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A Non-Profit Organization Since 1947... Helping Those Who Stutter

Volume V, Number 2

## In Remembrance

### Harold E. Luper

1924-1996

Valued friend and supporter of the SFA Dr. Harold (Hal) L. Luper died on Saturday, June 8, while traveling in Portugal and Spain with a University of Tennessee-sponsored Faculty Foreign Language Program. Dr. Luper suffered an apparent heart attack.



Luper was Head of the Department of Audiology and

Speech Pathology at the University of Tennessee, Knoxville from 1963-1986. In 1986 Hal resigned as Department Head and remained on the faculty for an additional eight years. He remained an active teacher-scholar and active member of the university community until his retirement in December, 1994. In 1992, he was a major organizer in the development of the Smoky Mountain Chapter of the National Stuttering Project (NSP).

Throughout his career Dr. Luper demonstrated a sustained record of scholarship and clinical and professional service. His 1964 well-known book, *Stuttering: Therapy for Children* (co-authored with Mulder), was for over 25 years the only available text devoted exclusively to the treatment of stuttering in children. His professional service was marked by Presidency of the Georgia Speech and Hearing Association, two consecutive terms as the President of the Tennessee Speech and Hearing Association, and membership on the Tennessee Board of Examiners in Speech Pathology and Audiology. He was a member of the ASHA Legislative Council and served as Vice-President for Administration, 1971-1973. Luper served as an Associate Editor of the *Journal of Speech and Hearing Disorders* and on the editorial board of *Journal of Fluency Disorders*. His scholarship was marked by numerous publications in these and other journals.

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## Allied Medical Professions Learn About Stuttering

### Physician Assistants, Nurse Practitioners and School Nurses Targeted by SFA

*By June Campbell*

The Stuttering Foundation has branched out to educate the allied medical professions about the prevention and treatment of stuttering problems! Response to SFA exhibits at the *American Academy of Physician Assistants 24th Annual Conference*, New York City, May 27-30, the *American Academy of Nurse Practitioners 1996 Annual Meeting*, Washington, D.C., June 8-11, and the *National Association of School Nurses* in Washington, D.C., on June 28-29, was positive. Men and women from both groups were receptive to SFA's philosophy of educating the medical community as another means of reaching the general public. Many added that they have



June Campbell greets a physician at the SFA booth at the Convention of the American Academy of Physician Assistants in New York.

more frequent interaction with patients than the physicians with whom they work.

Physician assistants and nurse practitioners were impressed with the wide array

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## Stuttering Therapy: The Two Sides of the Coin

*By Hugo H. Gregory, Ph.D.  
Professor Emeritus, Northwestern University*



Like the many teenagers and adults who stutter that I have known during my professional career, when I went for therapy at age fifteen I wanted to stop stuttering and speak fluently. This is a very natural desire, considering the frustration and embarrassment associated with the problem. My therapy at that time consisted of practicing an easier initiation of speech and the blending of words into phrases. At

the end of four weeks of therapy, I was able to say to a new girl friend, "Pat // would you like to go // to the movie on Saturday night?" It felt so wonderful to experience relief from the fear of stuttering and, of course, to have greater self-confidence about speaking. This was my first introduction to what we now designate as a "speak-more-fluently" approach to the treatment of stuttering. Little attention was given to studying and changing what I did as I stuttered, for example, blocking voice flow at the vocal folds or closing my lips tightly and pushing hard when attempting words beginning with "P" or "B." The emphasis was on replacing stuttering with fluency.

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# SFA – University of South Florida Conference in Tampa Shines

By Tim Mackesey

The annual *Stuttering Therapy: Practical Ideas for the School Clinician* SFA Seminar proved again to be first class. This year it was held June 13–14 in Tampa, Florida.

Co-sponsored by the Stuttering Foundation of America and the University of South Florida, this year, the annual seminar, designed expressly for speech language pathologists in schools, was held at the Hilton Hotel in Tampa.

Over eighty school-based professionals heard and interacted with fluency experts and clinicians: Barry Guitar, Peter Ramig, Ed Conture, Bill Murphy, Charles Healey, Ellen Bennett, Ann McKeehan, Walt Manning, and Barbara Moore-Brown. Also, in attendance and involved in discussion groups were Richard Ham and Fred Murray. Arthur Guilford was conference coordinator. Barry Guitar is growing his hair out until he completes the second edition of his very popular first text book.

The last SFA seminar I attended, in Knoxville, Tennessee, in 1991 I had the honor of having lunch with Dean Williams and Hal Luper. This year, Walt Manning delivered a moving tribute to the recently deceased Hal Luper to open the program. Dr. Luper dedicated his life to helping people who stutter. This year's participants made a generous contribution to the SFA in honor of Dr. Luper.

Several attendees praised the unique access to the presenters only experienced at an SFA seminar. Presentations are followed by small group discussions. Coffee breaks, lunches and a wine and cheese reception offered many other opportunities to rub elbows with the experts and network with other SLPs.

Several presenters included videotapes of therapy in action. Effective footage with school-age clients learning fluency enhancing techniques and strategies for dealing with emotional aspects such as teasing

received rave reviews. Ellen Bennett presented a highly successful fluency program already operating in a school system.

This year's conference confirmed for me that one SFA conference is not enough. The format is getting better and better. Some of the biggest names in stuttering therapy are assembled. A lot of exciting things are happening in the schools. Schools, after all, are where stuttering therapy has to work.



Attendees continue discussions during the two luncheons.



Speakers and Discussion Group Leaders Front row: Bill Murphy, Ellen Bennett, Jane Fraser. Back row: Barry Guitar, Charles Healey, Barbara Moore-Brown, Ed Conture, Ann McKeehan, Peter Ramig, Walter Manning, Arthur Guilford.

For Combined Federal Campaign donors, please note that our code number for the 1996–1997 CFC campaign is **CFC #2539.**

### Coming in the next issue...

- **New England Workshop Celebrates Its 1st Year**
- **Alabama Stuttering Study Group Moves Ahead**
- **National Stuttering Awareness Week in Iceland**

Next year's conference will take place in Memphis, Tennessee. It will mark 50 years since Malcolm Fraser had an idea I feel was as noteworthy as one by that guy Edison! Rumor has it Elvis will reappear to be keynote speaker. I won't miss it for the world. □



Dr. Walter Manning's discussion group.

## Stuttering Foundation Announces 1996 Journalism Awards Winners

The Stuttering Foundation of America announced its 1995-1996 Awards for excellence in reporting that furthers the public's understanding of this complex disorder.

"We are very pleased by the increased attention that print and electronic journalists are giving to the causes and treatment of stuttering," said Jane Fraser, president of the non-profit foundation. "The numerous entries again this year clearly reflect that stuttering is receiving much more professional attention from the news media."

Eight journalists in distinct categories are equally honored this year for their outstanding contributions. They are:

■ Elizabeth Pagano of *The Nashville Banner* in Tennessee for her column "Be Patient If Listening to a Stutterer."

Winner in our large print publication category, this sensitive business section column profiled three local persons who have not let their stuttering deter them from successful careers as federal probation officer, trial attorney, and hospital administrator respectively.

■ Fred Shuster of the *L.A. Daily News* in California for "Scatman: A Worldwide Celebrity...Really!"

Second place winner in the large print category, this entertainment news feature profiles the international recording success of John Larkin, a dance-pop artist who has sold millions of scat-singing albums. Mr. Larkin himself stutters and mentions this in the lyrics of his songs.

■ Mary Ann Mazenko of *The Telegraph* in Alton, Illinois, for "When Words Fail" and "Painful Memories Hard to Forget."

Winner in the smaller print publication category, these two health section



news articles discuss the tragic childhood experiences of a local woman who has become a speech-language pathologist because of misunderstandings by others concerning her stuttering difficulties. A companion article relates Dr. Edward Conture's assessment that stutterers face complex life experiences despite being well within normal limits of psychological, social, and physical development.

■ Kelly Wilson of *The Quincy Herald-Whig* in Illinois for "When the Words Don't Come Out Right" and "Building Confidence Key to Helping Stutterers."

Second place winner in the smaller print publication category, these twin articles intelligently profile the struggle of a local 12-year-old boy and of the help he is receiving from a speech-language pathologist in the public school system.

■ Pam Knepper of the *Huntington Herald-Press* in Indiana for "Stuttering: A Roadblock on the Way to Communication" and "Techniques Can Help Both the Speaker and Listener Deal with the Problem."

Third place winner in the small print publication category, these front-page articles provide important suggestions on how those who stutter and their families can best deal with stuttering. The author notes that it takes over 100 muscles working in a smooth, coordinated manner to speak fluently.

■ Ann Landers of *The Chicago Tribune* for her July 18, 1995, article that garnered headlines across the country. Winner in the syndicated columnist category, Ann Landers sends help to millions of readers as she replies to a letter from a woman who stutters in Wichita Falls, Texas. In her unique style, Landers offers supportive advice and lets her readers know where to find information and assistance for this complex disorder.

■ Jennifer Daack Woolson of *Vim and Vigor* for her fall 1995 article, "James Earl Jones: A Voice of Hope."

Winner in the magazine category, this set of interviews with acting legend James Earl Jones and others who have succeeded professionally despite a



stuttering problem is both inspirational and factually well-grounded. "I have no arrogance about my voice," says Mr. Jones. "People say, 'Oh, that voice.' But that's not the way I look at it. I'm just happy the words come out clearly. And I'm not only happy. I'm proud."

■ Producer Denise Cramsey of *Medstar Communications* for her television segment with Metropolitan Opera star Robert Merrill and speech-language pathologist June Campbell.

Winner in the electronic media category, this segment focusing on the story of opera legend Robert Merrill was produced for TV news programs and reached some 250 subscribing stations.

Each of the Stuttering Foundation of America 1995-1996 first prize winners received a cash award of \$250.00. □

### The Two Sides of the Coin

*Continued from page 1*

When I returned home from this residential program, I was willing to practice saying words and sentences every day using what I had learned. However, after a few weeks, my new found fluency began to slip. When I felt tension associated with stuttering, the old fears began to get stronger again! A year later when I went back to review fluency skills, I began to realize that I was overly sensitive about stuttering and that this played a key role in my desire to hide it and to do whatever I could to avoid it. I began to understand that all people tend to become sensitive about what is perceived as a problem.

When I went to Northwestern University to study "speech correction," as the field of speech pathology was known at the time, I learned about another model of therapy known as the "stutter-more-fluently" approach. The objective of this method was to reduce the tendencies to inhibit and avoid disfluency and stuttering in one's speech by monitoring, analyzing, and modifying stuttering, i.e., learning to stutter more easily, but not stop it! Whereas, my earlier work had focused on easier beginnings and smoother movements (speak more fluently model), I now began to study my stuttering and modify instances of stuttering as they occurred. I found voluntary stuttering helpful. On purpose, I would say, "I'm I'm Hugo Gre-Gregory." I had learned how important it was to do these things that diminished my sensitivity about stuttering. At this point, therapy based on both speak-

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## SFA and Northwestern University Workshop Celebrate Eleventh Year

The Memphis-based Stuttering Foundation of America and Northwestern University hosted their annual instructional workshop for speech-language pathologists specializing in stuttering from July 15 through July 26, 1996.

Each year, 20 speech pathologists from around the world with a special interest in stuttering are accepted to participate in the workshop. Under the leadership of Dr. Hugo Gregory, together with Diane Hill, June Campbell, Carolyn Gregory, and Scott Yaruss, the workshop is organized to focus on therapeutic skills and techniques for intervention with children and adults. This year's guest speaker was Patricia Zebrowski of the University of Iowa.

Workshop participants this year came from the United States, Canada, Australia, England, Bulgaria, Finland, Brazil, and Greece.

"The amount of information we've learned is tremendous," said Peter Tonev of Bulgaria and Evi Darili of Greece. They note that in Bulgaria and Greece, with far fewer speech pathologists, getting new ideas is difficult.

"We've gained new perspectives and are excited to return home with them," added Marybeth Allen of Orono, Maine, Deborah Poleshuck of Staten Island, New York, and Matt Ronayne of Los Angeles. Noted

Marybeth, "I will be looking for more ways to involve parents in the therapy process."

Janet Brown of Camrose, Alberta, Canada, remarked, "I feel more confident about going back and talking with my boss about how to better meet the needs of children who stutter." Julie Budrzysky of Tempe, Arizona, and Delcie Halsey of Manasquan, New Jersey, hope to start a summer camp for children who stutter.

Marty Acutt from the Isle of Wight wrote, "The course has provided inspiration to go home and make up my own locally appropriate fluency pack for colleagues on the island."

This unique workshop has gained international recognition for its excellence in the post-graduate study of stuttering.

For more information about this intensive workshop which will take place in July, 1997, write Dr. Hugo Gregory, Speech and Language Pathology Department, Northwestern University, 2299 Campus Drive North, Evanston, IL 60208-3570, or call SFA at 1-800-992-9392. Fellowships are provided by the Stuttering Foundation. □



Irving Wollman, Matt Ronayne, Arthur Kenney



Scott Yaruss, Diane Hill, June Campbell, Carolyn Gregory, Hugo Gregory, Jane Fraser



Allison Linney and Marybeth Allen



Left to right: Marybeth Allen, Holly Rigby, Carolyn Gregory, Peter Tonev



Deborah Poleshuck, June Campbell, Delcie Halsey



Maire Lempinen, Jane Fraser, Marty Acutt, Carolyn Gregory



Hugo Gregory, Evi Darili of Greece and Jane Fraser



Anelise Junqueira Bohnen, Mark Power, Martha Vowles and Evi Darili



Left to right: Arthur Kenney, Martha Vowles, Marty Acutt, Mark Powers, Susan Block



Led by Julie Budrzysky, Workshopers give their rendition of "I've Been Working on the Railroad"



Front row: June Campbell, Carolyn Gregory, Hugo Gregory, Jane Fraser, Joe Fulcher, Scott Yaruss, Diane Hill. Second row: Martha Vowles, Deborah Poleshuck, Janet Brown, Anelise Bohnen, Susan Block, Marty Acutt, Sharon Feldman, Evi Darili, Marybeth Allen. Back row: Julie Budrzysky, Allison Linney, Matt Ronayne, Holly Rigby, Arthur Kenney, Irving Wollman, Mark Power, Delcie Halsey, Peter Tonev, Maire Lempinen

## Allied Medical Professions

*Continued from page 1*

of materials available. Books, tapes and brochures for all age ranges were distributed as well as many copies of informational books written for physicians. Discussions centered on having written literature available for patient distribution and tapes for viewing on site or to have for a lending library. Especially well-received was the suggestion to have reference brochures available to distribute as a first level of patient education. These included *Did You Know...* (#47); *How to React When Speaking with Someone Who Stutters* (#46); and *If You Think Your Child Is Stuttering* (#41, available in English and Spanish) to support parents' understanding of the difference between stuttering and normal language development. Several nurse practitioners also requested literature and tapes for professional courses they taught!

Some other comments to SFA included one physician assistant who commented that her poster session addressing "Causes for Fighting in an Immigrant NYC High School" had documented stuttering as one

reason. She was very appreciative of receiving SFA's newest video *Do You Stutter: Straight Talk for Teens* as well as other literature targeting teens and *How to React When Speaking with Someone Who Stutters*. After studying the wide array of SFA posters, another physician assistant thought a book of inspirational experiences of individuals who stutter would be great! Other exhibitors also expressed interest in SFA materials, either on a personal level or in relationship to their own enterprises including computer referral services, electronic bulletin board systems and children's magazines. Sounds like all this should keep SFA busy!!!

## School Nurses Targeted

*By James Spurlock*

For the first time, the Stuttering Foundation opened an informational booth at the convention of the National Association of School Nurses. The results were dramatic and underscored the need for better training of school nurses—often the first point of contact for children who stutter—about this complex disorder.

The convention was held June 27–28 in

Washington, D.C., and it was clear from the outset that the Stuttering Foundation's booth was one of the most sought-after locations in the large exhibition arena. SFA brochures, videotapes, books and posters were distributed to interested school nurses until supplies were exhausted. With the volunteer assistance of stuttering specialist Vivian Sisskin, volunteer Mary Weadon, and SFA Board member Jim Spurlock, the Foundation was able to field an array of questions.

Many nurses told the SFA that most of their colleagues had little or no information about stuttering on hand to provide children and their parents. A substantial majority knew little about the causes of stuttering or how to respond to one who stutters, and all of the nurses who came to the SFA booth were genuinely interested in learning more.

A large number of nurses volunteered the view that school children and teens who stutter do not receive adequate or consistent therapy in their school districts. All were eager to include SFA informational materials in their nurse offices and were pleased to learn that youngsters who stutter can be helped to become more fluent. □

## The Two Sides of the Coin

*Continued from page 1*

more-fluently and stutter-more-fluently approaches had helped. I was able to use easy relaxed initiations with phrasing; I was willing to stop myself during or after an occurrence of stuttering and repeat a word or phrase in a modified way.

As I progressed in my professional life, I began to recognize inadequacies of a therapy program based on either an avoidance reduction // stuttering modification or a direct fluency enhancing model. The stutter-more-easily approach may not result in post-therapy speech that is as normally fluent as it could be. On the other hand, building fluency may not reduce the fear of stuttering as much as is desirable. I began to combine the two models. I guided confirmed teenage and adult stutters toward the monitoring of stuttering, changing and modifying it, the person learning to stutter more easily; followed by the monitoring of relaxed speech beginnings and smooth transitions between words with more adequate pause time between phrases and resistance of time pressure. *In my clinical practice and teaching I called this working with two sides of the coin; decreasing sensitivity to stuttering and disfluency in general, one side of the coin, and then building fluency, the other side of the coin.* I adopted a gesture, pointing to the palm of

my hand as decreasing sensitivity to stuttering and the back of my hand as building fluency, emphasizing an attitude of doing both continuously, as I turned my hand first one way and then the other! Obviously, people who stutter love to build fluency, but find it harder to work directly with stuttering which has caused so much pain. But, those who take the risk, usually with the help of a supportive clinician, soon find that getting insight into their stuttering and coming to terms with it, relieves a lot of emotional pressure, reduces stuttering and enables one to build fluency skills.

At an international meeting of people who stuttered and clinicians in Kyoto, Japan, in 1986, the Scandinavian stutters adhered to easy stuttering and you could hear them easing through occurrences of stuttering. The Australians who stuttered said, "We have the best fluency shaping in the world." I thought that the Scandinavian stutters at the meeting should be able to speak better, and the Australians admitted they still had a great fear of fluency failure and felt as though they were walking on a fluency tight rope. More recently, Mrs. Gregory and I attended a meeting of Speak Easy of Australia and New Zealand where we found that stutters who had been taught a fluency producing "smooth speech" approach were very interested in our techniques of studying stuttering, as well as fluency, and learning to "play with

their fluency, disfluency and stuttering." Evidently, in their therapy they had been expecting "super fluency," and the idea of diminishing sensitivity and building fluency at the same time was fascinating to them.

More and more in the last 20 years, coinciding with my experiences, clinicians have been helping teenage and adult clients work with "both sides of the coin," in ways similar to those described here. In recent articles on therapy for elementary school-age children who stutter, most clinicians state that they use fluency shaping procedures first and then stuttering modification techniques to deal with more firmly learned residual stuttering behaviors. Intervention methods for preschool children rely mostly on fluency enhancing procedures, hoping that these children will not develop feelings that their speech is different or difficult.

Suggested reading:

Gregory H. (ed.) *Stuttering Therapy: Rationale and Procedures*. San Diego: Singular Publishing Group. (in press, 1997).

Fraser, M. *Self-therapy for the Stutterer*, Stuttering Foundation of America. Pub. no. 12.

Peters, T., and Guitar, B. *Stuttering: An Integrated Approach to Its Nature and Treatment*. Baltimore: Williams and Wilkins (1991). □

## Hal Luper *Continued from page 1*

Among his many outstanding contributions was Luper's service to SFA. His association with SFA began in 1959 when he attended the initial week-long SFA conference in Nassau. The proceedings from that conference were reproduced in one of its early publications, *Stuttering and Its Treatment*. Hal's prominent place among friends of SFA is permanently marked by his presence in one of SFA's most prized pictures. He stands on a beach in Nassau with Williams, Fraser, Ainsworth, West, Freund, Johnson, Sheehan, and Van Riper. Luper contributed to seven additional SFA publications and many other conferences. In 1990, Luper served as Local Arrangements Chair in a UTK/SFA cosponsored conference, "Stuttering Therapy: Innovative Models in Schools." That conference would prove to be the blueprint for a

conference that SFA has cosponsored with other universities and schools since that initial one in 1990. Luper's leadership was key to the success of this conference format and topic.

Over this past year in his retirement, Hal had been learning the Portuguese language. It was quite fitting that this master teacher was enjoying retirement as a student—continuing his love for learning. Ironically, upon his death he was on a University-sponsored trip to Portugal—the country of his birth.

Hal Luper was a master teacher, clinician, and scholar. In 1994 we lost three pioneers in the field of stuttering—Malcolm Fraser, Charles Van Riper, and Dean Williams. In 1996 we lost another pioneer in the field of stuttering—but we also lost one of our dearest friends.

—Pearl Gordon, Ph.D.



1957 Conference. Front row: Dr. Dean Williams, Malcolm Fraser, Dr. Stanley Ainsworth, Dr. Robert West; Back row: Dr. Henry Freund, Dr. Hal Luper, Dr. Wendell Johnson, Dr. Joseph Sheehan, Dr. Charles Van Riper. □

## NEWSBRIEFS

■ The Stuttering Foundation of America New England Workshop, "Diagnosis and Treatment of Children Who Stutter: Practical Strategies," will be held again at the University of New Hampshire, June, 1997. For application and information about traineeships, write to: Susan Dietrich, c/o SFA, or call 1-800-992-9392.

■ Next year's SFA conference on the schoolage child who stutters will be co-sponsored with the University of Memphis and held in Memphis, Tennessee, on June 20 and 21, 1997. For more information, contact Dr. Walter Manning at the University of Memphis or call SFA at 1-800-992-9392.

■ The annual "Stuttering Therapy: Workshop for Specialists" co-sponsored by the Stuttering Foundation and Northwestern University will be held at Northwestern University in Evanston, Illinois, during two weeks of July 14–25, 1997. For more information about the workshop, contact the Stuttering Foundation at 1-800-992-9392, or Dr. Hugo Gregory, Stuttering Programs, Northwestern University, 2299 Campus Drive North, Evanston, IL 60208. This unique workshop brings together speech-language pathologists from all over the world.

■ 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 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.

■ Special offer: *Elements of Stuttering* by Courtney Stromsta, Ph.D. This book, described by Dr. Charles Van Riper as "something new and exciting," is available from Atsmore Publishing Company, P.O. Box 533, Oshtemo, MI 49077. Please send \$19.50 plus \$3.00 handling charge for the 256-page book which is fully indexed and includes 33 figures and tables.

■ The British Stammering Association will hold its annual conference in Edinburgh, Scotland, September 13-15, 1996. For more information, call Norbert Lieckfeldt, British Stammering Association, 15 Old Ford Road, London E2 9PJ, England, at (+44) 181-981-8818.

■ Dr. Daniel Weiss is looking for adults who stutter in the greater Cleveland area interested in participating in a clinical trial. The study is a placebo controlled double blind 32-week trial of fluoxetine. Medication and participation will be provided free of charge. Interested persons contact Daniel Weiss, M.D., at (216) 292-6150 or SFA at 1-800-992-9392.

■ Excellent New Books on Stuttering Available from Bookstores:

*Clinical Decision Making in the Diagnosis and Treatment of Fluency Disorders* by Walter H. Manning, Ph.D.,

published by Delmar Publishers, Albany, New York.

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

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

## SFA Memphis Office Staff Grows To Serve You Better!



Front row: Pat Hamm, Jane Fraser. Back row: Don Edwards, Anne Edwards, Tracy Grever, Leslie Harrell. Not pictured: Sally Archer, Zian Swanson.



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