



THE STUTTERING FOUNDATION®

A Nonprofit Organization

SUMMER 2008

47... Helping Those Who Stutter

New Research from Purdue

By Anne Smith, Ph.D.
Purdue University

I am pleased to have this opportunity to update you on the progress over the past year from the Purdue Stuttering Project.



Anne Smith, Ph.D.

You may recall from our earlier articles that we are engaged in a longitudinal study of young children who stutter and their normally fluent controls.

With funding from the NIH's National Institute on Deafness and Other Communication Disorders, we have been recruiting 4 and 5-year-olds, and we will be following them yearly for a period of 5 years. In fact, we have just received notice from the NIH that our project will be funded for an additional five years.

After the five years of testing, the children will be 9 or 10 years old, and approximately half of them will have recovered from stuttering, while half will persist. In each yearly visit to our laboratories, the children participate in an extensive set of experiments, including those that test basic motor timing ability,

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The great play for SFA

National Stuttering Awareness Week is May 12-18

Photos courtesy of NFL

Sproles Joins Sports Legends

Darren Sproles, of the San Diego Chargers who made history last season by returning a kick-off and a punt for his first two NFL touchdowns in the same game, joins other famous people who stutter in a new brochure celebrating

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Facts about Darren Sproles

- ▶ **Team:** San Diego Chargers
- ▶ **Position:** Running back and return specialist
- ▶ **College:** Kansas State University
- ▶ **Born:** Waterloo, Iowa
- ▶ **Career Highlights:** Twice named *The Kansas City Star* Player of the Year

Source: www.wikipedia.com

Frances Cook Joins SFA Board

Frances Cook, who joined the SFA Board of Directors in January, has specialized in stuttering since the early 1970s.

In 2005, she earned Honours of the Royal College of Speech and Language Therapists, became Honorary Research Fellow of University College London (Psychology Dept)

in 2005, and has been head of Speciality at the Michael Palin Centre in London since 1995.

She has authored numerous papers, chapters and texts in relation to stuttering therapy and research, and contributed to the Stuttering Foundation's recently released DVD *Stuttering: Basic Clinical Skills*. □



Frances Cook

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Luterman's Expertise Sharpens Skills

By Diane Parris, M.S.
Boston University

"In order to be a growing professional, we need to be always on the fringe of our incompetency," that is to say we always need to be pushing ourselves to our limits of competence in order to learn new skills at higher levels.

This was the invitation offered by David Luterman, D.Ed. as he began training ten participants in counseling skills for the latest Stuttering Foundation production *Sharpening Counseling Skills*.

Based on forty years of experience and as Director of the Thayer Lindsey Family-Centered Nursery for Hearing Impaired Children at Emerson College in Boston, and on his seminal book, *Counseling Persons with Communication Disorders and Their Families*, Dr. Luterman describes the counseling relationship as an unconventional one.

"It is a relationship that necessitates deep, selfless listening."

It requires the professional to put aside his or her point of view in order to fully understand the client's point of view and to put themselves in the role of "coach, not fixer."

This three-hour DVD captures the unique process that a clinician goes through in learning how to listen deeply and to provide counseling with inner wisdom. As a viewer, you will join the ten participants — a graduate student, beginning and experienced clinicians, and researchers — as they transform their thinking about being in the role of counselor and practice the skill of nonjudgmental listening.

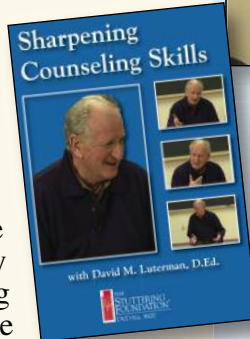
You will hear their personal stories and concerns when an environment of emotional safety is created. When understanding and acceptance are provided, they begin the process of resolving problems on their own.

Counseling from this perspective means the clinician must overcome the discomfort associated with silence, an essential tool in deep listening. He or she must resist the tendency to provide immediate information and advice to clients and instead listen to the messages that lie beneath their words.

"And also, sometimes, we have to be willing to take a few leaps into the void" of vulnerability that comes with not relying on being the expert with all the answers. The kinds of counseling techniques that emerge from establishing this type of genuine therapeutic relationship are masterfully demonstrated by Dr. Luterman.

He makes evident the power and opportunity that stillness and silent witnessing create, and he teaches us to open up to others and to ourselves.

Editor: This DVD should be an essential training tool for all those in the helping professions. □



▲ Bob O'Brien prepares the video equipment.



▲ David Luterman puts on his microphone before the filming begins.



Behind the scenes



"Getting Wired"

Participants put on their microphones.



Temperament Can Underlie “Signature Strengths” in Children Who Stutter

By Patricia M. Zebrowski, Ph.D.
University of Iowa

A number of years ago, I became interested in the study of “Positive Psychology” (Seligman, 2002) as it may be applied to helping children who stutter and their parents uncover and appreciate the strengths they bring to the therapy experience, strengths that likely play a major role in treatment outcome.

As Wampold and his colleagues (1997) in the areas of psychotherapy and counseling psychology have long argued, I have come to believe that the attributes of both the client and the clinician that matter most in therapy success, and while fluency and stuttering management techniques are essential to any kind of speech change, they make a relatively small contribution to the overall experience. As an example, consider the current clinical and research interest in child temperament and how it may relate to either stuttering development or recovery, or to treatment success. Our focus in considering temperament is frequently on how it may be causal or related to the perpetuation of stuttering and an obstacle to therapy. This is certainly a valid assumption, and clinical experience suggests that it can be the case. However, looking for “what’s wrong” with the child with regard to temperament may prevent us from considering how temperament may also represent a “strength” for the child, something that we should point out, nurture, and discuss with the parents as a way to highlight for them “what’s right” with the child.

Regardless of their similarities or differences, how can the temperament and personality of a child who stutters represent a “signature strength” (Seligman, 2002), and thus contribute to a



Patricia Zebrowski, Ph.D.

positive outcome in therapy? For example, preliminary research has shown that children who stutter who exhibit the temperamental substrate of rhythmicity, or temporal regularity in eating, sleeping, and elimination, may be more likely to benefit from the practice effects associated with picture naming (which might be associated with the practice effect of therapy) than do children with less rhythmic biological cycles (Arnold, Conture & Walden, 2004). As such, there may be increased likelihood of transfer and maintenance of speech modification skills presented in therapy, regardless of what those strategies might be. As another example, consider the child who experiences a strong degree of reactivity and subsequent negative emotional response to either his stuttering, or the reaction of others to his stuttered speech. If the child has developed the ability to regulate his reactions to his own behavior (stuttering) or environmental reaction (e.g., routinely shift his attention onto more pleasant, positive or facilitating stimuli, events or people), he may fail to develop habituated avoidant speech or interaction strategies that have long been thought to characterize, and perhaps contribute to, chronic stuttering. In such cases, the child can be described as resilient, in that his temperament and related adaptive skills facilitate the ability to ‘bounce back’ or take relatively negative stuttering related experiences in stride. Further, a child whose levels of reactivity, emotional response, and ability to self-regulate contribute to a more dominant, extraverted and sociable personality might be inclined to readily and positively approach various social and communication situations, including therapy (as opposed to reluctantly and negatively approaching same). In addition, such a child might display

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THE NONPROFIT TIMES

The Leading Business Publication For Nonprofit Management

Fraser Earns National Award

With 1.4 million nonprofits in this country to choose from, the *NonProfit Times* named Jane Fraser, the president of the Stuttering Foundation, Executive of the Year for 2007.



In a front-page story, the national publication recognized Fraser for her long-time work with the 60-year-old Foundation.

“In choosing our Executive of the Year, we consider executives who have made a difference not just for their own organizations but more broadly as well, on behalf of other nonprofits,” said Mark Hrywna, the publication’s senior editor.

“We also examine the impact that organizations of all sizes had on the nonprofit sector during the previous year and it was clear that Jane Fraser met that qualification in 2007,” he said. □

Network for Good.

Donors may now make gifts through the Network for Good Web site, www.networkforgood.org.

This excellent organization, as part of Guidestar, works to make the work of nonprofits more effective and efficient as well as promotes transparency and accountability throughout the sector.

Greater transparency means you as a donor know where and how your donor dollars are being used. □

The Malcolm Fraser Society

By Don Lineback
Furman University
and SFA Board Member

Malcolm Fraser led by example. He founded the Stuttering Foundation, sustained it with his generous gifts, and perpetuated it through a magnanimous bequest. It is altogether fitting that the Stuttering Foundation Gift Society be named for him.



Malcolm Fraser

The Malcolm Fraser Society seeks to honor those who include the Stuttering Foundation in their estate plans, and who agree to be listed annually in the newsletter as members of the Society. The amount will not be listed.

Such gifts may include:

- Bequests;
- Trusts paying the donor income for life;
- Income-producing annuities;
- Life insurance;
- IRAs or other pension plans.

Suggested phrasing for a simple bequest would be: "I give and bequeath \$ _____ (or ____ percent of my residual estate) to the Stuttering Foundation, a charity founded in Memphis, Tennessee."

In all cases, you should consult your legal advisor for the appropriate type of gift and wording.

Editor's Note: We appreciate the trust and support of those who have included the Foundation in their will. □

Richard Curlee: Remembered as a Gentleman, Scholar and for His Acts of Kindness

By Edward G. Conture
Vanderbilt University

"Quality is not an act. It is a habit," said Aristotle. No truer words could be spoken about the late Dr. Richard F. Curlee, who died January 29, 2008 in Tucson, AZ. Dr. Curlee's habit of high-quality personal and professional contributions was not happenstance; it was a choice that he made as a student as well as during his long tenure as professor, interim Head and Associate Dean at his beloved University of Arizona.

Dr. Curlee went to high school in North Carolina and received his Bachelor of Arts at Wake Forest University. Subsequently, he received his M.A. and Ph.D. at the University of Southern California where he studied with Dr. William Perkins, himself a pioneer in the scientific investigation of stuttering. Even in these early days, there were harbingers of Dick Curlee's future success as Dr. Perkins noted at Dick's retire-

ment, "Of my several dozen doctoral students, Dr. Curlee was easily the most talented. He was a natural leader. Fellow students flocked to him for guidance."

A recipient of the Malcolm Fraser Award from the Stuttering Foundation of America, Dr.



Richard Curlee

Curlee was a Fellow of the American Speech-Language-Hearing Association, from which he had also received its highest award, Honors of the Association.

His memorial service took place on March 2, 2008, in Tucson, AZ, and at that service his friends Drs. Anthony DeFeo, Roger Ingham and Frederick Spahr spoke in Dick's honor about his many accomplishments, contributions as well as their personal and professional remembrances. A Stuttering

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Vivian Sheehan: Pioneering Speech-Language Pathologist and Advocate for People Who Stutter

By Vivian Sisskin,
University of Maryland,
College Park

Vivian Sheehan was a talented, innovative and powerful force in the field of speech-language pathology. She passed away on February 14, 2008 at the age of 90 at her home in Santa Monica, California. Through six decades of work as a clinician, educator, and mentor, she helped countless people free themselves of the struggle and avoidance associated with stuttering to achieve comfortable, spontaneous communication. Vivian was known for her boundless energy, kind demeanor, and sharp wit. She was passionate about her work and the profession of speech-language pathology.

Her excitement for group ther-

apy was nothing less than contagious. As a young undergraduate student at U.C.L.A., I watched her perform what seemed to be

"magic" in group therapy. I remember laughter and tears, but what stood out was how she created an environment for change through trust and support. I knew immediately that I



Vivian Sheehan

wanted to do the same. As clinicians who did not stutter, we knew we could never truly live the fear and shame that often accompanies a stuttering problem.

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Rocket Science's Blitz Provides Insight



Photos courtesy of HBO Video.

Jeffrey Blitz, writer and director of *Rocket Science*, answers SFA questions. This latest project is now available on DVD.

Q&A

Q: Is there one incident in your childhood that inspired you to write the screenplay for *Rocket Science*?

A: There wasn't a single incident that inspired *Rocket Science* but there was one moment that I kept in mind as I wrote. When I was a high school sophomore, I went to my first debate tournament. I blocked on my very first word and stayed blocked on it for the entire 8 minutes I was allocated. I tried to never forget the frustration (and, in a dark way, the humor) of that moment.

Q: What has been your reaction over the years to the many movies that display people who stutter in a negative light?

A: To be honest, I never took it personally. It always seemed ridiculous to me the way stuttering was used — as a kind of metaphor for a bigger problem in any character. How many movies do we have to see where the seemingly weak kid with a stutter turns out to be the killer before that idea starts to seem idiotic. I mean, if the hollywood version of stuttering was true then we'd all be in jail for murder. But, to be fair, stupid hollywood movies treat everyone except supermodels in a negative light. Yes, stutterers get the short end of the stick, but so do many other sorts of people. I think it says more about bad and thoughtless filmmaking than anything else.

Q: What thoughts were going through your head when/if you watched *A Fish Called Wanda*?

A: I actually really enjoyed *A Fish Called Wanda* when I saw it years ago. The whole movie is over-the-top including the portrait of the stutterer. I know that many stutterers hate that movie but I somehow never felt personally savaged by it. I just remember laughing really hard through most of it.

Q: Do you want people in the industry to work to foster more positive portrayals of people who stutter in film and television?

A: I think this is actually a dangerous kind of wish. I don't think any group should be treated such that all you see is a positive portrait. What I hope for is more honest portrayals of life in general. For myself, I don't need to see a stutterer succeed in a movie as much as I want to see a stutterer experience life as I know it to be. Realism is the more important goal, I think.

Q: You, no doubt, have gotten many personal responses as a result of *Rocket Science*. What is the one that stands out most in your mind?

A: Well, I love it when stutterers tell me that I've captured something essential about the experience of stuttering. That always lands well for me. My favorite response came when the movie played at the Edinburgh Film Festival and one young stutterer came up after and said that the only thing that would have made the movie better was if two people stuttered in it and not just one!

Q: Did you get any negative feedback from people who stutter and if so, what was the general gripe?

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Annual Audit of Foundation

The annual audit of the Stuttering Foundation financial reports for 2007 was recently completed by the accounting firm of Cannon and Company, Certified Public Accountants, Memphis, Tenn. Following is a recap of funds and

expenditures for the year.

The 5.8% of expenditures for administration and general expenses and the 6/10 of 1% for fund raising are very low, and since we are fortunate to have an endowment which more than covers our overhead expenses, donors can be

assured that their gifts will go directly to support our program services.

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

Funds expended for:

Creation, production, printing and distribution of educational materials	\$580,089	36.0%
Public information and education	351,521	21.8%
Educational symposia for professionals	217,436	13.5%
Therapy program and research on causes/treatment of stuttering.	269,637	16.7%
Maintain Web site and toll-free information hotline.	88,985	5.6%
Total for Program Services:	\$1,507,668	93.6%
Other expenditures:		
Administration and general	93,641	5.8%
Fund-raising expense	9,252	0.6%
Total Expenditures:	\$1,610,561	100%

Dear SFA: Reader Response



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

Like a hockey puck

Dear SFA:

My name is Colton, and I am 7 years old. I live in Canada. I like to play hockey, golf, soccer and baseball. I also like school and my family. Getting help from a speech teacher makes a big difference for me. I talked to my class about stuttering and it helped because they got to learn about stuttering, and also I got a chance to tell the other kids important messages like "Don't tease other people because they have a difference from you."

For me, stuttering is like a hockey puck because it starts going fast then it stops suddenly. It helps me to imagine this because I can think what to do and then get moving with the puck again.

Colton, 7
Canada

A fun, awesome 3rd grader

Dear SFA:

My name is Katie. I am in 3rd grade. I like to play football, have sleep-overs, cheerlead, color, and sleep. I am good at science, math, taking tests, watching TV, and changing my baby sister's diapers.

I have stuttered since the 2nd grade. My friends think I'm crazy,



Dominic and Rebecca with a "speech tools" birthday cake at the University of South Alabama. The cake says "brain, mouth, vocal folds, lips, voice box."

fun, awesome, love my hair, and my shoes. When I speak, I repeat the sounds and words several times. I prolong sounds. I move body parts (my hands) when I stutter, and I try to find other words when I am talking.

Katie
Owensboro, Ky.

Stuttering isn't illegal

Dear SFA:

I don't mind stuttering. It's not like it's illegal to stutter. But I don't like it when I can't let the words out. Robert, my speech therapist, helps me learn about stuttering. Oh, and by the way, I'm John, and I'm 8 3/4 years old.

John

New book may help

Dear SFA:

Sometimes when I'm stuttering I feel very angry. When I was in second grade, I was stuttering and people started to laugh at me. My teacher talked to me outside, and she talked to people who were laughing.

Also, if you stutter, just use your techniques. It will help you. People will get used to me stuttering and no one will laugh at me again.

In my new school, my friend Dara stutters too. Dara was crying because boys were making fun of her. I felt sad for Dara. I felt mad at the people who made fun of her.

Jonisha
Wyandanch, N.Y.

Editor's Note: Trouble at Recess (on page 7) is a great book that deals with bullying.

Still learning about stuttering

Dear SFA:

I don't mind my stuttering. It's not that bad.

Sometimes stuttering makes me feel sad. Especially when people make fun of me, which occurs not very often. But sometimes people call me names.

I go to speech therapy every

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Picture Perfect

Sometimes I get stuck on words when I meet new teachers and new people, and then I stutter. Now that I go to speech, I have learned how to control and work through my stuttering. They both help me with my speech. They taught me to say all my letters and words without getting stuck. They have taught me how to breathe better and how to stretch out words and work through bumpy words. I do not mind that I stutter and have learned to love talking in front of others! I love playing drums, and I love to sing.

Angelo,

Roslindale, M.A.

Do you have artwork to share? E-mail it to us at info@stutteringhelp.org.



Angelo drew this picture of a band.

MySpace Outgrows Initial Expectations

By Joan Warner

If you haven't visited the Stuttering Foundation's MySpace page recently, hurry to <http://groups.myspace.com/stutteringfoundation> and see what is new.

Managed by our friend, Eva Woolwine, the space has grown leaps and bounds in just a short time and now claims 144 members.



Originally conceived to interest teens and young adults by providing idea exchange and support, we have all been amazed at the level of participation by so many people.

"We aren't just hearing from teens and young adults, and that has been a great thing," Eva tells us. "People of all ages are checking in. Each of us may be in a different place as far as our fluency and how open we are about are stuttering, but we have a strong bond that connects. Thanks to all the members, without them it would just be a page and not a group!!!"

One of the initial goals was to provide insight, awareness, and education to those who do not stutter. Those who stutter generally agree that it is nearly impossible to adequately explain to a fluent person the difficulty and depth of emotion involved.

A common description shared by many who stutter is "exhaustion." One member recently posted, "Most people live day by day, but stutterers live word by word." So, if you are a parent, relative, teacher, classmate, employer, or even a stranger who spoke with a stutterer today, please take a few minutes to take a look into what is being said by those who so want to be heard.

Speaking of being heard, another update on our incredibly busy and goal-oriented Eva is in order. She is still studying hard at Northwestern State University in Alva, Okla. and

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Young Author's Book a Big Success

By Julie Gasway, M.A., CCC-SLP

Trouble at Recess has been a huge success at home! Jamie was excited to see her "finished product," as were her parents. She read it proudly and was surprised to see how her drawings have changed over time.

When I asked her what she thought about the book she said, "I like it!" She also said the best thing about making the book was "drawing the pictures."

Jamie and her parents scheduled a book signing for a recent afternoon at the local library. They sent out invitations and gave each person who attended an autographed copy of *Trouble at Recess*.

They also took donations so that every elementary school library in our city will have a copy of her book. Jamie's parents have been active in learning about stuttering, and they went to the Stuttering Foundation website and did their own research.

They made a "Fact Sheet about Stuttering" and passed this out to all who attended the book signing. Many parents were surprised to learn: the incidence of stuttering is 1-3% of the population, many famous people stutter, and how to make

a difference when talking with someone who stutters.

Jamie's friends and their parents, family members, classmates, neighbors, school teachers and guidance counselor attended the book signing. She read *Trouble at Recess* in front of her guests while she was surrounded by friends.

Many of the kids commented that they wanted to write a book too, and in her usual positive manner she encouraged them to do so. Jamie seemed unaware of how rare her accomplishment

was. Since the book signing, Jamie has received many cards telling her that her book has been helping other people who stutter. Several parents and teachers who attended the book signing reported that teasing is a universal topic and Jamie's book would be encour-

aging for all children. The book signing was a chance to celebrate Jamie's accomplishment, teach others about stuttering and teasing and to further develop Jamie's self-confidence.

As a speech therapist this experience has been especially rewarding and exciting for me. I learned more about stuttering, stuttering therapy and how to access feelings and thoughts through art and writing. □



Jamie autographs a copy at her book signing in March.



Jamie, at center, reads her book as others follow along.

Where's Nick?

Actor Nick Brendon has landed a recurring role on the CBS drama *Criminal Minds*, playing Kevin Lynch, a technical analyst for the FBI.



Brendon, who's a spokesperson for the Stuttering Foundation, is also working on *Super Cat*, an animated project in which he voices the lead character.

Visit www.nickbrendon.com for more news on the actor.

Sporty Readers Win

In the winter newsletter we asked readers to guess who was added to the *Famous People* brochure. The answer, of course, is Darren Sproles.

The first three winners were given T-shirts.



The winners are Juanita Sirois of Williamsburg, Va., Julie Peters of Asland, Va., and Linda Wyatt of Cuyahoga Falls, Ohio.

Runners up include Michelle O'Loughlin, Lisa Burroughs, Paul Blackburn, Marilyn Burgin, Mary Eileen Moore, Rita McIntyre, Mike Molini, and Andrew Bathish.



Camp Our Time will be held Aug. 10-17, 2008. It is an arts camp for young people who stutter and their siblings, ages 8-15. Camp Our Time will take place in Rock Hill, N.Y., 90 minutes from New York City.

For more information call 212-414-9696, e-mail camp@ourtimetheatre.org, or visit www.ourtimetheatre.org. □

Smith

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tests of the brain's activity in processing language, and studies of speech production in which we record muscle activity and motion of the articulators.

The goal of the project is to determine if the results of these tests will help us to predict which 4 and 5-year-old children who are stuttering are likely to persist.

One of the speech production tasks that our kids do involves producing what we call "novel nonwords." These are words like "mab" which sound OK in English, but which are meaningless. We designed a set of four nonwords of increasing difficulty, so that "mab" is the easiest one, and "mabshaytiedoib" is the most difficult.

When we tested adults who stutter, we found that they could produce the words correctly after hearing them, but they showed more variability

in their oral movements, suggesting that hearing, encoding, planning, and producing a novel speech sequence was a much more difficult task for them compared to normally fluent adults.

Is this lower ability to encode and produce new sound sequences present at the onset of stuttering? Or is it something that develops after many years of disfluency? Our experiment is designed to answer this question.

So far in the "mab" nonword experiment, we have analyzed data from 22, all 4 and 5-year-old children who stutter (CWS) and 14 children who are normally developing (CND).

Interestingly, we found that all of the children could produce the simplest nonword, "mab" correctly. However, on the more difficult items, such as "mabshibe," only about 25% of the CWS could accurately produce them, while about 88% of the

CND could produce all four nonwords correctly.

Clearly in terms of these behavioral results, the children who are stuttering do not do as well when asked to produce novel speech sequences.

During the nonword experiment, we record the motions of the lips and jaw. We are able to look at oral coordination during production of the novel nonwords. We analyzed data for the nonword, "mab" since all the children could produce it. Given how simple and short this nonword is, we did not expect that CWS would be less able to generate a motor program and produce it. Surprisingly though, CWS were significantly more

... the goal is to predict which children who are stuttering are likely to persist.

variable compared to CND in their coordinative patterns over 10 productions of "mab."

Thus, we can see that already, in the earliest years of stutter-

ing, even when the child's production is accurate and no disfluency is perceived, the underlying patterns of speech movement are different. Are the children who perform most poorly on this nonword repetition task the ones most likely to persist in stuttering? We will be able to answer that question in the later years of our project.

We are truly excited about the potential for this work to have major implications for treating young children who stutter.

If you know of someone who has a child who stutters and lives in our area (Lafayette, Indiana), please ask them to contact us at brownb@purdue.edu. □

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.

Sometimes I Stutter

By Robert J. Heemstra
Plymouth, Pa.

Sometimes I stutter
people may look at me strange
but do they know me?

They hear my stutter
but I am much more than that
Please listen to me

Please don't look away
Because of my stuttering
Don't judge me by that ...

Signature strengths *continued from page 3*

a relatively high degree of attentional focus and risk-taking while participating in therapy, and may actively seek out novel experiences while also being more apt to take risks in both social and speaking situations. The willingness and ability to take risks has long been considered a trait important to progress across all types of therapies (Yalom, 2002). It is my hope that future research will focus on how temperament and other client and clinician attributes interact with the techniques we teach to influence the outcome of stuttering therapy.

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A Recipe for Confidence

By Joan Warner

The Stuttering Foundation was excited to hear from students in San Diego, Calif.

"We are a group of students who stutter at Southwest High School in beautiful San Diego, Calif.," the students wrote. "Our group is com-

posed of five students (all bilingual) whose stuttering ranges from mild to moderate-severe. We get together frequently to discuss our stuttering and ways to control it. We have also done a series of presentations with the purpose of educating our school regarding stuttering. We would like to reach out to all people who

stutter and tell them that they should not be ashamed of one small part of themselves, but be proud of who they are and what they can achieve."

These five teens are worth remarking on for a number of reasons – all of which are "ingredients" in the recipe for confidence.

In their own words, Andres, Fernando, Irvin, Adrian and Christian, tell us, "We are a group of students who stutter ... Our group rendezvous once every week to discuss how stuttering has affected us recently (in either a positive or negative way)." But they don't stop there, talking among themselves. "Our group has presented several times to high school students (and once each to the school district's speech pathologists, psychologists, and support staff) what stuttering is and how it

has affected our lives."

Bob McKinney, LSH Specialist for Southwest High School, has had a great deal to do with encouraging this group of students to inspire and motivate not only themselves, but also others. "These guys are excited ... They are a great group of guys, and I'm proud to be able to

work with them," Bob tells us. "I am always amazed at the maturity they show when they discuss their stuttering with their peers," he continued.

"All our lives we've had to overcome ridicule, embarrassment, and desperation, but being in this group, we've learned to accept, and to be proud of who we are."

They go on to

say, "We are no different than anyone else besides the fact that it takes time to say what we want to say."

On a recent field trip, the guys made their presentation to a group of school district psychologists. It afforded this group of professionals the opportunity to receive a realistic and heart-felt "lesson" on a often misunderstood disability.

So, what is in the "recipe" for confidence? Apparently, some very solid ingredients including support, encouragement, perseverance, maturity, inspiration, motivation, and a dash of being proud of one's accomplishments. In the boys' words, "We believe that confidence is the best cure for stuttering."

Please see their exceptional presentation at:

http://blog.suhsd.k12.ca.us/index.php?/specialservices/detail/stuttering_presentation/



These students from Southwest High School in San Diego, Calif., meet frequently to discuss stuttering and how to control it. They have also done a series of presentations to educate other students about stuttering. The students are (from left) Fernando, Irvin, Adrian, Andres, and Christian.

Help Not Lost in Translation

Chinese parents now have another tool if their child stutters.

Jennifer Tseng, who attended the 2005 Stuttering Foundation workshop in Iowa, went home determined to help bring new information to new compatriots.



Jennifer Tseng

This new book, a translation of *If Your Child Stutters: A Guide for Parents*, is hot off the press and is sure to be an important prevention tool.

Meanwhile, in the Czech Republic, Dr. Elisabeth Peutelschmiedova continues her outstanding work translating Stuttering Foundation books.

Her latest achievement is *Do You Stutter: Straight Talk for Teens*. □

▼ Czech version of *Do You Stutter: Straight Talk for Teens*.



◀ Chinese copy of *If Your Child Stutters*.

Curlee

continued from page 4

Foundation of America memorial fund has been established in honor and memory of Dr. Richard F. Curlee.

Among his peers, Dr Curlee was known for his even-handed, precise and thoughtful scholarship. Curlee was well regarded for his early scholarly attempts to apply and/or test the tenets of learning theory relative to stuttering research/treatment. These ahead-of-their-time scholarly contributions were followed by several text-



Dick Curlee receives the Malcolm Fraser Award for Excellence from Jane Fraser in 2002.

books, aptly described by Dr. Ingham as classic, treatises that have stood the test of time in terms of relevance and impact. Dr. Curlee remains, to this day, one of the first to apply “expert system” technology to the diagnosis of early childhood stuttering, another contribution far ahead of its time.

Recently, this writer was fortunate to co-edit the third edition of one of Dick’s books, and the experience of working with Dr. Curlee, his insights, wordsmith skills, and common sense enriched literally almost every page of the text. Common sense, it is said, is not all that common, but Dick possessed it in droves and its use by him could be truly remarkable as he quickly identified the essence of a problem and, more often than not, a reasonable solution for same.

Dick’s character, one could reasonably say, was at least partially shaped by his experience with disability, a concern he adapted to and rose above to lead a life of consequence, substance and purpose. That character coupled with his “don’t complain, don’t explain” personal style – even when his disability gave him plenty of

cause to do so – no doubt contributed to the many students who sought his advice, counsel, and mentoring. A mentor’s mentor, Dr. Curlee acted like a bridge, for many students, seeing in them more than they saw in themselves,

taking them from where they were to where they could and/or wanted to be.

Survived by his lovely wife and soul mate, Jennie, Dick will be missed terribly by his family, friends, colleagues, and past students. Building off a theme developed by Dr. Spahr at

Dick’s memorial service, Dr. Curlee may be gone from our midst, but we will be reminded of him in our daily lives. For example, when we see some beginning scholar falter during a presentation and their mentor, just like Dick might have, makes a gentle suggestion from the audience to help the nervous beginner. Or when two academicians lock horns, over theory or method, and a third, cooler head like Dick’s often was, steps in and brings about rapprochement.

For Dick was not only a gentleman and scholar but routinely practiced random acts of kindness. Indeed, Dick’s high quality contributions were not restricted to his scholarly endeavors, but also imprinted his interpersonal interactions. As Shakespeare (Merchant of Venice) noted, “the quality of mercy is not strain’d, it droppeth as the gentle rain from heaven. Upon the place beneath: it is twice blest; It blesseth him that gives and him that takes.” And Dick was so blessed, as were we, by his presence.

“Farewell Richard, may flights of angels sing thee to thy rest.” □

Rocket Science *continued from page 5*

A: Before *Rocket Science* came out, I read some hilariously negative stuff on stuttering boards where some people worked themselves into a froth imagining on the basis of just the 2 minute trailer that the lead character didn't have a real stutter, that this was yet another bogus portrait of stuttering and that they'd skip the movie. I get it that people are sensitive about this but what about waiting until you've actually seen the movie before judging it? Luckily for me, I think most stutterers who actually see it really like it.



A scene from the movie *Rocket Science*.

Q: What has been the reaction of your childhood friends and peers to the movie, and to you after its release?

A: One old friend said, I had no idea it was so hard for you. Another said, I didn't realize it was all so funny to you at the time. So you just never know. But the truth of it is that the movie is only vaguely autobiographical. It's not meant to be the literal truth of my life as a teen, just an artful extrapolation from that.

Q: If you could give a simple message to high school kids who stutter, what would it be?

A: Sometimes you want to cut out those parts of yourself that are frustrating or painful or make you different. But those parts are as responsible as the good and easy is for who you are. Stuttering makes you who you are and it can inspire some great things. It's because of stuttering that I got involved in debate, that I developed a passion

for words and reading, that I found myself drawn into the power of film. I am who I am because of my stuttering and I'm finally very glad for that. When you're blocking on a word, you wish it gone. But when you step back and look at the big picture there are some great things that come along with stuttering.

Q: Do you anticipate doing any more movies with characters who stutter?

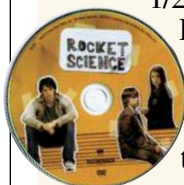
A: I think my next movies won't be autobiographical at all so I don't have plans to revisit that. But you never know.

Q: What do you think of treatment for stuttering?

A: Well, in the movie, Hal Hefner, my main character, gets no real help for his stuttering. I have been lucky enough to work with some excellent people and have made some gains in my speech because of them. I know that some people believe that you should just work to accept stuttering and not try to "fix" it. That's never been my approach. I'm kind of a born fighter when it comes to this stuff, and I like trying to lick a problem even if it's thought to be unlickable. I think most anything's attainable if you're dedicated enough. □

Now available on DVD:

Rocket Science, which received 3 1/2 stars from movie critic



Roger Ebert, is now available on DVD.

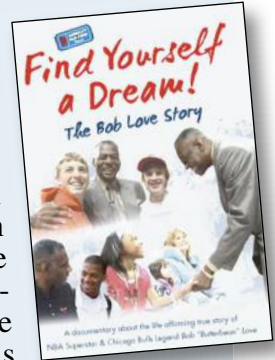
The release includes a behind-the-scenes featurette, as well as a music video by film's composer and singer/songwriter Eef Barzelay (Clem Snide).

Dream Team Tours USA

Bob Love's national school tour moves ahead.

The tour includes showing students Love's documentary *Find Yourself a Dream!*

The documentary was recently accepted into the San Diego Black Film Festival and the screenplay for the movie was accepted into the Beverly Hills Film Festival, which was held in mid-April.



The documentary was recently featured on WYCC, a PBS station in Chicago. WYCC promoted it with more than 100 commercials leading up to each of the showings. The PBS station reaches 3.6 million in the country's third largest TV market.

Love has served as a spokesperson for the Stuttering Foundation, and is featured on the *Famous People Who Stutter* brochure and poster.

The documentary can be ordered online at www.findyourselfadream.com. □

Tending to Grace

This poignant book, written by Kimberly Fusco, for middle and high school students features 14-year old Cornelia Thornhill. Cornelia's adventures start not only when her mother pulls her out of school but also leaves her high and dry with an elderly great-aunt in rural New England of all places. Readers will be captivated by Cornelia's courage as she struggles with her own stuttering and copes with an upside down life. □



On the Loose

We know our readers will be surprised to learn of two recent retirements.

Both Roberta Brugge and Anne Edwards have decided the time has come to enjoy more leisure time and grandmotherhood!

Callers will remember Anne who began working at the Stuttering Foundation in the early 1980's when we were addressing envelopes by hand. She had worked as a librarian so was tremendous help as we published more and more books.

For 12 years, Roberta was our Wednesday part-timer, taking over thank you letters to donors and keeping the mailing list updated.

We call on them regularly for advice and help! □



Anne Edwards



Roberta Brugge



Thanks for the Support

Because of the ongoing support of NSSLHA chapters around the country, the Stuttering Foundation is able to provide resources to those who stutter, parents, schools, libraries, universities and physicians.

NSSLHA chapters have done everything from bake sales to working the SFA booth at conferences to help raise the awareness of stuttering.

We appreciate it. Thanks!



Sheehan

continued from page 4

However, Vivian taught me that we could develop a valid understanding of that experience by listening carefully to our clients and paying attention to our "stuttering equivalent," something about ourselves we wish to hide to avoid potential negative thoughts or reactions of others. Vivian's sharp mind and wonderful sense of humor delighted her friends and colleagues. We celebrated the many things we had in common. One day she told me, "No,

we are not people who stutter", and then with a wink and a smile continued, "We just marry them!" Vivian was married to the late Joseph Sheehan, professor of psychology at U.C.L.A. and father of avoidance reduction therapy for stuttering. Vivian worked with Joseph at the U.C.L.A. Speech Psychology Clinic until his death in 1983. She continued their work as director of the Sheehan Stuttering Center well into her 80's.

Vivian completed her graduate studies at the University of Michigan and worked in the Battle Creek schools during the day and at Percy Jones Army Hospital in the evenings. It was during World War II, and soldiers were returning from battle with brain injuries. Vivian scoured the medical literature to develop what became the first aphasia rehabilitation program in the U.S. Army Hospital system. It was at Percy Jones where Vivian met her future husband, Joseph Sheehan, a young speech pathologist who be-

came part of her growing staff. Joseph accepted a faculty position in the psychology department at U.C.L.A. and the Sheehan's moved to Santa Monica, California where she began one of the first private practices in the country. Vivian's pioneering work in aphasia continued. She founded an organization

"Vivian's contributions went far beyond her stellar record of clinical work and service to the profession and the community."

Vivian Sisskin

that later became the Emeritus Pathfinders Program at Santa Monica College, providing rehabilitative services and support to stroke patients and their families.

Vivian received prestigious honors throughout her career. She was named an ASHA Fellow in 1986 and was the recipient of ASHA's Frank R. Kleffner Clinical Career Award in 1993. She was honored numerous times by the California Speech Language and Hearing Association, the American Academy of Private Practice, and the National Stuttering Association. She was elected to serve in leadership positions within all of the above-mentioned organizations.

Vivian's contributions went far beyond her stellar record of clinical work and service to the profession and the community. She inspired clinicians young and old with her wisdom and skill, and has been cited as the primary force for change among her clients who have recovered from stuttering.

Vivian was my dear friend and mentor. I will never forget her warm smile, encouraging words, and wonderful sense of humor. I will always be grateful to her for her guidance and love. □

Letters

continued from page 6

Tuesday. It really helps me. Mrs. Miller helps me ease out of a stutter.

I'm still learning. I've only been to the speech room about 12 times. I hope to learn how to tell people about my stuttering.

Jessica

Largo, Fla. □

Dysfluency Conference

The Eighth Oxford Dysfluency Conference, co-sponsored by the Stuttering Foundation and the Michael Palin Centre, will be at St. Catherine's College, Oxford, July 3-6. Speakers include Paul Dolan, Imperial College, Marc Shell, Harvard University, Patricia Zebrowski, University of Iowa, Anne Smith, Purdue University, and Dr. Per Alm, Danish Information Centre for Stuttering. Visit www.odc.org.uk. □



Sproles*continued from page 1*

National Stuttering Awareness Week, which is May 12-18.

The brochure — which unfolds into a small poster — is available free of charge from the Stuttering Foundation.

Sproles is featured alongside other sports legends who stutter, such as Bill Walton, Kenyon Martin, Ken Venturi and Bob Love. As such, he is the 18th famous person. Others include actor James Earl Jones, Marilyn Monroe and Winston Churchill.

Sproles, who became aware of his stuttering at age 4, says the problem became more pronounced when he was a star football player at Olathe North High School and at Kansas State University. “I had to talk to the media a lot, and once they put a camera in my face that’s when it got bad,” Sproles said. “I just had to work on it. I couldn’t really stress about it, because that’s just me.”

The 24-year-old Sproles continues to take steps to control his stuttering. He bypassed potential NFL riches following his junior season and returned to Kansas State to complete his degree in speech pathol-

ogy. In college, he worked with a speech pathologist to make interviews less difficult. Darren also got advice from basketball great Bill Walton, who struggled with stuttering some years ago and is

Coming out of Kansas State, Sproles was one of the most prolific runners and all-purpose performers in college football history. He set nearly every school record imaginable - 23 in all - and

he is regarded by many as the best player in the 110-year history of Kansas State football

As a 5-foot, 6-inch running back and return specialist with the Chargers, he ranks eighth in the NFL in kick-off return average (26.7 yards) and 13th in punt return average (10.1).

Playing the game has always come easy for Sproles. The spoken word is more difficult.

“I remember a long time ago my grandpa told me ‘don’t ever let anybody tell you that you can’t do anything because you stutter.’” Sproles said. “I always remembered that and worked hard to improve my speech.”

“Darren Sproles will be a great source of inspiration to young people who struggle with stuttering,” says Jane Fraser, president of the Stuttering Foundation. She notes that speech therapists, school clinicians, teachers and others often hang the posters in a prominent place in their office. □

Q&A*An interview with Darren Sproles*

Q: TV interviews are high pressure. In a previous interview with a newspaper, you said you found “little tricks” to control stuttering. What are some of the tools that work for you?

A: “I have learned to take my time while answering questions during an interview. I don’t have to be in a hurry to say something. I also ... keep my words flowing.”

Q: Why did you put off the NFL and go back to college?

A: “I didn’t want to do it but I made a promise to my mother before she passed away that I will finish school first and then go to the NFL.”

Q: The fact that you majored in speech pathology is very exciting. Why did you choose it as a major? Has it made a difference in your speech?

A: “When I went to college I majored in speech pathology because I really wanted to learn about stuttering and how I can better my speech. I feel from me learning about it helped me find tools to help me out.”

Q: What advice would you give others who stutter?

A: “Just work on it. Take classes and learn more about where stuttering comes from. I remember a long time ago my grandpa told me ‘don’t ever let anybody tell you that you can’t do anything because you stutter.’ I always remembered that and worked hard at improving my speech.”

Q: Do you see yourself as an inspiration and role model for others who stutter?

A: “Yes, I do.”

Q: What advice did Bill Walton give you?

A: “Take my time when I talk. Don’t be in a hurry.”



now an NBA analyst.

“I don’t have to be in a hurry to say something,” said Sproles, who learned to take his time while answering questions during an interview.

ident of the Stuttering Foundation. She notes that speech therapists, school clinicians, teachers and others often hang the posters in a prominent place in their office. □

Help Spread the Word about Stuttering

National Stuttering Awareness Week

May 12-18



In May 1988, the U.S. Congress passed a Joint Resolution designating the second week of May as National Stuttering Awareness Week.

National Stuttering Awareness Week is May 12-18.

There are many ways to celebrate it, educate others, and become involved.

▶ Ask your local radio station to run the Stuttering Foundation's public service ads.

▶ Encourage your newspaper to do a story on stuttering.

▶ Maybe you can set up a display of Stuttering Foundation resources at your library.

▶ Send us pictures of how you celebrated National Stuttering Awareness Week. E-mail us at info@stutteringhelp.org.

The Stuttering Foundation can provide public service ads and other resources to newspapers and TV and radio stations. □

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

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Jane Fraser Editor
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Renee Shepherd Proofreader
Special thanks to Joan Warner, Patty Reed, Susie Hall, Pat Hamm, Lisa Hinton, Anne Edwards, Terri Jones, and Carol Ecke.

MySpace

continued from page 7

working toward her degree in elementary education.

In early February she competed in the Miss Northwestern pageant, where a 2nd runner up place earned Eva "...a great experience and a nice scholarship!" Eva has also recently qualified in preliminaries for Miss Kansas and will return to the pageant

this summer as Miss Emerald City.

Eva is just one of many real people you will meet on SFA's MySpace.

Whether you are a person who stutters or not, you will see we are all much the same: people with dreams, goals, accomplishments; someone's friend, mother, or brother; someone waiting to be heard, someone's hero. Come check us out! □

Talk about Stuttering

StutterTalk is a self-help styled audio podcast that can be downloaded directly from www.stuttertalk.com or via iTunes.

Greg Snyder, Ph.D., Peter Reitzes, CCC-SLP and Eric Jackson co-host the show which features weekly, open discussions about stuttering.



Topics have included how, why and when to use voluntary stuttering, stuttering openly (avoiding avoidance), covert stuttering, relapse, non-verbal forms of stuttering and much more.

Listeners join the show by calling in or emailing. Special guests have included Kristin Chmela, MA, CCC-SLP who discussed recovery from shame, Joseph Klein, Ph.D. who shared his thoughts about job interviews, Dennis Drayna, Ph.D. who talked about gene research, Ken St. Louis, Ph.D. who spoke about living with stuttering and cluttering, and Taro Alexander who discussed the Our Time Theatre Company which is an artistic home for people who stutter.

Tune in and join the conversation online! □



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