

# STUTTERING 2002 FOUNDATION

# 5

YEARS OF  
SERVICE

SEE SPECIAL SECTION INSIDE

A Nonprofit Organization

1-800-992-9392

www.stutteringhelp.org

Since 1947... Helping Those Who Stutter

## Recent Developments Highlight Genetic Causes in Speech Disorders

by Dennis Drayna, Ph.D.

Stuttering has long been known to cluster in families, and much evidence has accumulated that genetic factors help cause stuttering in some cases. However, the lack of clear inheritance patterns in stuttering has made genetic studies slow and difficult.

A new study recently published in the journal *Nature* has now established the importance of specific genes in speech disorders. A group in London led by Dr. Tony Monaco has done research that has led to the identification of a specific gene on chromosome 7 necessary for proper speech production. They have designated this gene *Speech1*.



This research team has been studying an unusual family, known as the KE family, in which many members are affected with a speech disorder that affects both the ability to construct proper sentence structure and also the ability to produce speech sounds. Dr. Monaco's team found mutations in the *Speech1* gene are the cause of this disorder. The *Speech1* gene itself appears to code for a genetic switch, that is, a molecule that turns other genes on and off.

...*Speech1* may control the development of parts of the body, including the brain, which are involved in speech production...

Through this group of other genes, it appears that *Speech1* may control the development of parts of the body, including the brain, which are specifically involved in speech production. It is believed that studies of the *Speech1* gene and the other genes it controls will lead to important new insights into how speech is produced, and could help lead to treatments of other speech disorders, including stuttering. □

## Annenberg Foundation Gift Helps Reach Pediatricians

Reaching 10,000 pediatricians with the latest information about children who stutter was a Foundation goal made possible this fall with support from The Annenberg Foundation.

Copies of the revised, second edition of *The Child Who Stutters: To the Pediatrician* and contact information were mailed this past fall directly to this critical group who are often the initial contact when a family has a concern about a child who stutters.

Many physicians at the recent American Academy of Pediatrics annual meeting reported on the value of SFA publications and that they are already actively working with families concerned about possible disfluencies in their young children.

"The pediatrician is often the first professional to see the child who is at risk for chronic stuttering," says Barry Guitar, Ph.D., chair of the Department of Communication Sciences at the University of Vermont, who led the

committee which oversaw the revision. "The booklet should help the pediatrician identify those children who are showing signs of serious stuttering and need intervention."

The revised, second edition includes up-to-date information reflecting advances over the past 10 years in knowledge, research and treatment therapies. Most importantly, the book provides information to detect stuttering early, including a handy checklist to help distinguish between children with normal disfluencies, mild stuttering and severe stuttering.

With help from The Annenberg Foundation, the SFA this past fall sent the new publication to half of all board-certified pediatricians. Reaching the remaining pediatricians is a further goal.

"Back in 1991, we started to exhibit at the Convention of the American Academy of Pediatrics, and we realized we didn't have material just for them," says Jane

Continued on page 5



Pediatricians are often the first resource for families concerned about stuttering. The revised edition of *The Child Who Stutters: To the Pediatrician* can help.

## Self-Therapy for the Stutterer Now in Finnish

*Self-Therapy for the Stutterer* by Malcolm Fraser has now been translated into Finnish. The book had been published before in Finnish as a three-part serial in the periodical of the Association of Finnish Stutterers. This is the first time, however, that it is available in published book form in this language.

Translator Dr. Antero Tiilikka was assisted in this work by speech therapist Tuula Lukkarinen and editor Leena Tiilikka. The Finnish edition is illustrated with photographs by



Hannu Moilanen.

The Foundation classic work outlines a self-therapy program which describes what the person who stutters can do to tackle the problem and begin to control stuttering. It is often used as a supplement to clinical treatment. The book is also meant for those who are unable to get professional help or prefer to be their own therapist.

To obtain a copy, write to Antero Tiilikka at Lasilantie 9, FIN 11910 Tiihimäki, Finland or antero.tiilikka@kolumbus.fi. □



# Five-Day Workshops Shining from Sea to Sea

## Eastern Workshop Attendees Quick to Share Experiences

by Susan Dietrich, Ph.D.

Attendees from the seventh Eastern Workshop wasted no time in sharing the wealth from their five days in Greensboro, NC. Since June, they have been practicing and training other professionals in the new techniques and philosophies they learned from co-directors Susan Dietrich, Ph.D., and Sheryl Gottwald, Ph.D., and guest speaker Dr. Peter Ramig of the University of Colorado, Boulder.

Stefanie Nance, a school SLP, presented a workshop in her district. Two of the workshop attendees, Martin Shulman of East Brunswick, New Jersey, and Barbara Cady of Huntsville, Alabama will use the new information in university classroom presentations as well as in their clinical work.

Marie Cooper has presented to other speech therapists and developed a strong stuttering therapy program in her school. "I am absolutely doing so much with all I learned at the Eastern Workshop," says Cooper. "I'm working with a group of 14-to-16 year-olds who stutter and I feel like I have so much to offer them now!"

Notable in this workshop was the active participation of the community. Local Greensboro preschoolers and school-age children volunteered to participate in role-play therapy. Their parents assisted by allowing the therapists to practice their parent counseling skills. "My children and I have done this for several years now," says one parent, "and we have a good time. But we also volunteer because we're so impressed with how hard these clinicians are working to improve their skills."

Since 1995, the Eastern Workshop has



Left to right; front row: Sheryl Gottwald, Dawn Moore, Stefanie Nance, Marty Shulman, Meredith Nahra, Colette Edwards, Susan Dietrich. Second row: Sheila Hensley, Susan Clay, Marie Cooper, Barbara Cady, Kathy Canupp, Jane Fraser. Back row: Louise Raleigh, Netia George, Rodney Smith, Peter Ramig, Karen Padgett, John Borel Ellis, Sally Opper, Kim Stallings, Barbara Ann Bennett, Diane Whittington, Mike Stephenson.

provided intensive, hands-on training to 142 clinicians, supervisors and professors. Dietrich, of the University of North Carolina at Greensboro, and Gottwald, of the University of New Hampshire, annually direct the workshop and provide four of the five days of instruction.

Workshop graduates reunited in New Orleans in November at the festive, SFA open-house party at ASHA. Louise Raleigh, Diane Whittington, Colette Edwards, and Sheila Hensley from the 2001 Eastern group joined alumni from previous years, a number of whom are making stuttering a specialty area.

John Borel Ellis of Southern Pines, NC, attended the SFA Eastern Workshop then went to New York to work with Catherine Otto Montgomery of the Institute of Stuttering Treatment and Research.

Meridith Nahra of Washington D.C., and Kathy Canupp of Virginia are also developing stuttering therapy as their specialty area. Sally Opper, an SLP at Duke Medical Center, has recently opened a private practice in stuttering therapy.

"The impact on stuttering therapy of a Foundation workshop is like tossing a pebble into still waters. You affect one speech-language pathologist and it affects the other clinicians whom they train and all their clients," Dietrich says.

The 2002 workshop will be held next June at Boston University in Boston, MA, with the help of BU Assistant Professor Diane Parris. Those who are interested in applying for the workshop can call the Stuttering Foundation of America for information at 1-800-992-9392.

□

## Midwestern Workshop the "Most Significant Experience"

by Lisa Scott Trautman, Ph.D.

Insofar as continuing education goes, the week was a career highlight for one participant at the Midwestern Workshop, co-sponsored by Wichita State University and the Stuttering Foundation in Wichita, KS on July 25-29.

For some, it was the presentation by Patricia Zebrowski, Ph.D., of the University of Iowa, on the topic of therapy with adolescents who stutter. For others, it was the learning opportunities provided by instructors Lisa Scott Trautman and Kristin Chmela, including traditional lectures, daily

small-group practice of clinical skills, videotapes of therapy sessions, and interaction with children who stutter who were attending a fluency camp at the university. Whatever the reasons, evaluations of the five-day workshop were outstanding, eliciting such comments as, "This week will stand out as perhaps the most significant continuing education experience of my professional career. Thank you for making it possible!"

Twenty speech-language pathologists from Colorado, Kansas, Missouri, Ohio, Oklahoma, South Dakota, and Texas attended the workshop, which focused on diagno-

sis and treatment of preschool and school-age children who stutter. The primary goals of the workshop were to increase participants' skills and confidence in communicating effectively with children, diagnosing the extent and severity of the communication disorder, developing appropriate treatment plans, designing meaningful therapy activities, and modeling both fluency shaping and stuttering modification tools. Strategies for working with parents and teachers were also discussed.

"This was an excellent workshop!" responded one SLP. "The length and intensity of it allowed time for the sharing of an abun-





Left to right; front row: Toya Hall, Carol Lawson, Tricia Krauss-Lehrman, Karen Borewitz, Susan Meier, Jane Fraser. Second row: Deborah Guerrero-Laurel, Belita Birzer, Kathy Chambers, Sheri Martens, Cheryl Darbro, Theresa Gibbens, Kristin Chmela, Lisa Scott Trautman. Back row: Lynda Webster, Diana Perry, Yvonne Jones, Debra Hill, Christy Long, Michael Carlberg, Tracy Skerik, Patricia Zebrowski, Jean Barrett.

dance of information. For the first time, I'm not nearly as anxious about working with a person who stutters. This workshop not only gave me a lot of insight and information, it confirmed some of the things I was doing and provided me with a new sense of confidence."

Those hoping to attend next summer can expect the same stellar results when the

Midwestern Workshop becomes the Southern Workshop and moves—along with co-instructor Trautman—to Tallahassee, FL. It will be held July 16-20, 2002, at Florida State University. For applications or more information, contact the Stuttering Foundation at 1-800-992-9392 or Lisa Scott Trautman at 850-644-2238, [lisa.trautman@comm.fsu.edu](mailto:lisa.trautman@comm.fsu.edu). □

## Tips from Tricia

Patricia Zebrowski, Ph.D., was the guest speaker for the Midwestern Workshop. Her presentation on therapy techniques in working with adolescents was a highlight for many. She recommends:

- spend time talking about how stuttering interferes with movement, timing and tension in speaking.
- help the client identify what one thing they'd most like to change in how they communicate.
- help them feel in charge of therapy and to focus by choosing what they want to change and then working on it.

## Second Western Workshop Builds on Last Year's Success

by Susan Hamilton, M.A.

The second SFA Western Workshop was held in Seattle, WA in June at the University of Washington.

Speech-language pathologists Susan Hamilton and Marilyn Langevin again led the workshop, presenting practical strategies for working with children and adults who stutter. David Prins provided an historical perspective on the development of therapies, and the parent panel was particularly revealing. "Parents of preschoolers who are currently or previously in therapy presented on their experiences with opportunities for discussion and allowed time for questions and answers," Hamilton explained.

Another highlight was an actual therapy session with a 9-year-old child who stutters during which Hamilton demonstrated techniques and answered questions from the group. "This was very popular because it allowed the pathologists to see therapy techniques in use without putting anyone else on the spot professionally," Hamilton said.

The 20 attendees came from Washington, Oregon, British Columbia, Montana, Utah, California and Alaska, and from a variety of work settings.

"The workshop instilled [in me] the knowledge and the confidence to work with children who stutter," said Linda Gale.

"This workshop was the best profession-

al workshop that I have ever attended," wrote Val Pillion. "It is evident the amount of time, thought and preparation involved."

The workshop also used lecture, small group discussion, small and large group practice, and other observations of treatment

of preschool clients. The workshop built on networking begun last year among SLPs in the West who specialize in stuttering.

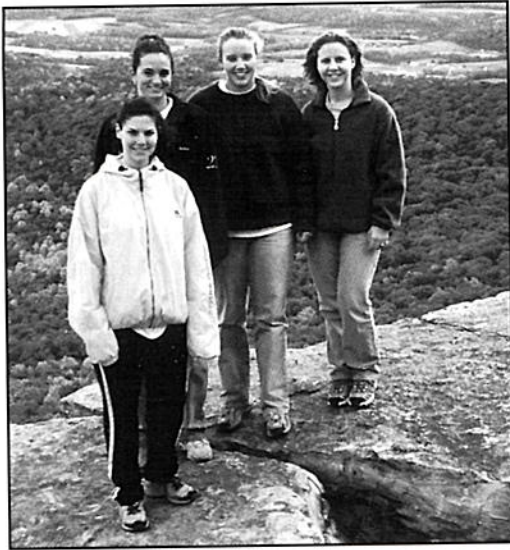
"Great Workshop," enthused SLP Larry Heimgartner, "Best ever!" □



Left to right; front row: David Prins, Susan Hamilton, Marilyn Langevin, Jane Fraser, Joe Fulcher, Jaime Giraud. Second row: Roslyn Delmonico, Randi Wells, Pam Wentzel, Linda Gale, Kirsten Bouma, Val Pillion, Rosie Reynolds, Lucia Levy, Christine Tinkey. Back row: Sheryl Marvel, Janelle Cary, Vicki Pappas, Connie Haines, Amanda Adams, Michael Collins, Dee Perry, Martina Herle, Jayne Graves, Larry Heimgartner.



## Student Speech-Language-Hearing Association Walks the Talk for SFA



From left, Jennifer Yeager, Anita Landis, Brittany Benton-Vitz and Rebecca Yocum, all of whom are studying to be SLPs.

Four college students hiked through the rolling and sometimes rocky Pennsylvania countryside to raise money for the Stuttering Foundation.

Four young women in the Kutztown University chapter of the National Student Speech-Language-Hearing Association raised \$220 through pledges from family and friends for their nine-mile trek to the top of the pinnacle in Hamburg, PA.

"Each year, NSSLHA tries to do a fundraiser project, and this year the Stuttering Foundation was suggested. It was a fun experience and we were very glad to do it to help support your organization," wrote Brittany Benton-Vitz in a note she sent to the Foundation along with a check. "We hope this money will help in your research efforts to aid those individuals who stutter." □

## "15 Famous People Who Stutter" Posters and Brochures Ready Now

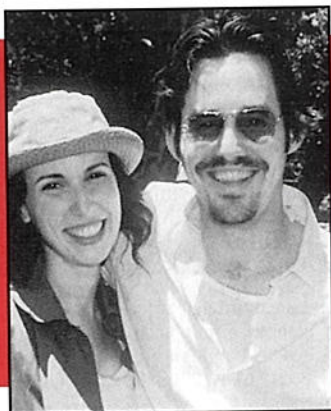
Stuttering didn't stop them... and it need not stop you.

Help increase awareness about stuttering in your community, clinic, school, library, or workplace. The "15 Famous People Who Stutter" brochures and posters are tremendously inspiring to others struggling with stuttering. Order now for National Stuttering Awareness Week, May 13-19, 2002.

If you stutter, you are definitely in good company!

Help increase awareness about stuttering in your community, clinic, school, library, or workplace. The "15 Famous People Who Stutter" brochures and posters are tremendously inspiring to others struggling with stuttering. Order now for National Stuttering Awareness Week, May 13-19, 2002.

## "Saint" Nick's web site says give to SFA



It was a merrier Christmas for those who stutter, thanks to Nicholas Brendon, SFA spokesman.

From his role as "Xander" in the popular TV series, *Buffy the Vampire Slayer*, Nicholas has lots of traffic on his web site [www.nickbrendon.com](http://www.nickbrendon.com), which again this year asked fans to donate to the Stuttering Foundation. The site has links to the Foundation's homepage, [www.stutteringhelp.org](http://www.stutteringhelp.org), and directly to our online donor form.

Thanks, Nick! Puts us in mind of another Nicholas we know. □

www.stutteringhelp.org

The Foundation web site, <http://www.stutteringhelp.org>, continues to draw more and more readers with several hundred hits a day. We are always working on the site and appreciate your feedback. Let us know what you like, what you don't, and what you'd like to see.

■ The book, *The Child Who Stutters: To the Pediatrician*, can now be downloaded from the web site in standard or PDF format. The book will also be helpful for parents whose pediatricians are looking for additional guidelines on stuttering.

■ Information on how to obtain insurance coverage is also outlined at [www.stutteringhelp.org](http://www.stutteringhelp.org).

■ All new versions of our brochures, *If You Think Your Child Is Stuttering* and *The Child Who Stutters At School: Notes to the Teacher* and *Turning On To Therapy*, can now be downloaded. The referral/resource lists as well as the list of libraries shelving SFA videotapes are updated regularly.

Concerned parents, teens, and adults who stutter around the world are finding help on-line through the Foundation. Here are some recent comments from web site visitors:

■ "I am a recent graduate in the field of speech pathology. I have two clients on my caseload that stutter and I feel I need more information. One is a third grader and one is a seventh grader. Your site is very comprehensive and helpful. Please send me any other information that will help me with these students."

■ "My three year old just started stuttering overnight. He stutters over almost every sentence. I was so glad to find help on your website."

■ "I am a speech-language pathologist working in the schools. I was wondering if there is any information/research on the affect or progress with students with PDD and mental retardation. Please email me back if you can get any of that information. I have used your materials and have attended workshops of your Foundation. Keep up the great work!" (the Down's Syndrome brochure has answers for her).

■ "My husband is very concerned about his stuttering. I would like to get some information about group therapy or centers locally. We greatly appreciate your help."

■ "My child has stuttered since preschool. We were told he would grow out of it. He is now 13 and has not grown out of it. We were glad to find information on your web site that gave us tips of how to help him at home. We wish we had gotten this information when he was in preschool and hope other parents don't wait like we did. Having information on your site for parents is more helpful than you know!"

■ "Excellent site!! You offer more than I imagined and I plan to refer to your site and recommend it often! Thank you!"



## To the Pediatrician Revised

Continued from page 1

Fraser, SFA president. She convened a conference of professionals to put together a book specifically for pediatricians. The resulting *The Child Who Stutters: To the Pediatrician* offers "the necessary information in a clear and succinct manner," said Michael B. Grizzard, M.D., a consultant on the project. A generous gift from The Annenberg Foundation at that time enabled the Stuttering Foundation to print and distribute copies, which were well-received by physicians and SLPs.

However, much has been learned in the ensuing decade since the book was first published. "Some pediatricians still tell parents to just wait, that the child will outgrow the problem," Fraser explains. "Now we know the importance of early intervention and are better able to tell which children are at higher risk for developing a chronic stuttering problem."

**"This booklet should help the pediatrician identify those children who are showing signs of serious stuttering and need intervention."** Barry Guitar, Ph.D.

Guitar and other nationally recognized experts in stuttering had collaborated on another recent Foundation project, the video *"Stuttering and the Pre-School Child: Help for Families,"* (now also available in Spanish). This highly-regarded work provided valuable information for the revised publication for pediatricians.

Florida physician Ben Helgemo, M.D., commented on the quality and value of the video at the AAP meeting in October. Other pediatricians who spoke to speech-language pathologist June Haerle Campbell at the annual meeting ranged from those who had received the Foundation mailing to those who had little knowledge of issues, indicating there is still much to be done on the educational front. Pediatricians who work for large HMOs or large pediatric groups were less likely to have received the mailing, and yet are those treating an increasingly greater percentage of patients. Most, according to Campbell, were "very interested in the Foundation's literature and in the idea that the brochure, *"If You Think Your Child Is Stuttering"* is an excellent first line of education for families with any questions regarding normal nonfluency or more significant stuttering. Many M.D.s are leaving copies in the waiting room."

For more information, call the Stuttering Foundation's toll-free hotline, 1-800-992-9392, or visit the web site at [www.stutteringhelp.org](http://www.stutteringhelp.org). □

## Two New Products Help Pathologists Work with English-As-Second-Language Learners

Two new products are now available for speech-language pathologists who work with children who speak English as a second language.

### Stuttering and the Preschool Child video now in Spanish

One of the Foundation's most popular videotapes is now available in Spanish.

"La tartamudez y su niño: una guía para la familia" promises to be an invaluable resource for Hispanic families confronting the fear and anxiety associated with a child who is beginning to stutter," says translator Lisette Betancourt.

"It is exciting to have one of the Foundation's most popular videotapes, *"Stuttering and the Preschool Child: Help for Families,"* available to the large and growing number of Spanish speakers in this country and abroad," agrees Carroll Guitar, MLS, who manages the SFA's video library. "Lisette, Marlene May of May Productions in Miami and Ave Osle from Miami Children's Hospital have done an excellent job in melding the two languages and presenting a helpful and versatile videotape."

The video is designed to help parents detect stuttering and take positive action toward helping their child. Now it has been translated into Spanish and narrated by native speakers who gave their voices free of charge to make this tape more accessible to Spanish speakers.

"Our other Spanish-language materials have been so well-received, but all were in print. We believe this new video will provide even greater access to help for families who are concerned about a preschool child," says Jane Fraser, SFA president.



### Answers to questions on therapy for bilingual children

The second new product is a brochure entitled *"Stuttering and the Bilingual Child."* Written by Dr. Rosalee Shenker of the Montreal Fluency Centre, the brochure explains the difference between being bilingual and a second-language speaker. It then highlights the language demands facing children who speak more than one language and how those demands may impact fluency. Parents of bilingual children will find helpful the tips for changing language demands, and speech-language pathologists will appreciate the section on designing intervention for children who stutter who speak more than one language.

**"The Foundation receives a significant number of requests from SLPs who are working with bilingual clients. This brochure will provide information that is unavailable elsewhere."**

Lisa Scott Trautman, Ph.D.

"The Stuttering Foundation receives a significant number of requests for information from speech-language pathologists who are working with bilingual clients," notes Lisa Scott Trautman, Ph.D. "This new brochure, written by an expert in working with bilingual children, will provide these professionals with information that is unavailable elsewhere."

Readers may obtain more information free of charge from the nonprofit Memphis-based Stuttering Foundation by calling the toll-free number, 1-800-922-9392 or visiting the web site at [www.stutteringhelp.org](http://www.stutteringhelp.org). □

## Own a Copy of a Classic

In the wake of the September 11 terrorist attacks on America, the Stuttering Foundation is pleased to bring back a classic, the "Voice of Freedom" Winston Churchill public service advertisement.

Requests have been so great for these timely and eloquent PSAs that the Foundation is offering the 8 1/2 x 11" size to readers for only \$1 to cover postage.

To order, send your check made payable to the Stuttering Foundation of America, P.O. Box 11749, Memphis, TN, 38111-0749. □



**The voice of freedom never faltered, even though it stuttered.**

Winston Churchill was perhaps the most stammering, eloquent speaker of this century. He also stuttered. If you stutter, you should know about Churchill because his life is proof that, with the will to achieve, a speech impediment is no impediment. Learn about the many ways you can help yourself or your child. Because your finest hour lies ahead.

**STUTTERING FOUNDATION**  
OF AMERICA  
1-800-992-9392



# 55 YEARS OF HELPING THOSE WHO STUTTER

## 1947



1947 bank deposit officially starts the SFA. Charlotte Fraser handles all shipping of books until 1970.



The Speech Foundation of America is born, funded by a single gift of \$2,500 from founder Malcolm Fraser. The "headquarters" is Fraser's home at 2246 Henry

Street in Memphis, Tennessee. The "office" consists of Malcolm's wife, Charlotte Fraser, armed with a manual typewriter. There are no expenditures.

## 1978



1978-1979 Conference: Barry Guitar, Woodruff Starkweather, Ted Peters, Jane Fraser, Hal Starbuck, Carl Dell, Harold Luper, Dean Williams and Malcolm Fraser.



Early SFA ad, 1972—the fledging start of public awareness.

The Foundation has published 9 books on stuttering: *To the Stutterer* just published. Books are selling for 25 cents. Expenditures now total \$25,000.

## 1982

First conference for clinicians working with school-age children.

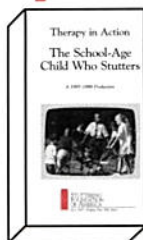


## 198

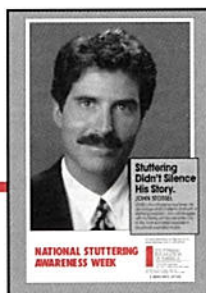


## 1997

The Stuttering Foundation of America, having undergone one name change and huge growth, is 50 years old! The office occupies 2000 square feet at 3100 Walnut Grove, Suite 603. A staff of 7 run 9 computers, 3 modems, 3 fax machines, 7 phone lines and 3 toll-free numbers, plus shipping books, videos and press releases.



A public awareness campaign, and widespread Public Service Advertisements are a growing part of the Foundation's work. PSA 1990.



## 2001

The Foundation celebrates 55 years of helping those who stutter, now with a budget of over \$1 million, support for research projects, expanded workshops and conferences and a web site, [www.stutteringhelp.org](http://www.stutteringhelp.org)



# A TIMELINE

Symposium at Northwestern University.



1957

1954

1957 Conference, bringing together some of the leading authorities in the field of stuttering: Back row: Henry Freund, M.D., Harold Luper, Ph.D., Wendell Johnson, Ph.D., Joseph Sheehan, Ph.D., Charles Van Riper, Ph.D.; Front row: Dean Williams, Ph.D., Malcolm Fraser, Stanley Ainsworth, Ph.D. and Robert West, Ph.D.



1972--Gene White, right, ships books from his home. He is succeeded by his son, Bob White. The Fraser home is still the office, now at 152 Lombardy Road, Memphis.

1972



"The writer (Malcolm Fraser) requests permission to buy an electric typewriter for use in my home, which serves as the office of the Foundation, probably preferably an IBM executive type."  
*from the 1968 SFA annual report.*



1968

First toll-free telephone line is established, 1-800-992-9392.

1985

First "Workshop for Specialists" co-sponsored with Northwestern University.

1990—The office is now at 3100 Walnut Grove Road, Suite 605; 450 square feet of space. Equipment consists of 1 computer, a 286, running "First Choice" software. Two employees ship books, Anne Edwards and Jo Bradshaw.



By 1990, 13 books are published by the Foundation, as well as several brochures and 3 films. The annual budget has expenditures of \$300,000.



1990



The public awareness campaign with actor Nick Brendon reached 209,336,000 readers in 2001, with \$2,500,000 in donated ad space. The web site, launched 3 years ago, now attracts 250-500 hits a day.



Five full-time and 6 part-time staff run 11 computers, 4 fax machines, 2 DSL lines, and a busy toll-free line and shipping center for distributing 24 books, 21 videotapes, 11 posters, and 15 brochures, many in Spanish as well as English. Fortunately, a Postalia postage meter stamps and seals over 60 envelopes a minute. With advances in research, the future looks ever brighter for those who stutter and the SFA.





## Two Major Publications Pick Up on Stuttering Awareness



Two major publications recently picked up on information sent by the Foundation as part of its ongoing public awareness campaign.

The *AARP*

*Bulletin*, the periodical of The American Association of Retired People, printed a 1/4 page public service advertisement of Annie Glenn in the November issue. With a circulation of 22 million, the magazine had SFA phone lines and email inundated with response to the "Stuttering Didn't Keep Her Grounded" PSA featuring the wife of former astronaut John Glenn.

The January 2002 issue of *Better Homes and Gardens* features a brief article with advice from Foundation president Jane Fraser on how best to respond if your child stutters. You can find "Speak Easy; If Your Child Stutters" on page 118 of the issue, now available on newsstands.



The SFA's public awareness campaign had a tremendous year in 2001, reaching millions of people with the word about help for those who stutter. As evident from the response to the PSA in the *Bulletin* alone, the reach of major publications such as these is a powerful tool.

Thanks to all the media outlets who make this possible with their donations of advertising space and airtime. □



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.



The SFA booth was busy and literature moved quickly at the ASHA convention despite fewer attendees.

## SFA Booth Enjoys Brisk Business at ASHA 2001; Workbook and Teachers Video Popular

The Stuttering Foundation had its largest booth ever for the 2001 convention of the American Speech-Language-Hearing Association in New Orleans. Staff were kept busy, following on last year's record year.

With nearly 30 feet of space, the SFA did "remarkably well, considering attendance was down," said president Jane Fraser. In fact, SFA materials moved very briskly at the convention in November, smaller than normal this year as many elected to not travel following the September 11 tragedy.

The workbook, *The School-Age Child Who Stutters: Working Effectively with*

*Attitudes and Emotions*, by Kristin Chmela and Nina Reardon was especially sought-after, as was "Working With Teachers" a video for speech-language pathologists working with classroom teachers.

A new videotape specifically for teachers is now in production and will be out this fall. It features children who stutter sharing their thoughts on what their teachers actually did in the classroom to help and why it helped. Several teachers share their concerns and ask pertinent and very targeted questions about having a child who stutters in their classroom. □

## Physicians at AAP Meeting Remark on SFA

The Foundation's videotapes proved so popular with pediatricians at the American Association of Pediatrics annual meeting that the booth ran out. "Send more tapes next year!" writes June Haerle Campbell, MA, SLP, in her conference notes.

SFA literature in general was very well-received by the physicians and those visiting the Foundation booth. Many spoke of receiving the recent mailing of *The Child Who Stutters: To the Pediatrician* (see story on page 1). Stuart

Friedman, of Scottsdale, AZ, said he uses SFA material for his medical school curriculum, and scooped up samples.

Pediatricians from 18 states and Argentina, Brazil, Switzerland, Kenya, India, and the Philippines dropped by to talk to Campbell. Comments throughout



Speech-language pathologist June Haerle Campbell speaks with visitors to the SFA booth at the AAP convention.

the three-day meeting touched upon the pediatrician's respect for SFA, how often the materials are used in their practices, and the perennially popular "15 Famous People Who Stutter" posters and how those who stutter can lead lives necessitating good communication skills. □



# Toastmasters Takes On Stuttering

Toastmasters Publications Feature Stories and Advice From Those Who Stutter



*This past year, Toastmasters International featured in its magazine two articles on overcoming stuttering. One was by Charles Marcus, a professional speaker and trainer, [January 2001] and the other by Steve Synan, a speech therapist specializing in stuttering [May 2001]. Both men have themselves struggled with stuttering since they were very young.*

*Toastmasters has given us permission to reprint excerpts from the articles, along with tips on how those who stutter might gain from joining their local club.*

"For 30 years I had a very limited comfort zone. I allowed my fear of speaking to control my every decision," writes Charles Marcus. He began stuttering when he was four years old, and describes in poignant detail the teasing of schoolmates and others as he struggled with his disability. Despite the stuttering, he became a successful hairdresser for Vidal Sassoon.

Later, however, the problem returned in force, and Marcus decided to "take control of my speech and to fully accept the responsibility to change my situation." It took several years of concentrated work with speech therapist Andrew Bell. In 1989, Marcus began a career in sales.

"I only joined Toastmasters in January 2000." Marcus says. "My club members are so supportive and encouraging. I wish I had known about Toastmasters all those years ago when I struggled with stuttering!"

Self-esteem and confidence are a large part of what Marcus feels he gains from Toastmasters. The thought is echoed by

Steve Synan, who says, "I am one of the approximately three million people in the United States who stutter. For many years stuttering defined and limited me. Stuttering hindered my social life, my job opportunities and my educational choices. After some very effective therapy, my stuttering improved dramatically."

Still, Synan wanted more: he wanted to overcome his fear of public speaking. Toastmasters met the need, and he believes that others who stutter can benefit as well. He suggests:

- Find a club that matches your personality
- Don't try to hide your stuttering
- Educate others about stuttering
- Express your expectations
- Ask for accommodation (if necessary). Receiving accommodations does not mean that you have failed, only that obstacles are avoided.
- Be realistic about your goals
- Appreciate all accomplishments
- Look beyond stuttering for your progress

"Stutterers tend to think that communication is difficult only for them," writes Synan. "But listen to fluent speakers. How nervous do they look? This can be an eye-opening experience. Through Toastmasters, I realized that I could be opinionated, persuasive, and sometimes even funny. Although I have made great strides, I know I have a long way to go. I still stutter on occasion. I still get nervous before a speech. But stuttering no longer handicaps me." □

## What Those Who Stutter Can Gain From Toastmasters:

- Increased confidence and enjoyment of communication.
- Realizing your potential. Stuttering can confine more than just a person's speech. With increased skills and confidence, goals can become a reality.
- Improved communication skills. Most jobs entail making calls, presenting reports and interacting with co-workers and clients.
- Improved fluency. Use meetings to attempt new fluency strategies.
- Practice opportunities.
- Improved public speaking.

A Toastmasters club is a "learn-by-doing" workshop in which members hone their skills in a comfortable, friendly atmosphere. A typical club has 20 members, who meet weekly to learn and practice public speaking techniques.

There is no instructor; instead members evaluate each others' presentations. Founded in 1924, Toastmasters International now has approximately 180,000 members in 70 countries.

For more information on Toastmasters International and clubs in your area, please call 1-800-9 WE SPEAK or visit our web site, [www.toastmasters.org](http://www.toastmasters.org).

## New Stuttering Research Center Opens in Bulgaria

Dr. Dobrinka Georgieva, who attended the Stuttering Foundation/Northwestern University two-week workshop in July 2001, has opened a Stuttering Research Center in Bulgaria.

The Center will provide therapy services for those who stutter and will also function as a place to train students in speech pathology. There will also be participation in research projects from other countries in order to offer better treatment options to adults and teenagers who stutter.

The Stuttering Research Center is located at Southwestern University, Neofit Rilski, in the city of Blagoevgrad. □

## Happy New Year from the staff and consultants at the Stuttering Foundation!



Annual Christmas party at Standard Parts in about 1941. Malcolm Fraser is kneeling at left. At right is Sally Archer who still pinch hits for the Foundation when extra help is needed.



From left: Pat Hamm, Anne Edwards, Roberta Brugge, Lisa Hinton, Laura Beauchamp and Jane Fraser. Not pictured: John Bell, Don Edwards, Joe Fulcher, Patty Reed, Lisa Scott Trautman, and Deborah Squires.

The Stuttering Foundation of America has grown tremendously since it was founded in 1947 with a New Year's Eve gift of \$2,500 from Malcolm Fraser. Since then, millions have been helped. We thank our friends and supporters for making this work possible, and wish you all the best in the year to come.



## NEWS BRIEFS

■ January 19 and 20, "Refresher Course for People Who Stutter." Instructor Alice Anne G. Farley, M.Ed., CCC/SLP, ASHA recognized fluency specialist. Columbia, SC. Call 803-407-0770 for information. SLPs welcome.

■ The Stuttering Foundation two-day conference for speech-language pathologists working with the school-age child who stutters will be held June 7-8, 2002, in Dallas. For an application form, contact the Stuttering Foundation at 1-800-992-9392.

■ The Stuttering Foundation Eastern Workshop, "Diagnosis and Treatment of Children Who Stutter: Practical Strategies," directed by Dr. Susan Dietrich and Dr. Sheryl Gottwald will

be held at Boston University, June 19-23, 2002. Call 1-800-992-9392 for an application.

■ The Stuttering Foundation Southern Workshop, "Diagnosis and Treatment of Children Who Stutter: Practical Strategies," directed by Dr. Lisa Scott Trautman and Kristin Chmela, M.A., will be held July 16-20, 2002. Call 1-800-992-9392 for an application.

■ The Stuttering Foundation Western Workshop, "Diagnosis and Treatment of Children who Stutter: Practical Strategies," directed by Susan Hamilton, M.A. and Marilyn Langevin, M.A. with David Prins, Ph.D., will be held at the University of Washington, Seattle, June 26-30, 2002. Call 1-800-992-9392.

■ The 4th World Congress on Fluency Disorders will be held August 11-15, 2003 in Montreal, Quebec, Canada. For more information, contact Dr. Rosalee Shenker at [mirs@musica.mcgill.ca](mailto:mirs@musica.mcgill.ca) or Lisa Avery at [avery1@interchange.ubc.ca](mailto:avery1@interchange.ubc.ca).

■ Joe Donaher at [turtlecraw@aol.com](mailto:turtlecraw@aol.com): has created a LISTSERV for doctoral students specializing in stuttering. The list serves as an open forum for doctoral students; limited to doctoral students only. To subscribe, send the following to [listserv@listserv.temple.edu](mailto:listserv@listserv.temple.edu): subscribe stutterdoc first\_name last\_name" or contact Joe Donaher at [turtlecraw@aol.com](mailto:turtlecraw@aol.com).

■ For those interested in joining Toastmasters International as a way to improve fluency, communication or public speaking skills, their address is: Toastmasters International, Inc., Attention: Membership Department, P.O. Box 9052, Mission Viejo, CA 92690, Telephone: (714) 858-8255; Fax: (714) 858-1207.

■ For those wanting to obtain a copy of *Self-Therapy for the Stutterer* in Japanese, write to Dr. Shokichi Nakajima, 2-21-1 Ogawa Machida-shi, Tokyo 194, Japan, telephone/fax: 0427 (96) 5092.

■ For those looking to obtain a copy of *Self-Therapy for the Stutterer* in French, write to the Association des Begues du Canada, 7801 Rue Ste. Claire, Montreal, Quebec, Canada, H1L 1V8. Please enclose \$15.00 Canadian to cover printing, postage, and handling costs.

■ For those wanting to obtain a copy of *Stuttering and Your Child: Questions and Answers in Hindi*, write to: Dr. Sajiv Adlakha, Adlakha Speech and Hearing Clinic, 77, Sant Nagar, East of Kailash, New Delhi-110065, India, or call at 011-91-628-8636, e-mail: [adlakhas@hotmail.com](mailto:adlakhas@hotmail.com)

## Books on Stuttering or Related Topics Available from Bookstores:

■ *Ben Has Something To Say* by Laurie Lears, illustrations by Karen Ritz. A book for children ages 5-9. Albert Whitman & Co., Morton Grove, IL. 800-255-7675.

■ *Sharing the Journey: Lessons from my Students and Clients with Tangled Tongues* by Lon Emerick, Ph.D., available from North Country Publishing, 355 Heidtman Road, Skandia, MI 49855 for \$13.95 plus \$2. postage and handling, 906-942-7879.

■ *Living With Stuttering* by Kenneth St. Louis, Ph.D. Available from Populore Publishing Company, P.O. Box 4382, Morgantown, WV 26504, 304-599-3830.

■ *Jason's Secret* by Ellen Marie Silverman, Ph.D. Published by 1st Books Library. [www.1stbooks.com](http://www.1stbooks.com).

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

■ *Stuttering: An Integrated Approach to Its Nature and Treatment* by Barry Guitart, Ph.D., published by Lippincott, Williams, and Wilkins, Baltimore, MD. (800) 638-3030.

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

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

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

■ *Tongue Wars*, by William H. Perkins, Ph.D., Athens Press, Los Angeles, CA, 800-364-1677.

■ *The Bob Love Story: If It's Gonna Be, It's Up to Me*, by Bob Love with Mel Watkins, available through bookstores or call NTC Contemporary Publishing Group, 1-800-323-4900.

■ *Paroles de parents* by Anne-Marie Simon, L'Ortho-Edition, 76, rue Jean Jaures, 62330 Isbergues, France.

■ *Clinical Decision Making in the Diagnosis and Treatment of Fluency Disorders* by Walter H. Manning, Ph.D., published by Singular/Thomson Learning.

■ *Nature and Treatment of Stuttering: New Directions* by Richard F. Curlee, Ph.D. and Gerald M. Siegel, Ph.D., published by Allyn and Bacon, Needham Heights, MA.

■ *The Classroom Teacher's Inclusion Handbook* by Jerome C. Yanoff, Arthur Coyle Press, Chicago.

■ *Special Children, Challenged Parents*, by Robert A. Naseef, Ph.D., published by Carol Publishing Group, Secaucus, New Jersey, 1-800-447-2665.

■ *Straight Talk on Stuttering, Information, Encouragement, and Counsel for Stutterers, Caregivers, and Speech-Language Clinicians* by Lloyd M. Hulit, Ph.D. The publisher is Charles C. Thomas, Springfield, Illinois.

■ *Stuttering: A Life Bound Up in Words* by Marty Jezer. Published by Basic Books, 1997.

■ *You Will Dream New Dreams: Inspiring Personal Stories* by Parents of Children With Disabilities by Stanley D. Klein, Ph.D., Published by Kensington Books, New York, New York. 1-800-221-2647.

■ *Stuttering and Science* by William H. Perkins, Ph.D. and published by Singular Publishing Group, Inc., in San Diego, California.

■ *Elements of Stuttering* by Courtney Stromsta, Ph.D. Available from Atsmore Publishing Company, P.O. Box 533, Oshtemo, MI 49077. Please send \$19.50 plus \$3.00 handling charge.

■ *Stuttering: A Search for A Cause and a Cure* by Oliver Bloodstein, Ph.D.. It is published by Allyn & Bacon, Needham, MA.

■ *Does My Child Have a Speech Problem?* by Katherine L. Martin published by Chicago Review Press, Inc., Chicago, IL.

■ *The Telecommunication Relay Service Handbook* by Franklin H. Silverman, Ph.D. Aegis Publishing Group, Ltd., Newport, RI.

■ *Unforgettable Characters I Have Known* by Bill Lynde. Published by BookPartners in Wilsonville, OR, 503-682-9821 or 800-895-7323.

■ *Speak Mandarin Not Dialect* by SLP Elizabeth Haynes. Available through ThistleDown Press Ltd., Saskatoon, Saskatchewan, Canada, 306-244-1722 or [www.thistledown.sk.ca](http://www.thistledown.sk.ca).

■ *Dead Languages* by David Shields. Available now in paperback edition by Graywolf Press, Saint Paul, MN, [www.graywolfpress.org](http://www.graywolfpress.org) or call 612-641-0077.

## From the Editor

Happy New Year! We hope you enjoyed our 55th anniversary issue of the *Stuttering Foundation Newsletter*.

It is my privilege and pleasure to serve as the new editor of this newsletter. As one whose background is in communications and public relations, I have a lot to learn about stuttering and fluency issues. It's been fascinating so far, and those of you who are professionals in this field have already taught me much through putting together this issue. Thank you.

In my brief time with the Foundation, I have been extremely impressed with the commitment and dedication on the part of everyone I've met. The sheer amount of work achieved by the Foundation's small staff on behalf of those who stutter is hard to believe! The impact and reach of the Foundation is truly impressive, and the stories of those helped are touching and a little humbling. For those of you who know Jane Fraser, you know why it's all possible. For those who have not met her, I hope you have the opportunity.

If you have questions or suggestions for me regarding the newsletter or SFA web site, I can be reached through the Foundation or directly at [squiresd4@hotmail.com](mailto:squiresd4@hotmail.com). I look forward to hearing from you!

Deborah Squires



A Nonprofit Organization  
Since 1947 - Helping Those Who Stutter  
3100 Walnut Grove Road, Suite 603  
P.O. Box 11749 • Memphis, TN 38111-0749

1-800-992-9392 • 1-800-967-7700  
[www.stutteringhelp.org](http://www.stutteringhelp.org)