outside of the career who are available to work through problems and brainstorm decisions with you. Also, never let anybody, no matter how powerful or important they seem, tell you that you cannot do something. There are so many methods and resources for achieving your goals, always think outside the box and stay confident in your abilities to do anything.

Question: What is the toughest time you have had?

Umang: One experience that sticks out in my mind was during my freshman year of college. My first semester, I was enrolled in a public speaking course where the professor was unwilling to give me additional time to complete my graded speeches. This meant staying in the course would have meant I probably would have failed. I had a tough time making the decision to drop the course. Until that point, I was



Umang Desai on the video DVD Stuttering: For Kids, By Kids in 2004.



... 8 years later.

so focused on never quitting or letting my speech dictate what I could do. I felt that I was being forced out of the class because I could not speak as quickly as my classmates. While I was devastated at the time, this situation was actually a blessing in disguise as it gave me time to get acclimated to college and continue working on my speech under

more relaxed conditions. I took the class my junior year, was able to complete it successfully, and my professor the second time around ended up becoming one of my mentors as I graduated and went on to law school.

Question: Where did you go to law school and where are you currently located?

Umang: I attended the Loyola University Chicago School of Law and am currently working in the Chicagoland area.

Question: Why did you decide to become an attorney?

Umang: Being an attorney was a dream I had from a young age. Initially I pictured myself as one of those lawyers on TV, coming up with clever lines and presenting my case to the jury. As I grew older, I realized that practicing law would allow me to help people, continually challenge me, and allow me to grow as a professional and a person. I also believed that being in that career would force me to become a better communicator and work more diligently on my speech.

Question: Did you take courses in public speaking? Did that help your stuttering?

Umang: I did take courses in public speaking and found that it helped my speech and confidence considerably, especially when I had patient and understanding professors. These courses can be important for a stutterer because they provide a safe forum to work on your speech outside of therapy or your home. I also think these courses are a powerful way to build confidence and become more comfortable speaking to many people in small and large

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Meet Board Member Don Lineback

A fireman or astronaut, maybe. But no kid aspires to be a fundraiser. Nor did Don Lineback. "I sort of fell into it," he says, looking back at his 35 years in college fund-raising. "What kept me there was the amazing people I met and worked with."

Don's initial goal was to be a professor. Armed with the PhD, he began teaching German at Hollins College, where he also worked part-time in development. A few years later he went full-time into fund-raising at Rhodes College in Memphis and hasn't looked back.

Among the amazing people he met early on was Malcolm Fraser. Don had just come to Rhodes (then Southwestern at Memphis) when he met Malcolm, a man of admirable traits: a self-effacing but mischievous sense of humor, a keen mind for business, and a generous spirit.

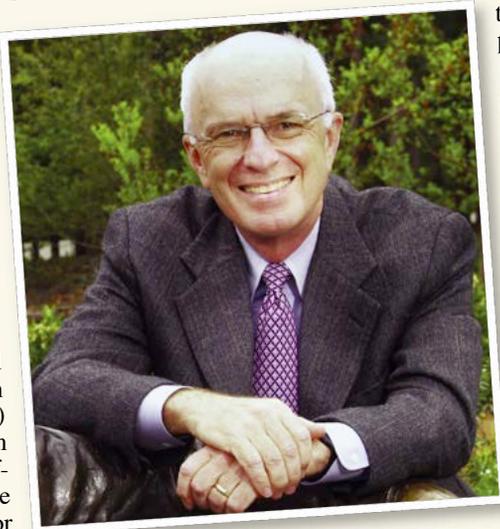
Once Malcolm suggested – with a grin – a unique football phrase to encourage bequests for Rhodes: "You kick off and we receive!" Don was tempted to use it. With Malcolm's help and that of many others, Don led a \$50-million Rhodes campaign to its final \$100 million, helped grow its endowment tenfold, and increased the number of estate plans from 38 to 336.

Malcolm told Don about the time his speech therapist forced him to speak in front of an audience. He froze. He vowed at that early age to find a better way

moved to South Carolina and Furman University, which had just lost \$1.5 million per year after severing ties with the SC Baptist Convention. Don asked Furman alumni to 'bridge the gap,' and they did. During Don's tenure there, the percentage of alumni giving placed Furman among the top 10 larger (i.e., more than 20,000 alumni) institutions in the country; a \$150-million campaign ended at \$200 million; some thirty campus buildings were added or renovated (2/3 with gift money, others with bonds); and the endowment increased tenfold.

Now retired, Don has established a 'cottage industry' in Haiti, in which artisans support their families by making rugs. It provides jobs and income to some 16 families. Their sales have just passed \$5,000 – a good start in a country with 40% unemployment, where most people live on \$2 a day.

Don has taken special satisfaction in encouraging planned gifts for Rhodes, Furman, and the Stuttering Foundation. "Bequests move an institution forward by quantum leaps, at a relatively low cost to the donor," Don says, "and they perpetuate our values. They enable us, like Malcolm Fraser, to help others, now and for all time."



to help stutterers, and in 1947 he created a foundation to do just that. He invited Don to serve on the Stuttering Foundation board in the 80s, and Don has been on the board ever since. Why so long? "More than anything else, it's the letters we receive from children," Don says.

In 1993, along with his wife Judy and daughters Anna (now a speech therapist), Sally, and Elizabeth, Don

~ A Meaningful Poem About Stuttering ~

By Eric Hawkins

Hello, my name is Eric Hawkins. I struggled with stuttering for many years until a few years back when I made it a part of who I am. I still stutter some, but the weight of embarrassment has lifted. Thank you for what you do for those of us who stutter.

When I was born
I was born to fight
The words were trouble

and wouldn't come out right
So I would just walk, in the quiet

I thought long and hard
on the words I said
I would change them around in my head
but the words, were still a mighty fight

Others would laugh
and call me names
They thought my words
were mighty strange

I would just hurt, in the quiet

I dreamed of times
of better days
I dreamed my trouble
would go away
The words were a battle, everyday

The fight of words gave me a life
It gave me a gift
It gave me an eye
That could only be learned, in the quiet.



At a conference in Poland, Katarzyna Wesierska showing the Stuttering Foundation's website and holding up the book *The Child Who Stutters: To the Pediatrician*.

Resources in Polish

Katarzyna Wesierska has been busy translating into Polish several Stuttering Foundation publications. Last year she translated *Stuttering: Straight Talk for Teachers* and *The Child Who Stutters: To the Pediatrician*. The pdf version of the pediatrician booklet is now on the Stuttering Foundation's website, StutteringHelp.org.

Katarzyna wrote, "I am so glad this happened because there is a conference for pediatricians about speech disorders in children on Oct. 24 in Siemianowice Śląskie, Poland. I am going to deliver a presentation about stuttering in children and I was planning to mention the Stuttering Foundation website as a very valuable resource."

Along with her colleagues, Katarzyna has translated the brochures *Down's Syndrome and Stuttering* and *Stuttering and the Bilingual Child*. More leaflets and books are in the works.

Editor's Note: Thank you Katarzyna for your outstanding work!

Video

Continued from front page

cepts from conflict and role theories to formulate an explanation for the behaviors and paradoxes observed in those who stutter.

The Sheehans described stuttering as an "approach-avoidance conflict," whereby competing desires to both speak and hold back from speaking result not only in maladaptive reactive behaviors that interfere with communication but also in "mental gymnastics" that limit participation in daily life.

This new DVD by Vivian Sisskin of the University of Maryland walks therapists through methods of group therapy while providing the nuts and bolts



Videographer Bob O'Brien and Vivian Sisskin work on the video.

of avoidance reduction therapy. Sisskin outlines the basic principles, goals of treatment, and therapeutic strategies of her treatment program for stuttering.

This video serves as both a tutorial for speech-language pathologists and a self-help primer for those who stutter. Activities and video demonstrations provide ideas for therapy assignments that lead to spontaneous, forward-moving communication, free of control.



In this 1957 letter from the editor of the *Journal of Speech and Hearing Disorders*, Dr. Charles Van Riper is cautioned against gathering a lot of data, "the meaning of which no one understands."

Don't Let Stuttering Keep You Out of Med School...

By Louis Pollack, MD

Soon after my 40th birthday, I realized for the first time in my life that I was no longer preoccupied with how I was going to speak my next words. My mind had always been working overtime, searching for alternatives to avoid a struggle. No longer preoccupied with my speech, I was forced to confront the question of *Who am I?*

I am the oldest of three, and while my two sisters spoke with ease and assurance, I had difficulty with my very first words. I was a six year old who learned quickly to hate the first day of school. I was a ten year old pretending to decide what to purchase, all the while simply trying to build up the courage to ask *How much?* I was a 16 year old who struggled for six months to ask a girl to prom, terrified to speak to her in person and paralyzed to use the telephone. And I was a 22 year old who was summarily dismissed after a ten minute interview with the admissions officer at a prominent medical school, told that it was a waste of both of our time because no medical school would ever accept *someone*

who spoke so poorly.

Yet I survived adolescence by establishing my identity with success in athletics. Following college and an additional year of post-graduate course work, I was accepted to medical school. And after three years of pediatric residency and two years of specialty training,



Louis Pollack, MD

I spent the next thirty years as a physician working with critically-ill newborns in intensive care nurseries. During a rewarding career, I had a sense of accomplishment and gratitude for having an opportunity to have a meaningful impact on peoples' lives. I have delivered presentations at a number of national medical conferences, and had scientific papers published. Having taught so often, and in so many different settings, I came to enjoy public speaking. And actually learned to love the sound of my own voice.

And now some twenty years later, I have arrived at a sweet place in my life. It is about the

joy of who I am in this world, and the quiet reflection of what more is left for me to explore. There is nothing more to prove to anyone. I am passionate about my involvement in overseas medical volunteer work. And I continue my longstanding commitment to the practice of the martial art of aikido, teaching adolescents and young adults its philosophy of resolving conflict without violence.

Regardless of our individual stories, I have come to believe that stuttering shapes each of our lives in fundamental ways and inevitably instructs who we are and what we do. We no doubt have all endured mocking ridicule, and the pain of that embarrassment usually results in a tremendous anger that is mostly turned in on ourselves. But I have also come to believe that our hard-earned humility allows for an essential depth of empathetic sensitivity toward others. The noted songwriter and rabbinic scholar, Leonard Cohen, eloquently reminds us that, *There is a crack, a crack in everything, that's how the light gets in.* ■

You can contact Louis Pollack at loupollack@gmail.com.

... or the ROTC

By Milton Horowitz

Starting a freshman year in college, I was required to take basic Reserve Officer Training (ROTC). I felt good about doing well with weapons and drilling in formation, so I continued in advanced ROTC. Speaking in public was minimal, and when it was required, it was before large groups who needed to be addressed in a loud voice.

I had earlier convinced myself that my speech impediment was a consequence of faulty breathing that resulted in speech blocks. (I have a theory about the evolutionary origins of faulty breathing, reviewed years ago by a speech specialist who found my ideas



Milton Horowitz

about our amphibian ancestors interesting but not likely to be proven.) People like me don't stutter while we sing. Likewise while we shout.

Add to my feelings of confidence a pride in my appearance — wearing distinctive clothing that fit (i.e., an Army uniform), I was able to get through four years of ROTC (during the time of the Korean War), to be commissioned as an infantry second lieutenant and

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Brain

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line of research have ranged from small to large and all have set the stage for an as-yet-to-come groundbreaking and paradigm shifting discovery in the overall field of stuttering research. Such a discovery will come about with the force of simply one word, namely, “convergence.”

My research career will be defined by convergence. The disorder, stuttering, will lie at the center of a multi-pronged approach to its understanding. To date my research program has utilized neuroimaging tools such as structural and functional magnetic resonance imaging and magnetoencephalography to understand how the brain differs in children and adults who stutter as compared to their fluent speaking peers. The results of my work to date indicate that from as early as 7 years old, the development of some of the brain regions crucial for learning the efficient planning and control of speech sounds are abnormal in people who stutter. These findings are interesting in and of themselves but their true impact will only be realized within the context of the other realms of research.

Ideally, future research will aim to collect multiple forms of data from a large and diverse group of people who stutter and utilize the expertise of clinicians and scientists

from various fields. Such a dataset might consist of epithelial cells from a cheek swab for genetic analysis, structural and functional MRI images for brain development analysis, speech motor learning and cognitive affective profiles for behavioral analysis as well as treatment outcomes data. A dataset such as this would afford us the opportunity to understand the spatial profiles of genetic expression in the human brain, how the various regions of the brain network together differently to produce stuttered speech, as well as which of the genetic and neurological variables contribute to speech motor learning and therapeutic outcomes.

The collection and analysis of a large dataset such as the one proposed above is accompanied by numerous challenges. First, clinics that provide comprehensive and intensive treatment programs need to collaborate across the continent and the world over to ensure that sufficient numbers of volunteers are recruited.

Second, clinicians and scientists from varied backgrounds need to work together as an interdisciplinary team. Third, a framework is needed to organize the results. Computational network models of the brain could be leveraged in this regard. The hypothesized contribution of each brain region to the neu-

ral network for speech production would be referenced with respect to the spatial maps derived from structural and functional MRI and genetic expression studies. Based on these hypotheses we could potentially target pharmaceutical or neurostimulation strategies, such as transcranial magnetic stimulation or direct current stimulation, to the associated brain regions for the purpose of enhancing behavioral treatments. Of course, a time when these approaches might be a part of one’s everyday clinical experience is far on the horizon but the possibilities must be explored.

In summary, I believe that the best chance for a major leap forward in the field of stuttering research is the funding of larger projects with a focus on the convergence of multiple sciences. The institutions best positioned to lead this movement are those that already provide intensive and comprehensive treatment programs to relatively large populations of people who stutter. The future of stuttering research lies in the hands of the professionals who lead these organizations, our ability to work together as a consortium and in the equal partnership that we forge with the people we serve, people who stutter.

Do you agree? Disagree? Give us your feedback. Email us at info@StutteringHelp.org.

Umang

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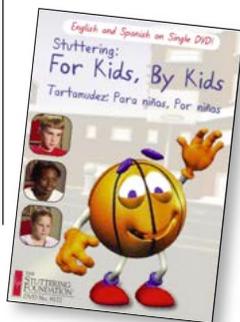
group settings.

Question: Is stuttering still a concern at all for you?

Umang: Stuttering is certainly a concern for me. I am still working to build and sustain my confidence in a number of situations. I also find myself fearing or wanting to avoid certain speaking situations. However, I try to stay active and put myself in those feared situations so that I am not hiding and letting those fears control what I am able to do. I continue going to therapy and have joined support groups so that I have mul-

multiple situations where I can work on my speech and become a better communicator.

Question: Anything you would like to add?



Umang: I know it is easier said than done, but I have learned from many stutterers that they have an easier time with their speech

when they are not fearing it. Try not to let it control what you do or become discouraged with it. Focus your speaking situations on the content rather than your stuttering. Also, try to find a group or situation where you can interact with other stutterers. For me, meeting other stutterers has changed my perspective on stuttering and working with these individuals in a group setting has taught me so much about my own speech that I would not have figured out anywhere else.

If you would like to contact Umang, you can e-mail us at info@stutteringhelp.org and we will make sure he gets your message.

Unchained Melody

The name Gareth Gates may not be recognized by some Americans, but he is one of the biggest pop stars in recent UK history. A singer-songwriter, Gates has branched off into musical theatre and film. Gareth Gates was born on July 12, 1984 in Bradford, England, one of four children of Paul and Wendy Gates; Paul Gates stuttered until age 21 when it miraculously disappeared. Gareth joined the Bradford Cathedral choir at age nine, and in 1997 was chosen to sing a solo for the visiting Queen Elizabeth II. The young boy knew that this performance would not be his last in the national spotlight. He plays both the piano and classical guitar in addition to writing songs.

Gareth Gates climbed to fame in 2002 when he was runner-up in the first season of the show *Pop Idol*, rising from a pool of more than 10,000 contestants. Though not the winner, he was immediately signed by Simon Cowell to the BMG label. Gates' first single, a rendition of the classic song *Unchained Melody*, entered the UK singles charts at number one. Gates' career has been nothing short of amazing since. His second single "Anyone of Us (Stupid Mistake)" also topped the charts. He has had an additional number one single and countless other hit singles, as well as three hit albums. He has sold more than 3.5 million records in the UK alone. Apart from his career as a pop singer, Gates has also branched out into musical theatre, playing the lead role in a production of *Joseph and the Amazing*

Technicolor Dreamcoat as well as the role of Marius in an international touring production of *Les Miserables*. To recap the bril-



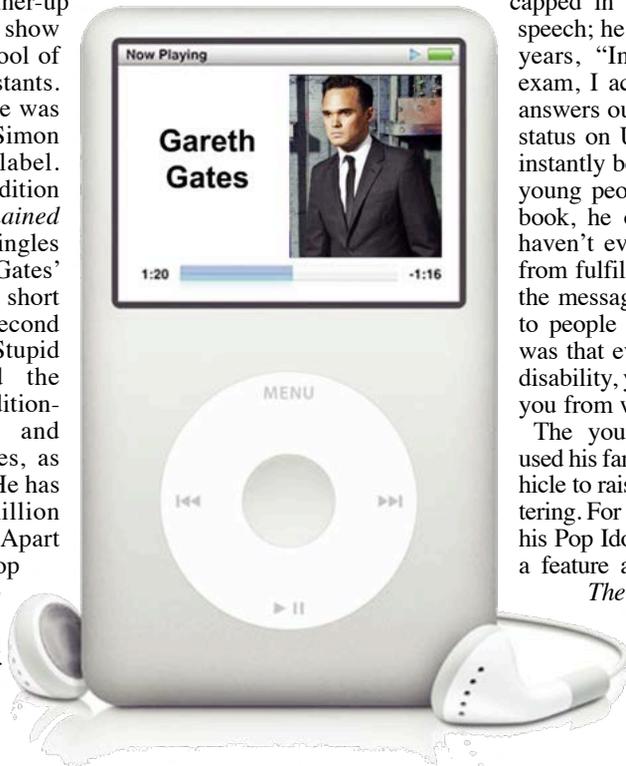
liant career of Gareth Gates would be a major work in itself.

Actually, 10 years later Simon Cowell revealed that he had wanted Gates to win the top prize in 2002. A January 6, 2012 article in *The Sun* entitled "Simon Cowell's number one is Gareth

Gates" made it clear that Cowell was rooting for Gates and that his affinity for the young singer was influenced by Gates' stuttering. Cowell is quoted as saying of the singer, "When I first saw him I hoped he could sing. He looked great and then he couldn't talk. I really liked Gareth and wanted him to win. I could feel it in my stomach."

Shortly after his burst of fame in 2002, Gates wrote an autobiography, *Gareth Gates: Right from the Start*, with co-author Sian Solanas. Needless to say, Gates' stuttering receives major attention throughout the book. He made it clear that the speech problem fueled his singing career. "I lived through my music because I couldn't speak well." He also recounted how he was handicapped in school because of his speech; he said of his high school years, "In my German GCSE exam, I actually had to sing my answers out." After his runner-up status on UK-wide television, he instantly became a role model for young people who stutter. In the book, he offered this advice, "I haven't ever let it hold me back from fulfilling my dream. One of the messages I wanted to get out to people on the *Pop Idol* show was that even though you have a disability, you shouldn't let it stop you from what you want to do."

The young singer has always used his fame and celebrity as a vehicle to raise awareness about stuttering. For instance, two years after his *Pop Idol* experience, there was a feature article in the UK daily *The People* on March 21, 2004 titled "Stutterly Perfect" with a caption



Gareth Gates *Continued from page 13*

below “Gareth Gates talks to 500 people for 5 minutes.... without stammering.” The article centered on Gates giving a five minute speech from scribbled notes during a charity concert. He later told the reporter of his struggles with stuttering, “I’m getting there. I’ve worked hard to battle my impediment. And though it’s taken time and effort and has been a bit frustrating, the past month has seen an incredible improvement. I’m really

you feel you can’t be the person you want to be. You convey your true personality by speaking. If you can’t do that, it’s hard to show the real you. And in my case I am a very funny, charismatic guy! ... We all know what it’s like sit round a table in a pub with your mates. The wittiest person gets the biggest laugh. I always thought of funny lines but when I came to say them out loud, I crumbled.”

In 2011 the singer filmed a documentary for the BBC

like shame.... there are a lot of hard feelings.’ He continued, “That’s certainly one of my greatest achievements I think is the fact that I did heighten the awareness of stammering. When I was a child at school, it felt like a very lonely place. I did not know anybody else who had a stammer and that was very hard for me. I wished there had been someone in the public eye where the kids at school could relate to a stammer.”

While Gareth Gates does not have the level of fame in North America that he does in the UK, Australia and several other countries, his message about stuttering



called *Gareth Gates Stammer House* in which he men-

tors six men and women who stammer. Gates achieved fluency with the McGuire Program and was certified by that program as a speech coach, enabling him to give workshops. The press in the UK covered his stuttering and progress in speech therapy with attentive compassion. Gates has regularly appeared on television shows to discuss stuttering, and has made the speech problem a part of any feature article in the press. For instance, during an appearance on *Good Morning TV* in 2007 on International Stuttering Awareness Day, he said, “Having a stammer really affects peoples’ lives more than what anybody really realizes. There are all sorts of emotions you feel...

gradually made its way into the press in many countries and many languages. He constantly speaks about his stuttering in public as a means to encourage people not to let their speech problem hold them back. Gates has achieved his goal of being a role model for people who stutter, but his message goes further than this goal in that he also encourages all people with disabilities or any type of challenge to pursue their dream and not let adverse circumstances hold them back. In fact, in his first interview after being named the runner-up on *Pop Idol*, he said, “Part of my dream is to help those less fortunate than myself.” It is safe to say that in terms of helping people who stutter, Gareth Gates will be topping the charts for many years to come.

de-lighted.”

Upon the UK release of *The King’s Speech*, Gates wrote an op-ed piece for *The Sun*, a well-known daily tabloid newspaper, in which he told about his own struggles with stuttering. It was clear that his purpose in writing the piece was to encourage other PWS not to let their disability stand in the way of their dreams. In one anecdotal passage, he wrote, “A stammer can make

ROTC
Continued from page 11

ordered to active duty. As confidence in my speaking grew, while addressing, in sequence, squads and platoons, later as a company commander, diligently preparing

for my daily duties, the number of my speech blocks decreased to the point that none of my subordinates, few colleagues, and only one superior officer were aware of my stutter.

I believe that we who stutter need

not delay our progress through life. Build confidence, take pride in your appearance, choose work and activities that you can learn to accommodate, and rehearse to meet your challenges. Believe in yourself—and persevere.

Dear SFA: Reader Response

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



Eye Contact

My name is Connor and I'm 9 years old. I started stuttering when I was 2-1/2 years old. The techniques I use are easy-pause-easy, bouncing, stretching, and pullouts. When I stutter I just forget about it and keep on going. Also, speech is hard work and I try to practice as much as I can. Also, my favorite sport is hockey. My advice is when you stutter, you look the person in the eye and keep on going.

Connor, 9
Arlington Heights, IL

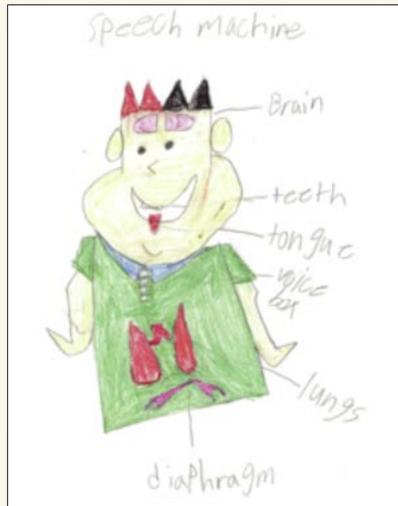
Speak Through Rough Spots

Hi, my name is Daisaun. I'm in 6th grade. I've been stuttering since I was in 3rd grade. I love to play football and basketball. Also, I play for a team called Jimmy Lee. When I stutter it embarrasses me, and I mostly stutter when I'm excited or when I'm giving a speech. When I stutter around friends it's embarrassing and awkward. When I started stuttering my mom said to me, "Are you having a hard time talking?" My answer was, "N-no, I'm f-fine." Two years later my mom said, "You should join speech class." My advice to you is that you shouldn't try to keep it in when you stutter, you SHOULD try to let it out."

Daisaun, 6th grade
St. Paul, MN

Share Your Story

It is alright to stutter. Most people do. I don't mind stuttering most of the time. When people laugh at me, then I do mind stuttering. Sometimes when people help you it gets worse and worse. When I get mad at my



My name is Daniel and I am in the 4th grade. I know stuttering is hard but you can stretch the word out. Some kids might laugh at you, but you could be with a good friend who will play with you. You can ignore people who are laughing at you. Some people can help you stop stuttering. I have learned lots of things in speech. You can use your tongue to stretch the word out. No one knows the cause of bumpy speaking. More boys than girls have bumpy speaking. People all over the world have bumpy speaking. Your speech gets bumpy when your brain forgets to lead the speech machine. Taking deep breaths in and out can help the bumpy speaking go away.

Daniel, 10, Lincoln, NE

stutter I tell an adult and they help me. When I stutter the most is when I am in class. If I am asked a question I stutter a lot. When I started to go to speech it helped me a lot. Going to speech therapy helps me with my stuttering. You can write a letter, too, and mail it to: Stuttering Foundation, P.O. Box 11749, Memphis, TN 38111. Think of things you can write about, like your favorite game. When people call me names I tell the teacher. I hope this helps you.

JaQuan, 8
Toledo, OH

I Take My Time

I stutter. I mostly stutter like every other day. Sometimes I get stuck on a word, and sometimes I block on a word. And sometimes I take my time to talk and my stuttering decreases. If I stutter fast, my stuttering will increase. If you get stuck on a word, try to remove it or do a soft sound or start over. My name is Joseph and I am 12 years old and I stutter.

Joseph, 12
Ft. Worth, TX

'It's Cool To Stutter'

My name is Aarmonie and I'm in 7th grade. Here is my story. People treat us like we are weirdos, like we are not humans. Humans have problems too, but that was before and this now. I feel happy that when people talk about me now, it doesn't bother me. Everybody should get treated the same way. Treat people how you want to be treated. I want to tell people to be happy. Because I stutter, that doesn't mean I can't do anything I hope for.

It's cool to stutter - don't be mad at yourself.

Aarmonie, 7th grade
Mesquite, TX

Treat People With Respect

I'm an 8th grader and age 13 and here is my autobiography.

Before: I felt bad and sad when I was in the 5th and 6th grades because kids made fun of me because I stuttered with no control.

After: Later, a lot changed because I did not stutter that much



My name is Tyler @ I am 8. I have a speech teacher named Mrs. G. I stutter more at school when I am nervous. Sometimes my speech is bumpy and I get stuck on my words. I use think time if I get stuck on a word and then I talk. I use stretchy speech to slow down my words. I like going to speech therapy because we do games and cool activities to learn about speech.

*Tyler, 3rd grade
St. Paul, Minn.*

Letters

Continued from page 15

anymore.

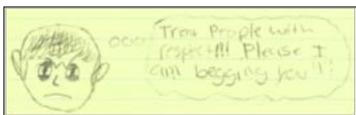
Now: I wish people would treat stutterers with respect and the same way as people who don't stutter.

Bonus: Speech teaches you how to appreciate your stuttering.

Treat people with RESPECT.

Adrian, 13

Mesquite, TX



Drawing by Camryn, 12

Camryn's Story

Hi, my name is Camryn. I am 12 years old. The way I stutter is by repeating a word several times. On bad days I stutter everywhere. In the past, kids have bullied me about my stuttering. I very much dislike stuttering because of the bullying. When I was in 5th grade a boy asked why I stutter. When I revealed the answer he gave me a dirty look. This really hurt my

feelings because it made me feel weird. I'm working on my speech right now, and I think my stuttering has decreased from 5th grade to now.

Respectfully,

Camryn, 12

Fort Johnson, NY

P.S. I have included a list of positive thoughts about stuttering:

- A lot of people don't understand stuttering and don't get it
- It's easy to see why people don't understand it because everybody stutters differently
- If you're calm and relaxed, you won't stutter
- Find something to do and you will be calm and relaxed with your stuttering
- There is lots you can do and say ("mark") when you are being teased about stuttering
- We have to teach parents the right way to communicate with us about stuttering
- It is OK to stutter – there is no law against it
- Everyone is important, even though you get the idea that you



Drawing by Mikey, 9

do everything wrong

Tips That Work for Me

My name is Mikey, not Mickey, Mikey. I'm 9 years old. I play Mount Pleasant football. My speech gets stuck a lot but that's OK because it's not my fault; it's my speech machine's fault. If you have any questions about stuttering, do these things:

1. Keep talking
2. Ask your friends to remind you about easy talking
3. Do easy talking

Try these things. It might help you!

Mikey, 9

Arlington Heights, IL



My name is Rakon and I'm in the first grade and I'm 6. I feel hot when I stutter. I get frustrated. I think going to speech helps. We are working on our speech machine. Speech is bumpy when the brain forgets to tell the parts what to do. It is ok to stutter. I like to do math in school. More boys than girls stutter.

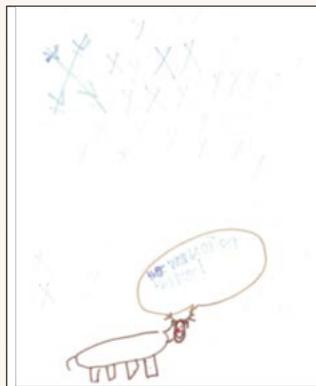
Rakon, 6

Lincoln, NE



Hi. My name is Colin and I am 8. Sometimes I stutter and I don't like it but I just get over it. I think I stutter because I was talking BEFORE I was walking!!!! In fact, I love to talk! I am lucky because I have a good friend Derrick who stands up for me if kids call me names. My advice for kids that stutter is to ignore kids that tease and have fun with your friends!

Colin, 8
Wallingford, CT



Hi! My name is Matthew and I'm in third grade and I am eight years old. Even though I stutter I'm really good at karate, gymnastics, and being a Cub Scout. One way for me to have good speech is to slow down and take a deep breath.

Matthew, 8
Wallingford, CT

Spanish *Continued from front page*

see the translation. I sent another email to the translator with your thanks for her work. She is very pleased to collaborate with the noble work of the Foundation," wrote Dr. César Burneo, who was Daniela's professor at Pontificia Universidad Católica del Ecuador.

"Let me tell you that it was a genuine joy to help with the translation. Keep up your outstanding work on behalf of all those who stutter and their families," he added.

Maria de la Paz Coral, also of Ecuador, translated *Do You Stutter: A Guide for Teens* in Spanish.

Spanish translations are available at www.tartamudez.org and www.StutteringHelp.org.

Blogger *Continued from page 4*

Camp Shout Out in Muskegon, Michigan! There have been many colleagues and clients, past and present, who have influenced my thinking around stuttering. Without the foot-in-the-door experience of the first SFA workshop, I'd doubt that I would be where I am today.

The blog is my way of 'giving back' and providing a voice to those who stutter. I hope you will continue to follow my journey and join in at stutteringhelp.org/blog.

Check it out every now and then, leave a comment or two and let the Stuttering Foundation know if you would like me to write a piece on a particular topic.

Until next time,
Voon

Camps *Continued from page 7*

Lake, a smaller Finger Lake in upstate New York. The focus was on reducing avoidance behaviors and moving in a forward and approach mode towards communication and establishing relationships. For more information call Susan Cochrane at (585) 329-0616 or visit www.stuttertherapy.com.

For more on summer camps and clinics, please visit www.stutteringhelp.org/clinics-summer.

My Stuttering Speech is based on a stop light

Stop Light	What I feel	What I do
Red	full tightness in my voice box, neck, mouth, spine, stomach, lips, shoulders, tongue, face!	Stop the tightness, Stop speaking, and relax my speech helps
Yellow	Less tight in my body. It can turn to red tight in all my body	Talk Slow & naturally, relax breath, stretch speech, light contact.
Green	No tightness in my body or speech helps	Nice and Smooth Speech -
	thank you Jon for your help with coloring	By Joseph

Joseph, 7th grade, Henrico, Va.

Did you know? We have a web page just for kids. Check it out at www.StutteringHelp.org/kids

Happy New Year!



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

NEWSBRIEFS

▶ **The Stuttering Foundation Five Day Eastern Workshop, *Using Cognitive Approaches with People Who Stutter***, will be held in Boston, Massachusetts, June 24-28, 2013. With Elaine Kelman, MSc, Cert CT, Cert MRC-SLT, and Alison Nicholas, MSc, BA (Hons), Reg MRCSLT, both of the Michael Palin Centre for Stammering Children. Conference coordinator is Diane Parris, M.S., of Boston University. For more information, call 800-992-9392 or visit StutteringHelp.org and click on "Speech-language pathologists."

▶ **The Stuttering Foundation Five Day Western Workshop, *Diagnosis and Treatment of Children and Adolescents Who Stutter: Practical Strategies***, will be held at Portland State University in Portland, Oregon, July 9-13, 2013. Workshop leaders are Susan Hamilton, M.A., Jennifer Watson, Ph.D., and Ellen Reuler, M.A. The workshop is co-sponsored by the Stuttering Foundation, Pacific University, and Portland State University. For more information, call 800-992-9392 or visit StutteringHelp.org and click on "Speech-language pathologists."



We now have more than 5,000 likes on Facebook! Kristen Pinkston, a graduate speech-language pathology student from Texas, was the 5,000th person to follow us. You can "like" us at Facebook.com/stutteringhelp.

▶ **National Stuttering Association Convention** in Scottsdale, Ariz., July 3-7, 2013. For more information, visit www.nsastutter.org.



▶ **Friends Who Stutter Convention** in Nashville, Tenn., July 18-20, 2013. For more information, please visit www.friendswhostutter.org.



▶ **International Stuttering Association (ISA)**, 10th World Congress, Lunteren, The Netherlands, June 10-13,



2013. More information at www.isastutter.org.

▶ For those interested in joining **Toasters International** as a way to improve fluency, communication or public speaking skills: Toastmasters International, Inc., P.O. Box 9052, Mission Viejo, CA 92690, (714) 858-8255, www.toastmasters.org.



▶ A list of the latest **books on stuttering** can be found online at www.StutteringHelp.org/books-stuttering.

▶ Numerous resources for stuttering have been **translated**. You can find these materials online at StutteringHelp.org/translations.

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 Scot Squires Editor/Designer
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