

# STUTTERING FOUNDATION

www.stutterSFA.org

1-800-992-9392

A Nonprofit Organization

Since 1947... Helping Those Who Stutter

## Teen Spokesperson Leads Youth Campaign

by Jean Gruss

Fourteen-year-old Vanessa Tendick may never have been crowned Miss Arizona Jr. National Teenager in 1999 if it had not been for the fact that she stutters.



When she was in sixth grade, Vanessa decided to confront her worsening speech by entering a pageant that required public speaking and confronting her handicap head-on.

She isn't alone; stuttering affects hundreds of thousands of teens. When you can't get the words out, it can turn something as simple as a phone conversation into a humiliating experience.

"When I realized that my fear of speaking was affecting me, I decided to try to do as many public speeches as I could because I decided I couldn't be scared of speaking my whole life," she said. "That's why I entered pageants."

While there is no cure, the Stuttering Foundation of America can help with books and videos designed especially for teens who stutter. Vanessa is the Foundation's teen spokesperson this year.

She offers these tips for other teens who stutter:

- Be open with your friends and classmates about stuttering and let them know when you're having a hard time. They'll be more understanding if you explain it to them.
- Let your teachers know before class about stuttering and talk about what they can do to help.
- Let your parents know you want them to help and how they can do it. Perhaps they could help you find an expert in stuttering who can help you. While there is no cure for stuttering, professionals can help your speech become more fluent.
- Don't hide from your stuttering. You have to confront it to improve. Try to keep a positive attitude.
- Practice, practice, practice.

Continued on page 4

## Stuttering Didn't Keep Him Out Of the House

### National Stuttering Awareness Week, May 8-14

by Jean Gruss

Frank Wolf remembers the moment he wanted to be a Congressman.

It was in the third grade in Philadelphia, when schoolmates laughed at the young man who stuttered for dreaming about going to Washington. And the laughter from his classmates continued throughout his school days.

"How are you going to run for Congress when you can't even talk in front of the class?" they said.

Today, Wolf has proven his young critics wrong: he represents Virginia's 10th Congressional District and has done so successfully for 20 years.

He sits on the powerful House Appropriations Committee, which oversees the budgets of all federal agencies.

This year, he is one of the honorary chairmen for National Stuttering Awareness Week, May 8-14, 2000, for the Stuttering Foundation of America, a nonprofit organization dedicated to helping those who stutter. Among its many services, the Foundation produces videotapes, books, and brochures and assists adults, teenagers, and children who stutter.



Ironically, Wolf said he wouldn't have become a congressman if it had not been for his stutter. That's because he said it gave him the drive to succeed.

"I thank God for the fact that I stuttered," Wolf said. "It's a good thing that happened to me. I consider it an uncommon gift."

After graduating from Philadelphia's public schools, Wolf attended Penn State University and sought out speech therapy.

While at Penn State, he recalled being sent out by his therapist to the corner store to buy a candy bar to practice his speech.

A frustrated clerk handed him the candy bar before he could finish a sentence.

Yet Wolf said he didn't let his stuttering hold him back.

For example, he took Dale Carnegie classes to improve his public speaking.

"I forced myself never to avoid doing something," he said.

Today Wolf speaks fluently, though he says that he sometimes avoids the telephone

Continued on page 4

## Sometimes I Just Stutter Makes Impact Worldwide

"Dear Eddie, My name is Josh. I stutter but it's OK to stutter. How's your stuttering going so far?" Eddie, a 13 year old in the book, *Sometimes I Just Stutter*, is getting letters from children across the United States.

This 40-page book, available from the Stuttering Foundation of America, is written for children ages 7-12. It covers a range of topics: why stuttering varies across situations and days, common emotions children experience because of stuttering, how to handle teasing, and who can help. Also included are sample letters the child can use to write to his or her teacher, parents, grandparents, sib-

lings, and other relatives.

Ann Mitchell, a school-based speech-language pathologist said she is using the book in therapy to address the feelings and beliefs that young children have about stuttering. "This book helps me talk to the children about how they're feeling and then start helping them make positive changes."

The letters from children make it clear that stuttering is no joke.

Continued on page 8



# Neural Bases of Stuttering and its Treatment

Robert M. Kroll, Ph.D.  
Luc F. De Nil, Ph.D.  
University of Toronto

Researchers and clinicians working in the area of stuttering recognize that the cause of stuttering is complex. Over the years, many different explanatory models of stuttering causation have been proposed. One of the most persistent themes in several of these models has been that stuttering may be related to abnormal brain processes involved in speaking. As early as 1928, Samuel Orton and Lee Travis offered a neurophysiological model of stuttering. They speculated that stuttering resulted from incomplete development of hemispheric dominance. Although the early model proposed by Orton and Travis was ultimately not supported experimentally, the idea that atypical brain processing for speech somehow plays a role in stuttering has received ongoing attention over the years.

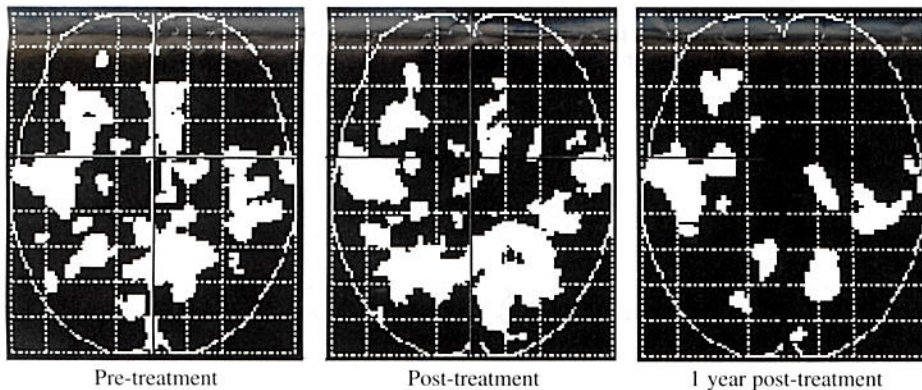


Figure 1: PET scans of stuttering subjects during oral reading illustrating wide-spread increased activation post-treatment and subsequent reduction following one year of maintenance therapy.

Interestingly, even without a clear explanation of the definite causes of stuttering, our leading clinicians have made remarkable strides in developing effective courses of treatment for stuttering over the last quarter of a century. Today, the person who stutters can hope to achieve much in therapy, both in terms of cognitive as well as behavioral changes. It has been an exciting time for all of us involved in understanding stuttering and its treatment. In fact, we have been trying to bring our scientific efforts to the clinic, to better explain the changes that can be achieved during and following treatment for stuttering, and to more fully understand our treatment techniques and develop even more effective programs as we uncover some of the roots of stuttering.

In our most current research, we have been attempting to shed more light on brain activity patterns in people who stutter as they undergo intensive, behavioral treatment. We have been using positron emission tomography (PET scanning) to compare brain activity patterns in stuttering and nonstuttering adults, and to track changes in brain activity as stuttering individuals complete a course of speech therapy. PET scanning represents a functional neuroimaging technique whose merit in studying the dynamic nature of the human nervous system has been recognized and applied widely by neuroscientists. It allows researchers to measure bloodflow and other physiological changes in the brain that occur either spontaneously or when subjects are engaged in performing a specific task.

Functional imaging studies in our laboratory in Toronto have provided evidence that adults who stutter demonstrate atypical activation patterns when performing speech tasks such as silent and oral reading of single word lists. One consistent finding has

been that our untreated stuttering subjects show a definite bias toward increased right hemisphere processing compared to non-stuttering individuals. Moreover, our stuttering subjects demonstrated overall higher levels of activation in both hemispheres, compared to our non-stuttering control subjects. We have speculated that this overall greater activity could potentially reflect the way that the stuttering subjects process speech, with greater monitoring and scanning. It appears that speech is a more effortful, less automatic process in our stuttering subjects. Following an intensive course of behavioral treatment, our stuttering participants were scanned again. The overall pattern of activation remained high and even increased, once again possibly reflecting higher demands in terms of speech monitoring and control. At this point, the stuttering individuals were engaged in conscious usage and monitoring of fluency skills, resulting in another form of effortful, although more fluent speech. We followed our subjects for a twelve-

month period as they completed a maintenance program and then scanned them again. One year following their initial treatment, overall levels of observed activation observed in the PET scans decreased dramatically (See Figure 1). We have interpreted this finding as reflecting increased automaticity in speech processing as a result of a full year of rigorous practice of the fluency skills. Thus, one of our laboratory findings appears to confirm the message that is given in behavioral treatment programs for stuttering. Stuttering is often accompanied by force and effort. Intensive treatment using behavioral techniques, lessens the force, but still requires effort to consistently monitor the fluency skills. Successful maintenance (meaning continuous practice for a period of time) reinforces these skills and will often yield a less effortful, more automatic speech pattern.

Our studies also detected differences between the stuttering and non-stuttering subjects even during the silent reading tasks. In addition to other differences, stuttering participants showed relatively greater activation in the anterior cingulate cortex during the silent reading tasks. The anterior cingulate is located in the medial wall of the cortex and is part of the limbic system. One of its functions is to serve as a bridge between the limbic system with the frontal cortex. It is thought to be involved with anticipatory reactions and response preparation to complex tasks. Clinically, we know that many adults who stutter have strong tendencies to scan the phonetic or orthographic structure of words for signs of potential fluency problems, even during tasks not requiring overt speech. Therefore, we have speculated that the increased anterior cingulate activation observed in our stuttering group may reflect heightened anticipatory reactions during the reading task. In addition,

and possibly related to this anticipatory response, the anterior cingulate activation in our stuttering subjects may point to some form of silent articulatory rehearsal of the words, since this area is thought by some to be part of an inner articulatory loop, which becomes activated especially during less automated tasks.

We targeted the region of the anterior cingulate cortex in a series of studies using silent reading both immediately post-treatment and again at the one year follow-up time. Post-treatment, our stuttering subjects showed significantly decreased activation in the anterior cingulate region during silent reading. It should be noted that during these post-treatment scans, subjects were asked to engage in the cognitive activity of employing their learned fluency skills. That is, they were instructed to think about using their newly acquired techniques even as they were reading silently. We interpreted these findings as suggesting that our group of subjects were no longer scanning and anticipating or predicting troublesome words, but rather refocusing their mental energy on using fluency facilitating skills that were taught in therapy. When we examined these same individuals twelve months later, we observed an even further reduction in anterior cingulate activation, providing further evidence that our group of subjects was successful in eliminating a great deal of the negative scanning behavior so often seen in persons who stutter.

We can now say with increasing confidence that, based on our work and that of others, adults who stutter demonstrate atypical brain activation patterns when speaking, thereby strengthening the case for the neural basis of stuttering. Moreover, we believe that both innate and acquired brain processes need to be considered when discussing the neural basis of stuttering. We say this based on our current findings of brain activity patterns of stuttering before and after treatment. Some of the atypical patterns such as increased right hemisphere activity are observed even following treatment and when our subjects are producing fluent speech. To us, this suggests that such activation might reflect the presence of neural processes that are relatively stable and possibly congenital, in people who stutter. On the other hand, certain activation patterns, like the ones observed in the anterior cingulate region, do show definite changes from pre-treatment to post-treatment to follow-up time. We interpret our findings to suggest that this acquired scanning behavior is replaced by more positive mental sets following treatment.

In summary we believe that current functional neuroimaging techniques such as those that have been used in our studies, will help us to focus more intensely on neural control processes underlying stuttering and in doing so contribute significantly to our understanding of the disorder and its treatment. As of now, all indicators for treatment point to the need to adopt a multidimensional approach to treatment focusing on speech motor behavior as well as cognitive, psychological and other thought processes.

Our research group (Robert Kroll, Stuttering Centre, Speech Foundation of Ontario, University of Toronto; Luc De Nil, Department of Speech Language Pathology, University of Toronto and the Toronto Western Research Institute; and Sylvain Houle, PET Centre, Centre for Addiction and Mental Health, University of Toronto) is one of only a few teams in North America who are actively engaging in neuroimaging research in stuttering. We are grateful to the Medical Research Council of Canada and the Natural Sciences and Engineering Research Council of Canada for their support of this groundbreaking project.

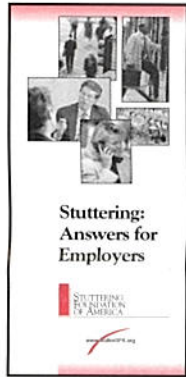
(Dr. Kroll may be reached at 416-323-3335 or email at bob.kroll@utoronto.ca.) □

# Stuttering Should Not Hinder Workplace Success

by Jean Gruss

People who stutter may be harder workers because they have to compensate for their disability, speech experts say.

That's good news for employers who know how to listen to someone who stutters.



*Stuttering: Answers for Employers* is a new brochure from the nonprofit Stuttering Foundation of America which contains helpful information about stuttering and tips on how to handle it in the workplace.

"People who stutter often have a temperament that's perfectionist because they often

work tirelessly to gain fluency," said Dr. Barry Guitar, professor of speech-language pathology at the University of Vermont.

If employers dismiss candidates for employment because of a speech impediment,

they may be losing an opportunity to hire a hard-working employee. That's especially critical now, as employers face rising wages, record-low unemployment and a mobile workforce.

"It's important for employers to look beyond the disfluencies to see the underlying qualities of the applicant," adds Pat Garahan of Burlington, Vermont, who has been on both sides of the fence as an employer and as an interviewee who stutters.

"Listen to *what* the applicant says, rather than *how* they say it," said Dr. Peter Ramig, professor of speech pathology at the University of Colorado at Boulder.

The research is conclusive that people who stutter perform successfully in a range of jobs that require communication skills, from sales to medicine to public relations.

However, this may not be evident during the initial interview, perhaps the most stressful speaking situation for anyone who stutters. The best way to approach an

employee's stuttering is through honest communication and by refraining from making assumptions about job-related abilities and skills.

On the other hand, people who stutter also have a responsibility to be forthright with their employers and should be willing to talk about how their stuttering might impact particular areas of performance.

For a copy of the brochure, *Stuttering: Answers for Employers*, call toll-free 800-992-9392, or write SFA at P.O. Box 11749, Memphis, TN 38111, or visit the Web site at [www.stutterSFA.org](http://www.stutterSFA.org).

*Editors Note:* Information about this exciting new brochure has appeared in newspapers and magazines nationwide including *The Atlanta Constitution* (circ. 689,235) Jobs section front page, *HR Magazine* (circ. 120,000), *Canadian HR Reporter* (circ. 8,400), *EAP Review* (circ. 8,800), Jeff Zaslow's column in *The Chicago Sun Times*, *All That Jazz* (circ. 484,000), Dr. Robert Wallace's column, *'Tween 12 and 20* (circ. over 2,000,000) and numerous other daily and weekly newspapers across the country. □

## SFA Financial Report for 1999

The annual audit of SFA financial reports for 1999 was recently completed by Ernst & Young, Certified Public Accountants. Following is a recap of funds and expenditures for the year.

The 4% of expenditures for administration and general expenses and the

less than 7/10 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.

### Funds expended for:

Creation, production, printing and distribution of educational materials . . . . .	\$474,326	50.2%
Public information and education . . . . .	245,406	25.9%
Educational Symposia for Professionals and research . . . . .	150,255	15.9%
Maintain Web site and toll-free Stuttering Information Hotline . . . . .	76,233	8.0%
<b>Total for Program Services . . . . .</b>	<b>\$946,221</b>	<b>95.3%</b>
Other expenditures:		
Administration and general . . . . .	40,286	4.1%
Fund raising expense . . . . .	6,632	.6%
<b>Total Expenditures . . . . .</b>	<b>\$993,139</b>	<b>100.0%</b>

The Stuttering Foundation of America is a private operating foundation which expends its funds on its own programs and does not make grants to other institutions. □

### In Memoriam

#### Stanley H. Ainsworth

August 7, 1913 - January 8, 2000



Many of our readers will be saddened to learn that Dr. Stan Ainsworth passed away peacefully in his sleep in the home

he had shared for so many years with his wife, Helen. From 1957 on, he played a very important role in the work of the Foundation, chairing conferences effectively, bringing out the best of each participant, and ensuring that the work was completed to the benefit of those who stutter. Donations in his memory may be made to the Stuttering Foundation.

#### Hubert A. McBride

1911-1999



We regret to announce the loss of long time Board member, Hubert A. McBride. Mr. McBride worked closely with

Founder Malcolm Fraser in establishing the Stuttering Foundation and subsequently served on the Board of Directors.

Both of these remarkable people will be missed, not only by their families, but also by the many people whose lives they touched.

## Teen Spokesperson

Continued from page 1

You can find more helpful advice in the 80 page book, *Do You Stutter: A Guide for Teens*, and 30 minute videotape, *Do You Stutter: Straight Talk for Teens*. For more information and a free brochure featuring 14 famous people who stutter, write the Stuttering Foundation, P.O. Box 11749, Memphis, TN 38111-0749, call toll-free 1-800-992-9392, or visit us at [www.stutterSFA.org](http://www.stutterSFA.org). Foundation books and tapes are also available at more than 4,000 public libraries. □

## Stuttering Didn't Keep Him

Continued from page 1

at home. Talking on the telephone is often one of the most difficult speaking situations for someone who stutters.

When asked what therapy he thought worked best, he smiled: "It was the magic pill that did it." The magic pill was his belief that therapy would work and his perseverance in carrying it out.

While there is no cure for stuttering, speech therapy can help people who stutter gain fluency.

Besides therapy, Wolf credited the book, *Hide or Seek*, by Dr. James Dobson, for helping him to confront and deal with his stuttering.

His advice to others is to remember that if you stutter, you're in good company. Famous people who stuttered include ABC 20/20's John Stossel, singer Carly Simon, actors Bruce Willis and James Earl Jones, and many more.

After graduating from Penn State in 1961, Wolf received his law degree from Georgetown University in 1965 and became a lawyer.

He worked on a congressional staff and at the Department of the Interior before running for Congress.

His drive helped him overcome two electoral defeats before he was elected on his third attempt in 1980, a rare feat for any Congressman.

On the Appropriations Committee, Wolf is chairman of the Transportation Subcommittee and serves on the Treasury-Postal Service-General Government and Foreign Operations Subcommittees.

He lives in Vienna, Virginia, with his wife Carolyn. They are parents of five children and three grandchildren.

For more information and the brochure, *National Stuttering Awareness Week*, featuring 14 famous people who stutter, write the Stuttering Foundation, P.O. Box 11749, Memphis, TN 38111-0749; [stutter@vantek.net](mailto:stutter@vantek.net); call toll-free 1-800-992-9392; or visit us at [www.stutterSFA.org](http://www.stutterSFA.org) and ask about books, brochures, and videos for all ages. □



## Another Record Year for Public Service Ads in Magazines

This year's National Stuttering Awareness Week got off to a wonderful start with many generous public service ads featuring SFA Honorary Chairman John Stossel. Magazines featuring PSA's in April and May were *TIME*, *People*, *National Geographic*, *Family Circle*, *Golf*, *Prevention, Inc.*, *Forbes*, and *Good Housekeeping*.

*Business Week* donated public service ad space which resulted in hundreds of calls from their readers. *U.S. News & World Report* gave SFA a generous full page PSA generating even more calls.

American Medical Association publications, *The American Medical News*,

*Archives of Internal Medicine*, *Archives of Otolaryngology*, and the *Journal of the American Medical Association (JAMA)* also featured new PSA's as did McGraw-Hill Healthcare publications, *The Physician and Sportsmedicine* and *Postgraduate Medicine*.

The excellent support of so many magazines brought the total of donated space to a record \$ 1,239,000 over the past twelve months! The Stuttering Foundation extends its heartfelt thanks to the more than 600 magazines which have been so very generous to us this year, some of whose names are listed here:

*TIME*  
*Newsweek*  
*GOLF*  
*Business Week*  
*People Weekly*  
*Money*  
*Family Circle*  
*National Geographic*  
*Forbes*  
*Woman's Day*  
*Sports Illustrated*  
*Journal of Accountancy*  
*Black Enterprise*  
*Essence*  
*Prevention*  
*U.S. News & World Report*  
*Seventeen*  
*YM, Inc.*  
*New York Magazine*  
*The New Yorker*  
*United Airlines Hemispheres*  
*Medical Economics*  
*Money Maker's Monthly*

*Southwest Airlines Spirit*  
*Kansas City Business Journal*  
*TN Small Business Review*  
*Utne Reader*  
*Penthouse*  
*Los Angeles Magazine*  
*Science and Children*  
*Mid-Atlantic Country*  
*Orange County Living*  
*America West Airlines*  
*Infectious Diseases in Children*  
*American Pharmacy*  
*Easyriders*  
*Memphis Magazine*  
*Twin Cities Business Monthly*  
*Communications Briefings*  
*Annals of Internal Medicine*  
*Journal of the American Medical Association*  
*Archives of Internal Medicine*  
*Minneapolis-St. Paul*  
*South Florida Parenting*  
*The Atlantic Monthly*  
*The Science Teacher*

*Northwest Airlines World Traveler*  
*Instructor*  
*In Pittsburgh*  
*Physical Therapy*  
*Dragon*  
*Archives of General Psychiatry*  
*Kansas City Business Journal*  
*Montgomery County Business Journal*  
*Resident & Staff Physician*  
*Soybean Digest*  
*Surgical Rounds*  
*Contemporary Surgery*  
*Christian Parenting Today*  
*Cincinnati Magazine*  
*Long Term Care Journal*  
*St. Louis Business Journal*  
*Salt Lake City Magazine*  
*Business & Health*  
*Young Children*  
*Northwest Baby & Child*  
*Golf Digest*

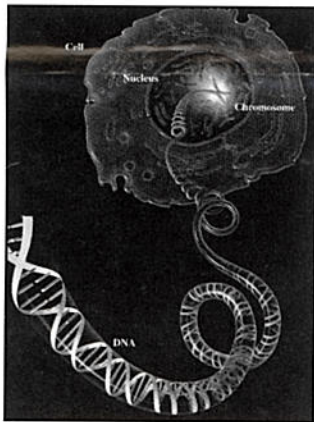
...and many many more. □

# Genetic Research on Stuttering

## What is it? What will it tell us? How will it benefit people who stutter?

by Dennis Drayna, PhD  
National Institute on Deafness and  
Other Communication Disorders  
National Institutes of Health

Research advances in genetics are in the news almost every day. Many of these news reports tell of the discovery of a gene that causes a disease or other medical problem. While these reports are often exciting and provocative, it is often not easy to understand exactly what has been discovered and



Inside the nucleus of nearly every cell in the body, a complete set of genetic instructions, known as the human genome, is contained on 23 pair of chromosomes.

how that discovery will help the people with that disorder. There are a number of studies on the genetics of stuttering now in progress. Findings from these studies are beginning to appear, and there is much hope that more discoveries, telling us more important information about stuttering, will soon be made. What exactly are these studies, and what do scientists hope to learn from them?

Several of the current genetic studies on stuttering, including our NIH Family Research Project on Stuttering, are technically known as linkage studies. In linkage studies, scientists attempt to find genetic markers that are co-inherited with stuttering in families. This co-inheritance in families is known as linkage. When a marker or markers show co-inheritance with stuttering, scientists know that these markers lie very close to the gene or genes that help cause stuttering in those families. Since scientists already know the location of each marker they test, discovering linkage to a marker tells them the location of the gene(s) involved. If scientists can find the location of these genes, they can learn a great deal about the contribution of each one of those genes to stuttering. In addition, they can use the information on where the genes are located to find, isolate, and study these genes.

What are these genetic markers? Anything that shows inherited differences in people is a genetic marker. A good example is your blood type. A person's blood type can be type A, type B, or type O, and each person inherits their blood type from their parents. The gene which specifies blood type resides on chromosome number 9. One of the first examples of linkage ever demonstrated in humans was co-inheritance of ABO blood type with a rare and unusual disease called nail-patella syndrome, in which people have abnormal fingernails and kneecaps. Knowing that the gene causing nail-patella syndrome is linked to the ABO blood type gene told scientists that the nail-patella syndrome gene is on chromosome number 9 as well. This information on where this gene is located allowed scientists to find this gene and to see how it was different in people with nail-patella syndrome. This discovery revealed new information on how fingernails and kneecaps develop, and how these two parts of the body are actually related to each other. The goal of linkage studies on stuttering are exactly the same.

Scientists hope to find the genes that can cause stuttering, to see what these genes do, both in normally fluent people and in those who stutter. How will this help people who stutter? First, despite decades of effort by dedicated researchers, no underlying cause of stuttering has been found. While many stuttering therapy methods have proven to be helpful, understanding the underlying causes of stuttering will be a tremendous aid in designing new and better therapies. Even before this point, however, having good genetic markers for stuttering could

**www.stutterSFA.org**

■ SFA launched its Web site, <http://www.stutterSFA.org>, over two years ago. It continues to draw more and more browsers with several hundred hits every day. Concerned parents, teens, and adults who stutter around the world are finding help and making comments on the information they find here.

■ Wrote one man in California, "I didn't know about this wonderful site until I typed 'stutter.' I think you guys are doing a great job in helping people like me get on with my life. God bless you."

■ Another wrote, "As a kindergarten teacher with limited access to a speech pathologist due to cutbacks, it is reassuring to find your Web site for accurate information. It has helped

## New Books Available in Lithuania and the Czech Republic

*Jusu vaikas mikcioja...Knyga tevams, a new book for parents of children who stutter, is a Lithuanian translation of two SFA books, If Your Child Stutters: A Guide for Parents and Stuttering and Your Child: A Guide for Parents. It was published in Lithuania in December, 1999.*

The translation was done by the members of the Stuttering Problem Club of Lithuania who have also translated *Self Therapy for the Stutterer* and *To the Stutterer*.

Dr. Elisabeth Peutelschmiedova has completed a translation of *Self Therapy for the Stutterer* in Czech. She is now working to translate *Sometimes I Just Stutter* which she feels will be beneficial in working with children throughout the Czech Republic.

We know these translations will play an important role in helping those who stutter in these two countries. □

help with stuttering diagnosis, identifying those that stutter because of genetic factors. These could help identify individuals at risk in families, and help get early intervention started in those who need it most. It's an exciting time in stuttering research. We have good reason to hope for better understanding of this age-old problem within the coming few years.

For more information on how you can get involved, call the Stuttering Foundation at 800-992-9392. □

me gain a better understanding of the problem. I am also happy to direct parents to your site."

■ Instant information and ease of use draw comments such as "I am very glad to have found this supportive place," "thank you for being there for me and others like me," and "your website provided me with some hopeful and encouraging information. I have often thought that there was no hope."

■ Our newest brochure, *Stuttering: Answers for Employers*, can now be found at [www.stutterSFA.org](http://www.stutterSFA.org). The referral/resource lists as well as the list of libraries shelving SFA videotapes have also been updated.

■ New illustrations will now be found for several of the frequently visited brochures such as *If You Think Your Child Is Stuttering*. Credit card donations may also be made to the Foundation at [www.stutterSFA.org](http://www.stutterSFA.org). □



## Sometimes I Just Stutter

Continued from page 1

"I hate stuttering too but we were born with it, and we should be glad how we are," wrote Kim, age nine. "Sometimes I'm scared to stutter because some of my friends will call me names and it makes me sad," wrote Brad, age seven.

While many letters discuss negative experiences with stuttering, some children are writing about how they've learned to cope with stuttering. They share how speech therapy is helping them, what they want listeners to do when they stutter, and that it is OK to stutter.

"My stuttering used to bother me, but one day I figured out it's just normal for me," wrote Michael.

Says Dr. Lisa Scott Trautman, assistant professor of speech-language pathology at Wichita State University, "I have been using this book in therapy with all my school-age clients. We read it together, then discuss or write how the experiences of the characters in the book are similar to or different from the child's own experiences."

Another school speech-language pathologist said she is using the letters her students are writing to show progress in therapy. She emphasizes, "Sometimes communicating the child's emotions to parents in a concrete way can be difficult. The letters my students have written have helped me do that."

For more information about this wonderful book which has already been translated into several languages, call toll free 1-800-992-9392, or visit [www.stutterSFA.org](http://www.stutterSFA.org). □

We were saddened to learn that long time friend and supporter, **J. W. Gregory**, passed away on April 6, 2000. Mr. Gregory was instrumental in placing Foundation books and videotapes in schools and libraries throughout the greater Dallas area. His support in helping others who stutter will long be remembered.

## NEWS BRIEFS

■ The SFA conference for speech-language pathologists working with the school-age child who stutters will be held June 9th and 10th, 2000, in Charleston, South Carolina, co-sponsored by the University of South Carolina. For more information and an application form, contact SFA at 1-800-992-9392.

■ The annual "Stuttering Therapy: Workshop for Specialists" co-sponsored with the Stuttering Foundation and Northwestern University will be held at Northwestern University in Evanston, Illinois, July 10 through July 21, 2000. For more information, contact the Stuttering Foundation at 1-800-992-9392, or write Dr. Hugo Gregory, c/o SFA, 3100 Walnut Grove Road, Suite 603, Memphis, TN 38111-0749. This unique workshop brings together speech-language pathologists from all over the world.

■ The Stuttering Foundation of America Southeastern Workshop, "Diagnosis and Treatment of Children Who Stutter: Practical Strategies," directed by Dr. Susan Dietrich and Dr. Sheryl Gottwald will be held at the University of North Carolina-Greensboro, June, 2001. Call the SFA at 800-992-9392.

■ The Stuttering Foundation of America Midwest Workshop, "Diagnosis and Treatment of Children Who Stutter: Practical Strategies," directed by Dr. Lisa Scott Trautman and Kristin Chmela, M.A., will be held at Wichita State University, July 10 through 14, 2000. Call SFA for information.

■ The Stuttering Foundation of America Western Workshop, "Diagnosis and Treatment of Children Who Stutter: Practical Strategies," directed by Susan Hamilton, M.A. and Marilyn Langevin, M.A. will be held at the University of Washington, Seattle, June 20-24, 2000. Call SFA at 800-992-9392 for information.

■ The Third World Congress on Fluency Disorders will be held from August 7-11, 2000, in Nyborg, Denmark. For more information write Per F. Knudsen, The Stuttering Information Center of Denmark, Emdrupvej 101, DK-2400 Copenhagen NV, Denmark or call +45 3969 6633 ext. 2531; fax +45 3969 2464; e-mail: [per\\_k@dlh.dk](mailto:per_k@dlh.dk).

■ The NSA Convention will be held in Chicago this year, June 21-24, 2000. For more information, call their office at 1-800-364-1677.

■ Fluency Division SID4 will focus on clinical training in stuttering at a conference in Charleston, South Carolina, May 31-June 3, 2000. For information, contact Eugene B. Cooper at 954-385-1422, fax at 954-385-0965, or e-mail at [ebcooper@msn.com](mailto:ebcooper@msn.com).

■ Speak Easy Inc. publishes an electronic digest as a companion to their monthly magazine. Those interested, send an e-mail to [speakeasycanada-subscribe@listbot.com](mailto:speakeasycanada-subscribe@listbot.com) or contact Mike Hughes at [speakez@nbnet.nb.ca](mailto:speakez@nbnet.nb.ca)

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

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

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

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

■ Dr. Anne Foundas is looking for adults who stutter in the greater New Orleans area interested in participating in a project to study neuroanatomical models of stuttering. If you are interested in participating or have any questions or comments, contact Dr. Anne Foundas at the following address: Department of Neurology, Tulane University School of Medicine, 1430 Tulane Avenue, New Orleans, LA 70112-2699. Phone: 504-595-5605 (Voice Mail and evenings, ask for Cassie Browning), 504-588-5734 (Days, ask for Laura Cardin).

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

■ *Stuttering: An Integrated Approach to Its Nature and Treatment* by Barry Guitart, Ph.D., Williams & Wilkins, Baltimore, MD.

■ *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.

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

■ *Clinical Decision Making in the Diagnosis and Treatment of Fluency Disorders* by Walter H. Manning, Ph.D., published by Delmar Publishers, Albany, New York.

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

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

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

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

■ *Stuttering: A Life Bound Up in Words* by Marty Jezer. Published by Basic Books, 1997. This book may also be purchased through the NSP, 1-800-364-1677.

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

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

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

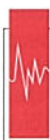
■ *Does My Child Have a Speech Problem?* by Katherine L. Martin published by Chicago Review Press, Inc., Chicago, IL.

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

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

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

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



**STUTTERING  
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