



THE STUTTERING FOUNDATION

A Nonprofit Organization

FALL 2005

Since 1947... Helping Those Who Stutter

▶ Research Highlights, page 5

▶ Media Awards 2005, page 3

▶ Library Outreach, page 7

Ehud Yairi Receives Prestigious Award



Dr. Ehud Yairi receives the 2005 Malcolm Fraser Award from Jane Fraser.

By Nan Bernstein Ratner

As recognition of his contributions to the field of stuttering, Ehud Yairi, Ph.D., was named the recipient of the Malcolm Fraser Award for Excellence during the Leadership Conference of the Special Interest Division 4 (Fluency) of the American Speech-Language-Hearing Association in Boston on Aug. 4.

The selection committee included Vianne Bjornberg, Susan Hamilton, Brett Kluetz, Barry Guitar, and Dick Curlee.

Since his graduation from the University of Iowa in 1970, Dr. Yairi has conducted research that has literally transformed our understanding of childhood stuttering.

One of the first investigators to target close examination of the beginning stages of stuttering, Ehud was able to demonstrate through programmatic investigation, over the span of more than a decade, specific features that distinguish preschool stuttering from normal developmental disfluency. He was also one of the first

Continued on page 4

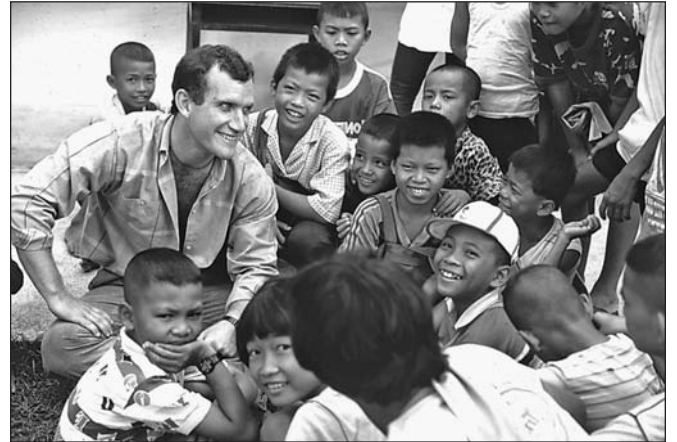


Photo by Susan Walker

Conservationist Alan Rabinowitz, Ph.D., enjoys speaking with children during his exploration around the world. Recently, Rabinowitz established the Hukawng Valley Tiger Reserve in northern Myanmar. The reserve is the size of the state of Vermont.

Poignant Speech Highlights Conference

Editor's Note: Following is the speech given by Alan Rabinowitz on June 17 at SFA's two-day conference in Minneapolis. A DVD of this extraordinary speech is now available from SFA.

Nearly 20 years ago, I stood before the Prime Minister of Belize and convinced him to set up the world's first and only jaguar preserve. Ten years ago I sat with tribal headmen asking their help in setting up one of the world's largest Himalayan parks to preserve species of animals that few people have ever seen or heard of. A little more than a year ago, in March 2004, I sat with the military dictators of Myanmar and signed into law the world's largest tiger reserve, 8,500 square miles, an area almost the size of the state of Vermont. Four weeks ago I was meeting with the

Continued on page 6

BIOGRAPHY

Ehud Yairi

▶ **Education:** B.A.

from Tel Aviv University; M.A. and Ph.D. from University of Iowa.

▶ **Career:** He has

contributed extensively to the research literature on childhood stuttering for more than 30 years. His work has focused on various analyses of speech disfluency, as well as the onset, development and genetics of stuttering.

Newly discovered families give impetus to genetics research

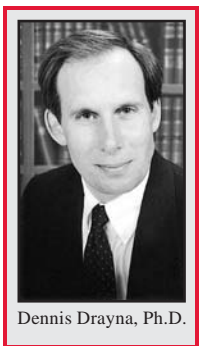
By Dennis Drayna, Ph.D.

Recent research in Cameroon, West Africa, has uncovered the existence of an entire group of previously unknown families in which stuttering occurs as a simple inherited trait. Through the cooperation of the Speak Clear Association of Cameroon (SCAC) and the Stuttering Home Page main-

tained at Mankato State University, researchers had previously identified a single Cameroonian family of 100 individuals, 45 of whom stutter.

This unusual family motivated more field studies in Cameroon. These studies have now shown that as remarkable as this family is, they're not unique. Researchers have now

identified 4 additional large families, ranging in size from 25 to 80 individuals, and in all of these families, almost half of the individuals stutter. All the families found so far come from a single region in Cameroon's Northwest Province, suggesting there might be some common inherited factor at work in



Dennis Drayna, Ph.D.

Continued on page 12

“Hot” Twin Days in Twin Cities for School Clinicians

School-based clinicians at the Stuttering Foundation’s annual two-day conference, *Stuttering Therapy: Practical Ideas for the School Clinician*, were moved and motivated by professionals in the field and by conservationist Alan Rabinowitz, Ph.D., who spoke about his own struggles growing up with stuttering (*please see the full text of his speech, starting on the front page*).

The conference, which was held June 17 and 18 in Minneapolis-St. Paul, brought together more than 100 people from schools, university clinics and private practices.

Comments gathered at the end of the conference had attendees giving top marks.

“This has been the best conference I’ve ever been to,” wrote one participant. “The knowledge gained is tremendous. It was just what I was looking for.”

Another stated: “An exceptional conference. “One of the best I’ve ever attended in 19 years as an SLP!”

One speech-language pathologist put it very simply, “Great conference. Well organized!”

Many agreed they now have new ideas to incorporate into the many activities they are already doing.

Presenters Lisa Scott, Ph.D.; E. Charles Healey, Ph.D.; Peter Ramig, Ph.D.; Bill Murphy, M.A.; Kristin Chmela, M.A.; and Patricia Zebrowski, Ph.D., offered practical strategies for therapy, counseling parents, working with adolescents, measuring progress, and dealing effectively with emotions and attitudes.

Some of the topics covered were including teachers in the therapy process, leading in-services, and writing meaningful goals and objectives for the classroom setting.

Small groups were led by Minnesotans Katie Dauer, M.A., and Judith Kuster, M.A., along with Susan Cochrane, M.A.; Joseph Donaher, M.A.; Elise Kaufman, M.S.; and Ann McKeehan, M.S.

The next two-day conference will be in June of 2006. For more information, please contact the SFA at (800) 992-9392 or e-mail info @stutteringhelp.org. □



Participants work in small groups, allowing for answers to specific questions and for practicing treatment skills.



The Friday evening reception gave attendees an opportunity to network with other professionals.



School clinicians discuss how to lead in-services, write meaningful goals and incorporate teachers during the conference.



Time to talk about caseloads and other topics is built into the two-day conference.

“It’s not often that you go to a conference where all the presenters are exceptionally terrific. This was such a conference.”

Excellent Reporting Recognized

For the 14th year, the Stuttering Foundation recognizes the importance of the media in raising awareness about stuttering and what can be done to help.

The 2005 Media Awards for Excellence go to 10 journalists who successfully enhanced public understanding of this complex speech disorder during the year.

“Print and television journalists have done an outstanding job of focusing on the causes and treatment of stuttering over the past year,” said Jane Fraser, president of the 58-year-old nonprofit foundation. “All entries showed increased sensitivity to a



Kim Brown



Leigh Woosley

speech disorder that affects millions of people.”
Kim Brown and **Leigh Woosley** of the *Tulsa World* (Tulsa, Okla.) earn first place in the large newspapers category for their stories explaining the complexities of stuttering in clear and concise ways. They also provided readers with the tools parents need to help children who stutter.
Nancy Deville of the *Tennessean* (Nashville, Tenn.) receives second place in the large newspapers category. Deville wrote a poignant story about children who attended a fluency camp to help them manage their stuttering and gain critical self-esteem.



Nancy Deville

Rose Mary Weitz of the *Flint Journal* (Flint, Mich.) takes first place in the small newspapers category.



Rose Mary Weitz

Weitz used multiple points of view to present the many phases of stuttering in useful and hopeful ways.

Another Michigan journalist, **Tamara Lubic** of the *Grand*

Rapids Press is honored for her work. Lubic is the second place winner in the small newspapers category for providing readers with useful information about the different ways people tackle stuttering.



Tamara Lubic

Third place goes to **Sharon Emery** of the *Muskegon Chronicle* (Muskegon, Mich.) for a column full of emotion. Emery told a first-hand account of how she became a warrior in her fight to control her stutter.

In the magazines category, **Elaine Abrams** of *Family Doctor* (Colorado Springs, Colo.) is the winner. Her excellent article zeroed in



Sharon Emery

on what parents can do to help their children if they think they stutter.

Jennifer Mesich of *Chicago Parent* (Oak Park, Ill.) is honored with second place for explaining some of the most critical ways people can overcome stuttering in young children.

The television award goes to **Angela Angelici**, executive producer at WHBQ Channel 13 in Memphis, Tenn.



Angela Angelici

This segment featured anchor Ron Meroney and Jane Fraser giving tips on back-to-school help for children who stutter. Viewers were given many options to help the child who stutters from Web sites to the availability of materials at local libraries.

Jennifer Reingold of *Fast Company* (New York, N.Y.) receives a special award for chronicling the achievements of Michael Sheehan, who is a top public-relations executive who not only overcame stuttering to become one of the best-known communications experts but also dealt effectively with the effects of a major stroke later in life. □

Lifetime of Achievements

A Special Lifetime Achievement Media Award goes to public relations executive **Michael Sheehan**, who dealt effectively with his stuttering and became one of the best-known communications experts in the country.

His story was chronicled by Jennifer Reingold in *Fast Company* magazine.



Michael Sheehan

Growing up in New York City, Sheehan struggled with stuttering from an early age, but that didn't stop him from joining the high school debate team and being involved in theater.

His passion for words now makes him one of the most sought after public relations consultants in the nation's capital. He is hired by everyone from politicians and large corporations to unions — all relying on him to help them get their message across.

Not much stands in the way of Sheehan, who later in life, had a devastating stroke.

Just as he worked to deal with his stuttering, he had the courage to beat this new challenge and win.

Here are several tips he provided to *Fast Company* to become a good communicator:

- ▶ Know what you want to do before you translate that into a clear message.
- ▶ Keep your message to just a few key points.
- ▶ Make the first impression count.
- ▶ Be animated when making a point.
- ▶ Find creative ways to present the information and answer questions.
- ▶ When doing public speaking, talk in short sound bites.
- ▶ Ask yourself if you can make the audience say “Ooh, that’s interesting.”
- ▶ Always tell the truth. □

Yairi's Comments Upon Receiving the Malcolm Fraser Award

I extend my thanks to Nan Ratner who nominated me for the Malcolm Fraser Award, to the committee for selecting me to receive it, and to The Stuttering Foundation of America and its President, Jane Fraser, for initiating and sponsoring the award. I greatly cherish my peers' recognition.

Now is a timely opportunity for me to pay tribute to the late Malcolm Fraser who, back in 1947, initiated what was first known as The Speech Foundation of America. Motivated by his own stuttering, Mr. Fraser's idea was to bring together the best expert clinicians and use their collective knowledge and experience of the clinical management of stuttering to generate useful, practical information for dissemination to the public — people who stutter of all ages and their families, as well as to practicing clinicians.

Although some have questioned the merit of both past and current clinical methods in stuttering, we must also keep in mind differences in the social responsibilities of researchers and clinicians. Whereas researchers are obligated to defer final conclusions until sufficient evidence is in, clinicians have different social responsibility: they must respond to the immediate needs and demands of those who suffer.

They have the responsibility to wisely apply the best knowledge

Yairi Continued from front page

researchers to undertake systematic analysis of parent-child interaction profiles in families with stuttering children.

Ehud's work was made possible, in large part, through an astounding record of federal research funding, which exceeds \$7 million dollars during the past twenty years. Few researchers can boast of such a high degree of support, which is in itself large testimony to the quality of his research and the importance of each set of findings his work has generated over the years. A prolific author, he has authored or co-authored 6 chapters, almost 70 research articles in our most



▲ Dr. Ehud Yairi delivers his comments after receiving the Malcolm Fraser Award.



▲ Vianne Bjornberg, head of the selection committee for the Malcolm Fraser Award of the ASHA Leadership Conference SID 4, speaks during the award ceremony.



▲ Dr. Nan Ratner, who nominated Dr. Ehud Yairi, introduces him.

available at the time. They cannot send home people who stutter, or their parents, and ask them to return in 10 years when better knowledge is acquired.

It is perhaps in this respect that the Stuttering Foundation of America has had a tremendous impact in forming essential bridges between consumers and service providers, and in

prestigious peer-reviewed journals, and, most recently, a superb book on the nature of early stuttering.

Ehud's contributions will continue to grow over the years, even after he retires, because of the lasting legacy he also gives us in the form of his many talented students.

Other groups have already taken notice of Professor Yairi's significant and lasting contributions to the field of speech-language pathology, and to stuttering in particular. He has received the Honors of the American Speech-Language-Hearing Association, a tribute accorded to only slightly over 100 people since its inception. He was the very first recipient of the International Fluency Association's Researcher

educating the public at large. It is true that research flourishes in a free environment, but I do believe that paying closer attention to the consumers of our science — those who stutter and those who treat them, will substantially enhance our research and increase its public support.

So, while a number of us have engaged in research, the Stuttering Foundation of America has expanded its activities many fold since its origins nearly 58 years ago. These include various workshops for clinicians, updated printed and audio-visual materials, an excellent clinician's data bank, a nation-wide toll-free help line, support of research, and more. It has achieved a prestigious status worldwide, and received the Distinguished Service Award from the American Speech-Language-Hearing Association.

During the past 23 years, these multiple developments have been shaped by the leadership, enthusiasm, and devotion of Jane Fraser, daughter of Malcolm Fraser. I would like to emphasize this fact because, inasmuch as it is a great honor for me to receive the Fraser Award, success and progress in scientific and health fields is made possible by the contributions of many people having diverse interests and talents. So, I take this opportunity to also applaud Jane and salute you. □

Award of Distinction. It should come as no surprise that he has also received the Distinguished Alumni Award from the University of Iowa, no mean feat given the other major figures that program has produced over the years.

Thus, it is only fitting and appropriate that Ehud Yairi be honored with the Malcolm Fraser Award. Few men alive today have done so much to further the understanding of how stuttering evolves over the lifespan. He has pioneered a multi-factorial approach to the investigation of stuttering, one that I feel is most likely to eventually untangle its mysteries. Like the Award's namesake, he is one of a very special kind and most deserving of the award that carries Malcolm Fraser's name. □

Clinical trials to begin for new drug

Editor's Note: The Stuttering Foundation is including the following information because we believe it may be helpful for many readers.

A clinical research study called EXPRESS will evaluate the safety and effectiveness of pagoclone, an investigational medication to treat symptoms of Persistent Developmental Stuttering (PDS). This diagnosis applies to adults who started stuttering before age 8 and who have not outgrown their stuttering.

A clinical trial for this investigational medication was conducted previously for a different condition. It included a small number of adults with PDS.

These participants noted a reduction in their stuttering while receiving pagoclone; and when they stopped taking the study medication, their stuttering returned to pre-study levels. The study will continue the necessary testing to determine whether pagoclone is effective among a larger group of people who stutter.

Participants who successfully complete the screening procedures will be asked to take the investigational medication or a placebo for 8 weeks. At the end of the 8 weeks, they may choose to participate in an extension of the study in which all subjects will receive the investigational medication for approximately one year.

All study subjects will be monitored by a medical research team. Although no promises can be made that participants will benefit from the study treatment, participants will receive, at no charge, the following:

- Physical exams
- Clinical laboratory testing
- Stuttering assessments
- Study treatment

You may be eligible to participate in this study if you:

1. Are between the ages of 18 and 65;
2. Developed stuttering before the age of 8;
3. Meet all other eligibility criteria.

If you are interested and want more information, please contact Susie Hall at 1-800-967-7700 or e-mail shall@stutteringhelp.org. □

On the Gender Factor in Stuttering

Gender is one of the strongest predisposing factors for stuttering in that the disorder affects many more males than females. In older children and adults the male-to-female ratio is large, about 4 to 1 or greater (Craig et al., 2002). Except for the higher incidence, until recently no major gender differences, either in speech or other characteristics associated with the disorder have been demonstrated. Interestingly, however, in preschool children close to stuttering onset, several studies have shown considerably smaller gender ratios, only 2:1 (Yairi & Ambrose, 2005), and 1:1.6 (Kloth, et al. 1995; Mansson, 2000).

Although in the past it was suspected that the age-related substantial decrease in the proportion of females who stutter may be due to processes of natural recovery, data obtained at the University of Illinois' Stuttering Research Program on early childhood stuttering have provided strong evidence to this effect.

On the basis of systematic follow-ups of many children over several years, our direct observations established that, indeed, boys have greater risk for developing chronic stuttering. Conversely, girls who begin stuttering have a greater chance than boys to experience natural recovery (without treatment). Specifically, among children who recovered there were 2.3 boys to each girl; in children who became chronic stutterers there were 3.75 boys to

each girl. The clinical implications for early risk assessment are obvious.

We have long suspected that underlying the gender ratio in stuttering are genetic factors (likely affecting brain structures associated with speech-language processes). For example, in families of children who stutter, more fathers stutter than mothers and more brothers stutter than sisters. Most recently, Cox et al. (2005) carried this a step further reporting gender differences in chromosomal signals for stuttering. An extremely interesting intersection of findings is seen here: (a) gender in stuttering is genetically influenced? (b) gender is a factor in natural recovery and chronic stuttering? (c) natural recovery and chronic stuttering are genetically influenced (our study by Ambrose, Cox, & Yairi, 1997). Hence, the disparity in sub-populations is likely to provide a window to the understanding of stuttering, its cause, and amelioration. All in all, the gender factor in stuttering is viewed as a priority research target.

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Ehud Yairi, Ph.D.



◀ **Tommy Robinson, Ph.D.,** director of the **Scottish Rite Center in Washington, D.C.,** and **Carol Ecke, M.A.,** in the SFA booth at the American Speech-Language-Hearing Association Schools Conference in Indianapolis in July. The SFA booth was "swamped" during the event, Ecke said. "The new DVD for kids was a real show stopper."

Rabinowitz *Continued from front*

Presidents of Costa Rica and Panama, trying to convince these heads of state to be the first signatories to a ground breaking concept that would create a continuous natural corridor for jaguars from Mexico to Argentina.

For the last 25 years of my life, I have lived and explored some of the most remote places on earth. I have rappelled deep into caves chasing bats, I have captured and tracked bears, jaguars, leopards, tigers, and rhinos. I have discovered the second smallest, most primitive deer in the world in northern Burma, and then found its closest relative in the cloud forests of the Annamite Mountains between Laos and Vietnam. I have documented lost cultures such as the Taron, the world's only Mongoloid pygmies in the eastern Himalayas. I have been called the Indiana Jones of wildlife science by the New York Times and given lectures and talks all over the world, to crowds of thousands.

People often ask me, "How do you do what you do, how do you have such confidence in yourself, what makes you special?" I think of a little boy put in special classes for disturbed children because he couldn't get the words out the way others did. The boy decided that it was easier to just not speak to people at all. Instead he'd go home and sit in a dark corner of a closet spilling his heart out to turtles and chameleons. I never liked that word special.

How do I do what I do?

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

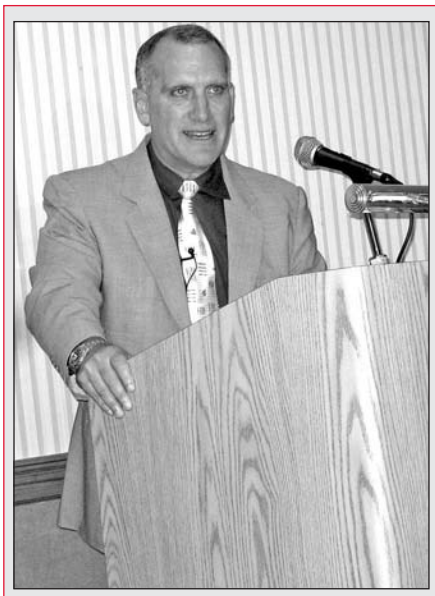
I tell people now that stuttering has been a gift. And I believe that. But make no mistake about my words. It was a gift realized only after years of tremendous pain and suffering that I believe no young person should have to go through. I stuttered for as long as I can remember and as a child my blocks became so severe that my body would twist and spasm when I tried to speak. Often, I would make myself physically sick so that I wouldn't have to talk to or be around people. When I was in grade school in the NY public school system, I was called out of class each day to be placed in what the other kids called the retarded class. I once stabbed a pencil through my hand and had to be taken to the hospital so that I wouldn't have to read in front of the class.

The most memorable event in my childhood occurred when I was 15 and I wasn't able to say my last name to request my mother's groceries that she'd left for me to pick up at the supermarket. The cashier apologized to the people waiting behind me, explaining I was clearly mentally disturbed. So I exaggerated my spasms, imitating the way I thought a disturbed person might act, giving in to the fears and misconceptions of the people around me. I thought it would be easier. But when I walked out of that store, I knew that I had just cheated myself out of everything that I was and wanted to be. And I swore that I would never deny myself again. My life's goal shifted from wanting to be like other people to a determination that I would be better than everyone else. That became the driving force in my life, and I never looked back. Until now.

One of the most frequent questions I am asked is how I came to love animals so much. People expect many kinds of answers but never what I

give them. Animals were the only things I could talk to as a child. Animals listened and let me pour my heart out. At some point in my youth I clearly remember realizing that animals were like me, even the most powerful ones I'd read about or seen on television – they had no voice, they were often misunderstood, and they wanted nothing more than to live their life as best they could apart from the world of people.

As I grew into my teens, I got used to my stuttering and, like many stutterers, became very proficient at all the tricks to avoid situations I didn't want to deal with. My parents never knew quite what to do with me. In the early years, they simply believed I would grow out of what they called my shyness and tension. They thought I was too smart, or too excitable, but that eventually everything would work itself out. When they finally faced the fact that everything was not okay with me, I was already a teenager so we



Conservationist Alan Rabinowitz, Ph.D., addresses the Stuttering Foundation conference on June 17 in Minneapolis.

tried whatever seemed available - drugs, hypnotherapy, psychologists, and a host of speech specialists. Nothing seemed to help.

While I loved my parents, their greatest mistake was their denial of my stuttering and the belief that to talk about the problem with me or in front of me would only hurt me more. So they too became outsiders in my world. They were never there to hug me when the pain was at its worst. And they never came to sit quietly with me in the darkness.

All of the speech therapists I worked with basically told me I should accept who I was, stuttering and all, and move on. But that wasn't what I wanted to hear, nor did it make anything any better. I refused to accept myself as a stutterer. I saw no reason why I shouldn't and couldn't be a fluent speaker despite no one seeming to encourage me toward that end. There seemed to be little literature on the subject at the time and there were no computers, no internet, no way to find out whether there were others out there like me and how they dealt with it. I was the only one like me I knew. So I lived in two worlds – the world of people where I stuttered, and my closeted world with animals where I did not.

One day, a fortuitous event changed everything. My mother overheard another woman talking in a bank and learned about Starbuck's clinic in Geneseo, NY. I was 18 years old, in college, never had a girlfriend, never went to a school dance, and never knew what it was like to speak a complete sentence fluently. Then my life again shifted.

During an intensive summer training program, Hal Starbuck, a severe and tortured stutterer himself, made me face the fact that I was a stutterer and would always be a stutterer. The difference, however, was that he promised to provide me with the tools and the ability to become a completely fluent stutterer. I was no longer helpless and floundering. I was in control of my speech for the first time in my life. God, what a feeling. This was when stuttering started to become a gift, although I still didn't realize it at the time. Through my life of stuttering I had developed a level of compassion, sensitivity, understanding, and strength that I am sure I would not have had otherwise. And now, as I fluently conveyed thoughts and ideas to other human beings, these other parts of my personality could surface to guide my behavior and interaction with others. I would only begin to understand and value this years afterwards. The important thing at the time was that I was in control. I had the tools to speak fluently. I could let my two separate worlds start to merge.

But learning to speak fluently, while feeling wonderful, didn't heal the scar tissue that had accrued from all those years of suffering. I still wanted little to do with humans at this point and I still had a long way to go to figure out who I was as a person and where my place was in the world. And what I now realized was that those who spoke fluently seemed to have little to say that was of any interest to me. I left everything I knew behind as soon as I could, I ran as fast and as far as I could – combining a need I felt to pay back the debt I owed to animals with the desire to test myself, physically and mentally, to be lost in the wild, the dark closets of the world, among people whose language I couldn't speak and whose lives were so hard that they had no time to dwell on their own or others' misfortunes.

I spent years living in the field with animals doing research, establishing new protected areas, and writing scientific papers and popular books of my experiences. My standing and reputation in my field grew, but that meant little to me. People tried to make me something I was not – someone special, a hero, an altruist. And yet I saw nothing of that in myself. I was a little stuttering boy, now a man, who simply ran to the furthest reaches of the earth to be with animals and try to feel whole.

But it became harder and harder to run away and isolate myself as the wild world and the wildlife I had come to love was being lost around me. Tigers killed for their penis, rhinos for their horn, gorillas for their paws, elephants for their skin. There seemed no way for these magnificent creatures to convey their pain and suffering to the human species that was wiping them out. I had to be their voice, and I would live my life trying to give them a home where no one bothered them – give them their own little space in the closet.

But while I changed, the world did not so much. In 1986, upon the publication of my first book *Jaguar*, I was booked onto the *Today Show*

Continued on page 7

Rabinowitz *Continued from page 6*

with Bryant Gumbel, the number one morning show at the time. The publisher was thrilled because it meant the sale of many more books. The stipulation for my appearing, however, was that I had to promise, in writing, that I would not stutter on the show. I agreed. It was a challenge, and I knew I had the tools to be the completely fluent, articulate guest they wanted. It went well. And it reminded me why I ran from people in the first place, and why animals needed me so badly.

It has only been within the last few years that I have agreed to look back as I am doing now. To take the precious little time I have on this earth from my animals and my family, to talk about stuttering and my past. One reason is that I don't want other young people to go through what I went through. There is no need for it. The speech community has clearly gone through radical changes since I was a boy and organizations like The Stuttering Foundation of America have made it so that much more information on stuttering is available and stutterers have many more places to now turn for help. But we still have far to go. I am continually surprised to learn how little progress has been made in the knowledge and attitude of people toward stutterers.

My second reason for looking back is because my five year old son is a stutterer. I realized it the moment he started to speak. While we have a blue ribbon school system 45 miles north of New York City, I was shocked to learn how few speech clinicians and therapists knew how or even wanted to deal with stuttering. Many still see stuttering as a

purely psychological malady while others believe it is not something that can be fixed. Few programs wish to deal with pre-schoolers because they are unable to clearly differentiate so-called normal disfluency with real stuttering, even though the data show that pre-school age is a crucial time to start addressing the issue of stuttering. And then there are the many concerned, well-intentioned clinicians and therapists I have met who have no written or visual materials on stuttering and little to no training on the subject. They still place stutterers in mixed groups of children with various kinds of handicaps.

Through my son, I became involved again with the world of speech therapy. I sat in on some of the private and group sessions offered to children with speech problems. I was surprised at how often I heard some of the same words that were said to me as a child – slow down, calm down, think before you speak – things that have little or nothing to do with the cause of stuttering. Sometimes I hear condescension or dumbing down in the voice of therapists or I see their eyes wander as the child struggles. I recall how quickly the walls went up when I was a child, realizing that the person talking to me had no idea who I was inside and would rather be somewhere else. Occasionally, I hear frustration and even annoyance from speech therapists and clinicians who are perhaps overly stressed, tired, or having a bad day themselves. I cringe when this happens. How well I remember the pain I'd feel as a child at not even being able to please even this one per-

son who was trying so hard to help me.

I will always believe that stuttering is a special little gift granted to certain people in this world, a little key that opens up parts of the human psyche that would not have been opened otherwise. But every stutterer has to come to that realization in their own time and in their own way, if at all.

Nice words and thoughts do not negate the handicap that stuttering can create in young and old alike. I never wanted to hear that I was special, that it was no big deal, or that I should simply ignore people who do or say foolish things. I felt broken inside. I wanted people, especially my parents and the speech clinicians, to look me in the eye when I stuttered, or ask me how it felt when I couldn't get the words out. I wanted desperately for someone to tell me that they could help me be a fluent speaker. Don't believe it if a stutterer tells you that it doesn't matter to them.

The fact that all of you are here today clearly means that you understand or wish to understand stuttering much better than most other people. I applaud that. I hope you understand that you have the potential to empower stutterers with the tools that can change their life, and make them feel whole again. It is not an easy road for either the stutterer or the clinician.

But if you are willing to journey the long, arduous, often frustrating path of helping stutterers, then you will help change the world for many young people. And your reward is that, in doing so, you will share in their gift. □

SFA joins *Harry Potter* on shelves

Harry Potter isn't the only must-read book at libraries these days.

The demand from public libraries has SFA publications flying off the shelves at our shipping center in Memphis, Tenn.

Currently, SFA publications are in 6,288 libraries nationwide.

"The response has been tremendous," said Pat Hamm, office manager for the foundation. "We are shipping 40 to 50 orders a day just to libraries."

Hamm said that libraries are very appreciative of the materials.

Those at the Guntersville, Ala., Public Library wrote: "Thank you and your associates for making materials available to the public on a subject that does not get much attention. You've hit several bases: teens, children, teachers, and

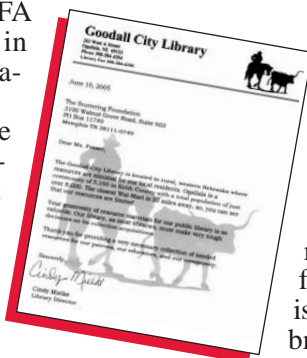
kids to kids. Thanks for donating materials to our library – we are grateful and happy to serve all walks of life."

"The Goodall (Neb.). City Library is located in rural, western Nebraska where resources are minimal for our local residents ... The closest

Wal-Mart is 50 miles away, so, you can see that our resources are limited," writes the library's director.

"Your generosity of resource materials for our public library is so valuable. Our library, as most libraries, must make very tough decisions on its collection acquisitions. Thank you for providing a very necessary collection of needed resources for our patrons, our educators, and our community."

The Southern Lehigh Public Library in Center Valley, Pa., said the books "make a wonderful, and needed, addition to our non-fiction collection." □



Please send the following—free of any charges—to the address shown below.

Books	<input type="checkbox"/> 0009 Advice to Those Who Stutter 2nd ed., 158 pgs.
	<input type="checkbox"/> 0011 If Your Child Stutters: A Guide for Parents 6th ed., 64 pgs.
	<input type="checkbox"/> 0012 Self-Therapy for the Stutterer 10th ed., 192 pgs.
	<input type="checkbox"/> 0021 Do You Stutter: A Guide for Teens 4th ed., 72 pgs.
DVDs	<input type="checkbox"/> 0073 Stuttering and Your Child: Help for Families 30 minutes
	<input type="checkbox"/> 0126 Stuttering: Straight Talk for Teachers 20 minutes
	<input type="checkbox"/> 0172 Stuttering: For Kids, By Kids, 12 minutes
Videotapes	<input type="checkbox"/> 0076 Stuttering: Straight Talk for Teens 30 minutes
	<input type="checkbox"/> 0079 Therapy in Action: The School-Age Child Who Stutters, 38 minutes
	<input type="checkbox"/> 0083 If You Stutter: Advice for Adults 55 minutes
	<input type="checkbox"/> 0120 Stuttering: Straight Talk for Teachers 20 minutes

Library Name _____
 Attention _____
 Address _____
 City _____ State _____ Zip _____
 Phone (____) _____ E-mail _____
 Web site _____

Please mail this card to **The Stuttering Foundation**, 3100 Walnut Grove Road, Suite 603, P.O. Box 11749, Memphis, TN 38111-0749

▲ Give this card to your local library so they can take advantage of materials offered by the Stuttering Foundation. Or, you can also download this card at www.stutteringhelp.org.

Junior Spokesperson Lights the Way

We've been keeping up with our energetic and dedicated friend from Kansas, Eva Woolwine.

As reported in our Summer 2005 Newsletter, she was off to the Miss Kansas pageant (June 5 – 12) to compete with stuttering awareness and education as her platform. As a person who stutters herself since early childhood, Eva is passionate about clearing up misconceptions regarding stuttering.

While Eva didn't win Miss Kansas, she came away a winner nonetheless. As the youngest contestant, she won Newcomer of the Year and Most Inspirational Contestant.

Additionally, her platform was rated among the top five!

"This exposure has been such a wonderful opportunity to continue my

mission to educate the general public about stuttering," Eva stressed. "People who stutter are as intelligent and well adjusted as non-stutterers. We are every bit as capable of contributing and succeeding."

Her enthusiasm earned her a guest spot at The National Association of Young People Who Stutter Friends Convention in Cleveland (July 28-30).

Lee Caggiano, director, said of this year's program, "We were delighted to have Eva join us at this year's convention. She served as a wonderful role model for many of the young people attending Friends. Eva showed us all that stuttering does not have to pre-

vent us from reaching our goals and fulfilling our dreams. We were happy to welcome Eva and look forward to having her join us again next year."

Eva values opportunities such as speaking before the Friends convention in Cleveland, the NSA convention in Chicago, and being highlighted in the Stuttering Foundation's newsletters. They allow her to encourage young people like herself. "It's important not to lose sight of the possibilities for im-

provement, success, and fulfillment. It takes work, but there is hope and help every day!" she declares.

In fact, the Stuttering Foundation has had numerous requests from youngsters, teens, and their friends and families this summer to receive copies of the Summer Newsletter.

"Eva's success makes her a great role model for us all," said Jane Fraser, president of SFA.

This fall, Eva intends to study Psychology at a local community college. She will be competing in Miss Kansas USA in November. She will also be working toward her dream, being the first Miss America who stutters, by competing in Miss Kansas preliminaries.

If Eva seems amiable and gracious about not winning Miss Kansas, responding with "I'll try again next year!" It's because that is the philosophy she applies to life in general. And that is what she would like to share with all of us: All efforts are victories. Keep trying and you will succeed! □



Eva Woolwine answers a question during the Miss Kansas pageant.

Groups Feature *Straight Talk for Teachers*

▶ Two major organizations featured *Stuttering: Straight Talk for Teachers*, which is now available on DVD.

The Council for Exceptional Children and The Association for Supervision and Curriculum

Development sent e-mail alerts informing their members about the SFA production that addresses stuttering in the classroom setting. □



NSSLHA Chapter Gifts Make a Difference

▶ Thank you to the National Student Speech, Language, and Hearing Association chapters at the University of Cincinnati and at the University of Nebraska. These gifts will help provide new DVDs for classroom teachers and kids. □

Get a Free Magnet with *Sharing the Journey*

▶ *Sharing the Journey ... Lessons From My Students and Clients with Tangled Tongues* by Dr. Lon Emerick is available through a special offer by the SFA and North Country Publishing. Buy the book at the regular price of \$14.95 and receive a free refrigerator magnet with talking tips for parents of children who stutter. The book's journey is highlighted by 10 maxims for good living, gleaned from students, clients, from experiences in a long career in the academic world, and from a life-long immersion in nature. Call 800-992-9392 for details. □

Nicholas Brendon stars in new sitcom

The star of the popular TV series *Buff, the Vampire Slayer* has landed a new role in the upcoming sitcom *Kitchen Confidential*. The show will air this fall on the Fox network.

Brendon is also finishing up filming *Alien Fire*, a TV movie for the Sci-Fi network.

While he stays very busy acting, Brendon says he's never too busy to talk about stuttering. He has served as an honorary chairperson for the SFA since 2001. □



▶ For more information on Brendon, check out his Web site at www.nickbrendon.com.

Surviving Adversity Features Famous people

▶ Two of the SFA's spokesmen are subjects in a book by Gord Carley. Former Chicago Bulls great Bob Love and actor Nicholas Brendon talk about how they overcame their struggles with stuttering in *Surviving Adversity*. The book, which is available from SFA, includes 30 other profiles of individuals who have overcome adversity. Fifty percent of the sales price goes to the Foundation! □



Dear SFA: Reader Response

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

Letter to Kenyon Martin

Dear Kenyon Martin:

My name is Brian. I am seven years old. I do Karate and I stutter. I wear a Speech Easy and I go to speech therapy. I know that you stutter too. Now I know that I am not the only person who stutters. I would like a picture of you playing basketball. I like the newsletter because it shows me that I am not the only person who stutters.

Brian, 7

New York City

Web site very informative

Dear SFA:

I just wanted to write to say a big THANK YOU for the wonderfully helpful and informative Web site. I was given your site address by a speech therapist.

I am the mother of an almost four-year-old boy who has had bouts of stuttering since around age 3. I am currently gathering information on stuttering by speaking to therapists and plan to look for your materials at my local library in order to choose the best treatment for my son if it is deemed necessary.

Thanks again,
Z. M.

Dallas, Texas

Online page great for kids

Hello:

My name is Sarah and I am 14. I thought your Web site was really helpful because I always knew I stuttered but I had no idea so did many others. I read a lot of your stuff and realized that my parents and friends are always telling me to slow down when I talk, think about what I need to say and all that other stuff you had on FAQs for parents. I really think your Web site is good.

Sincerely,

Sarah

E-mail

Editor's note: The SFA Web site (www.stutteringhelp.org) has been redesigned and has a new section called "Just for Kids."

Stuttering getting better

Dear SFA:

My talking is not that good. I do not like my stuttering. It's not cool at all.

Some other kids stutter, too. I know how they feel. It is hard to get rid of it. My mom is trying to help me. It is getting better and better every day. My mom signed me up for speech and I don't stutter as much any more.

Emmanuel, 8

Grand Rapids, Mich.

Help in other languages

Dear SFA:

It is our honor to present the Korean edition of *Stuttering and Your Child: Questions and Answers*. With your generosity regarding printing this book, we will do our best so more people can benefit from reading this book. Dr. Moon-Ja Shin is also very pleased about making a connection with your foundation and so are we. We appreciate your help and concern, and hope we can work together again in the near future.



This is the Korean edition of *Stuttering and Your Child: Questions and Answers*.

With best wishes for your foundation's prosperity,

Tracy Kim

Seoul, South Korea

Tips for school

Dear SFA:

I don't know when I started stuttering. I think it was in about first or second grade. Usually, when I'm having fun, I forget all about stuttering. My family doesn't mind my stuttering. Sometimes when you're angry at yourself you stutter even more. When this happens, you just tell yourself it's not your fault that you're stuttering. This cools you down some and then you're not that angry any more. People who stutter have more best friends because they think you are kind of special because they don't stutter. Usually, I like to talk in front of the class, unless I'm really nervous. But I go ahead and do it anyway. In class, there isn't a problem with the way other people treat me. They just

wait patiently for me to finish if I'm stuttering, and this is helpful. You kind of want your teacher to ignore your stuttering and just listen to your answer ... but you also don't want to be ignored. I think people in my class would be interested in finding out more about stuttering.

Amanda, 11

Anchorage, Alaska

Nicholas Brendon fan

Dear SFA:

My name is Mark. I started stuttering when I was 5-years-old and now I am 9 years old. I really don't mind stuttering. When I most stutter is when I'm in front of a group of people, like a class or an audience. I really wish I would stop stuttering, because I want to be like other people. I have been going to speech since first grade. I like it because sometimes we get to play games. Things I do when I stutter are use continuous voicing, pull-outs, and eye contact. I think it is cool that Nicholas Brendon stutters.

Mark, 9

Minneapolis, Minn.

Big idea, small reminders

Dear SFA:

I love the CEU courses that you designed.

Effective Counseling in Stuttering Therapy is such a great book!

I have been giving therapy to quite a lot of elementary children with fluency issues.

A graduate course that I took was wonderful; however, your course on counseling is really meeting my needs as a therapist. The chapter by Dean Williams is especially meaningful to me.

I wanted to mention a tip that may help other therapists. I give middle school kids a pocket-size card with reminders on them to help them over summer break. I put the card into a plastic business card holder so they can carry it in a wallet.

I list the words "turtle," "s-t-r-e-t-c-h," "breathe across words," "open mouth," "relax any tightness," "light contacts," and "smile!"

I always tell them "what you say is more important than how you say it."

Thanks so much,

Donna Paustian

E-mail

▶ The Stuttering Foundation two-day conference for speech-language pathologists working with school-age children who stutter, *Practical Ideas for the School Clinician*, will be held in June, 2006. For dates, place, and an application form, call the Stuttering Foundation at 1-800-992-9392 or check www.stutteringhelp.org.

▶ The Stuttering Foundation's five-day workshop, *Diagnosis and Treatment of Children who Stutter: Practical Strategies*, will be held in June 2006. Dates and places to be announced. Call 800-992-9392 for the latest information.

▶ The Stuttering Foundation two-week Workshop for Specialists will be held at the University of Iowa, Iowa City, during June 2007, directed by Patricia Zebrowski, Ph.D. and Toni Cilek, M.A. This unique workshop brings together speech-language pathologists from all over the world.

▶ Participate in a free online conference from Oct. 1-22. Fifteen hours of continuing education or 1 college credit is available for a fee. Log onto www.stutteringhomepage.com for more information.

▶ For those wanting to purchase a poster entitled *The Bill of Rights and Responsibilities of PWS*, contact Michael Sugarman at MSugarman1@aol.com. It represents the combined effort of the IFA and ISA.

▶ LISTSERV is available for doctoral students specializing in stuttering. The intent of this list is to serve as an open forum for doctoral students. Membership is limited to doctoral students only. To subscribe, send the following message to listserv@listserv.temple.edu: "subscribe stutterdoc, firstname, lastname" or contact Joe Donaher at 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.

▶ *Self-Therapy for the Stutterer* is available in French. Write to the Association des Begues du Canada, 2596 A rue Chapleau, Montreal, Quebec, Canada, H2K 3H6; 1-877-353-1042. Please enclose \$20.00 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, A67 Dayanand Colony, Lajpat Nagar - 4, New Dehli-110024, India, or e-mail: adlakhas@hotmail.com.

Books on Stuttering or Related Topics Available from Bookstores:

▶ *The Child and Adolescent Stuttering Treatment and Activity Resource Guide* by Peter Ramig and Darrell Dodge. 2005. Available from Thomson Delmar Learning, Clifton Park, NY.

▶ *Early Childhood Stuttering: For Clinicians* by Clinicians by Ehud Yairi and Noline Ambrose. 2005. Available from ProEd, Austin, TX and amazon.com.

▶ *Stottern bei Kindern und Jugendlichen* by Monica M. Thiel and Claudia Ochsenkuhn. 2005. Published by Springer Medizin Verlag, Heidelberg.

▶ *Troy's Amazing Universe*, by S. Kennedy Tosten. 2002. Published by Brite Press. Order from www.TroysAmazingUniverse.com or amazon.com. A story about a seven year old who stutters.

▶ *Experiencias para compatir entre padres e hijos* by Karina Couso Rios, Maria Marta Gebara and Mariela Ginhson. Order from equipfono_gcg@yahoo.com.

▶ *Stuttering Therapy: Rationale and Procedures* by Hugo H. Gregory, June H. Campbell, Diane G. Hill, and Carolyn B. Gregory. Available from Allyn and Bacon, Boston, MA; www.ablongman.com. 2003.

▶ *Les begaiements: Histoire, psychologie, evaluation, varietes, traitements* by Anne Van Hout and Françoise Estienne. Published by Masson, S.A., 120 boulevard Saint Germain, 75280 Paris Cedex 06, France.

▶ *Mastering Blocking and Stuttering* by Bob Bodenhamer. 2004. Published by Crown House Publishing, Wales, U.K.

▶ *Teach Me How To Say It Right, Helping Your Child With Articulation Problems* by Dorothy P. Dougherty, M.A. 2005. Published by New Harbinger's Publications, Oakland, CA. Available at www.newharbinger.com.

▶ *Forty Years After Therapy: One Man's Story* by George Helliessen, M.A. Available from Apollo Press, Inc., 1-800-683-9713 or www.apollopress.com.

▶ *Understanding Stuttering* by Nathan Lavid. 2003. University Press of Mississippi, Jackson, MS. Order from bookstores or amazon.com.

▶ *Programmed Stuttering Therapy for Children and Adults* by Bruce Ryan, Ph.D. Available through publisher Charles C. Thomas or online at www.amazon.com

▶ *Making a Difference for America's Children: SLPs in the Public Schools* by Barbara Moore-Brown and Judy Montgomery. Available from Thinking Publications, Eau Claire, WI. 715-832-2488.

▶ *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.

▶ *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.

▶ *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 Guitar, 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, 800-551-2959.

▶ *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.

▶ *Clinical Decision Making in 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.

▶ *Straight Talk on Stuttering, Information, Encouragement, and Counsel for Stutterers, Caregivers, and Speech-Language Clinicians, 2nd edition* by Lloyd M. Hult, 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.

▶ *Elements of Stuttering* by Courtney Stromsta, Ph.D. Available from Stuttering Foundation, 800-992-9392.

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

Drayna Continued from front page

these families.

"These families provide hope that we'll be able to identify the gene that appears to be at work to cause stuttering in these families" said Dr. Dennis Drayna, who works at the National Institute on Deafness and Other Communication Disorders, in Bethesda, Maryland. "Even though most stuttering doesn't seem to occur in such large family groups, finding the cause of stuttering in these families may provide important clues to the identity of other causes of this puzzling disorder", he said.

This work is supported by the National Institutes of Health. □

For Combined Federal Campaign donors, please note that our code number for the 2005-2006 CFC campaign is **CFC #2539.**

We are proud that over 95 cents of every dollar goes directly into helping those who stutter.

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.



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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 www.tartamudez.org
info@stutteringhelp.org