



THE STUTTERING FOUNDATION

A Nonprofit Organization

FALL 2022

Since 1947... Helping Those Who Stutter



in their own words:

**KIDS WHO STUTTER STAR IN NEWLY
ANIMATED BACK-TO-SCHOOL VIDEO**

in their own words:

KIDS WHO STUTTER STAR IN NEWLY ANIMATED BACK-TO-SCHOOL VIDEO

MANY CHILDREN WHO STUTTER HAVE NEVER MET ANYONE ELSE WHO STRUGGLES TO SPEAK LIKE THEY DO.

But in this new video from the Stuttering Foundation, viewers meet other kids who recount how they handle challenges such as teasing, speaking out in class, and teaching others about stuttering.

Stuttering: For Kids By Kids 2.0 is a new film starring real kids who stutter. Many children who stutter have never met anyone else who struggles to speak like they do. But in this new video from the Stuttering Foundation, they meet other kids who recount how they handle challenges such as teasing, speaking out in class, and teaching others about stuttering.

Kyle, a lively and engaging animated skateboarder, designed by Dream Farm Studios, narrates the film. The stars are children ranging from first graders to high school students, offering frank and sometimes differing views of stuttering.

For example, **Matthew**, age 10, says about his speech difficulties, "It's no big deal;" while **Kate**, age 9, worries about talking, what is going to happen next and whether or not she'll stutter. **Arienne**, age 14, says, "The hardest part about stuttering is to get through it and to stay in there when you're stuck." **Umang**, age 12, agrees, "Sometimes it gets kind of annoying when you want to say something and you can't. I also get worried what other people might think if I do stutter and wonder if I'll be able to get out of my blocks."

"All those interested in helping kids learn more about stuttering will want to see this video," said speech-language pathologist **Dr. Ellen Kelly**. "The children featured show all of us how to openly and honestly handle stuttering."

"This is an important tool for families and teachers with students who stutter, too," added **Jane Fraser**, president of the nonprofit Stuttering Foundation.





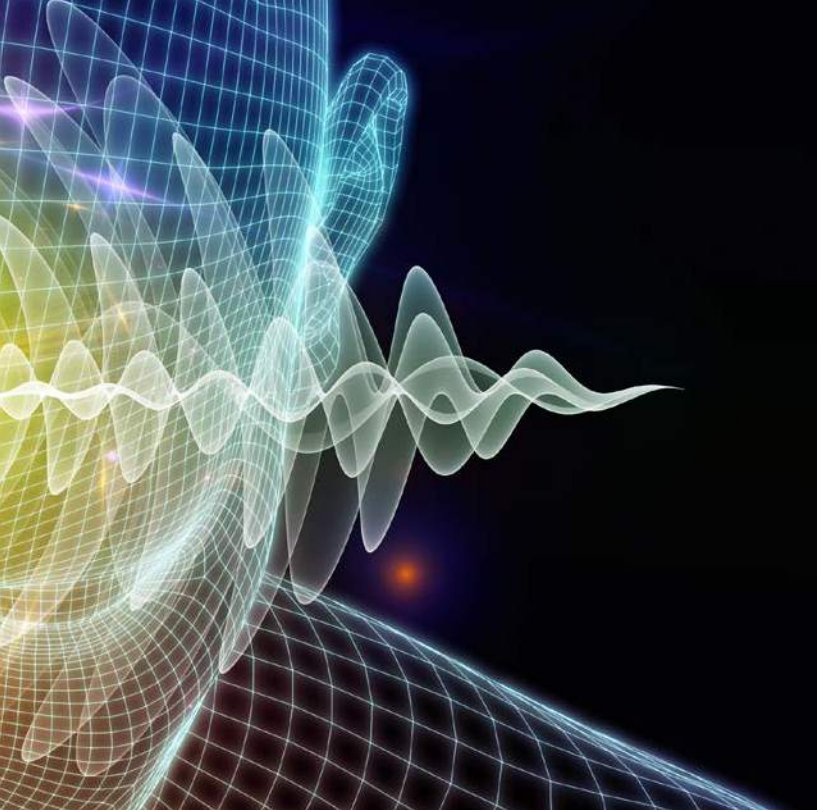
HOW BRAIN RESEARCH SHEDS LIGHT ON THE CAUSE OF STUTTERING

Stuttering is a developmental speech condition of complex etiology most often emerging during the preschool years. This complexity is often mistaken as a lack of knowledge about the “cause” of stuttering. But neuroimaging research from the past 15 years supports stuttering’s classification as a neurodevelopmental disorder revealing subtle differences in the development of brain circuitry supporting speech in people who stutter.

Anatomical brain images reveal gray matter (cell body) differences in key brain structures that support speech production along with white matter (axon) differences in the pathways interconnecting these regions¹⁻³. Studies tracking the development of these speech networks over time show differences in growth trajectories between children whose stuttering resolves versus those children whose stuttering is persisting⁴⁻⁶.

My lab is researching how these anatomical differences may affect brain functioning for speech production in children who stutter. Functional near-infrared spectroscopy (fNIRS) is a noninvasive neuroimaging method that measures changes in

blood flow to index brain activity. Our group led the first studies using fNIRS to record brain activity, or hemodynamic responses, during speech in children who do and do not stutter^{7,8}. A seminal finding from this research was the different hemodynamic responses between the two groups of children during fluent speech production. Whereas the group of children who do not stutter showed activity over left hemisphere regions responsible for speech planning and production, children who stutter showed different patterns of activity over these left hemisphere speech regions⁸. We followed up on these distinctions in hemodynamic patterns between groups of children who do and do not stutter by testing whether these patterns serve as neural biomarkers of stuttering that could classify individual children into their respective groups (e.g., as a child who does or does not stutter). We discovered neurophysiological biomarkers of stuttering that distinguished school-aged children who stutter from children who do not with nearly 88% accuracy and distinguished children who had either persisted or recovered from stuttering with 71% accuracy⁷. Currently, we are studying whether differences in hemodynamic responses are replicated



By Bridget Walsh, Ph.D., CCC-SLP

Bridget Walsh is an Associate Professor of Communicative Sciences and Disorders in the College of Communication Arts and Sciences at Michigan State University.

in younger children closer to the onset of stuttering and serve as an early risk indicator for stuttering persistence.

Research into brain structure and function and genetics helps us begin to unravel the bases of stuttering and supports the advancement of novel neuromodulation therapies^{9,10}. Yet, we must emphasize to people who stutter and parents of children who stutter that in stuttering, the brain is grossly normal and healthy. We cannot yet diagnose stuttering by imaging a person's brain. The structures are intact, and the brain "wiring" is not broken by any means. The differences we find in our research studies are subtle and vary from person to person.

On the other hand, what we have learned moves us beyond the sentiment that, "stuttering is a mystery. We don't know what causes it." While there is more we seek to understand about the neural underpinnings of stuttering, we can acknowledge findings from a growing body of neurobiological and genetic evidence that stuttering is a neurodevelopmental speech condition and that the brain circuitry supporting speech functions develops differently in people who stutter.

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4. Beal DS, Lerch JP, Cameron B, Henderson R, Gracco VL, De Nil LF. The trajectory of gray matter development in Broca's area is abnormal in people who stutter. *Front Hum Neurosci*. 2015;9:89. doi:10.3389/fnhum.2015.00089
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DESO WEISS AWARD WINNER: DR. KLAAS BAKKER

Dr. Klaas Bakker, professor emeritus from Missouri State University, was presented with the Deso Weiss Award for his outstanding contributions to cluttering. Dr. Bakker was nominated by several leaders in the field of cluttering. Below is an outline of Dr. Bakker's accomplishments that led his colleagues to nominate him for this award:



Through the ICA, much work was done to spread education and awareness about cluttering, to form research partnerships, to make clinical recommendations, and to assemble a body of representatives from around the world interested in the topic of cluttering. But none of that work would have been possible if it were not for the website that Klaas began and continued to develop as the ICA grew and its needs continued to change and develop. Congratulations Dr. Bakker, your contributions are appreciated!

RESEARCH:

- 71 referred journal articles, book chapters, proceedings and paper or poster presentations at national and international professional conferences
- Assisted in the development of the 1996 special edition on cluttering in the Journal of Fluency Disorders

SUPPORT/SERVICE:

- Editor for the Proceedings of the First World Conference on Cluttering
- Founding webmaster for the International Cluttering Association (ICA)
- Over 12 years, serving with the ICA in multiple roles, including Coordinator of the ICA Website and Communications Committee, member of the Research and Academic Committees, and member of the ICA Executive Board
- Served as consultant to the First Online Cluttering Conference

CLINICALLY RELATED DEVELOPMENTS:

- Cluttering Assessment Program (CLASP), freeware program for measuring aspects of cluttering
- Cluttering Severity Instrument (CSI), freeware program
- Co-chaired the Ad-hoc Committee that was formed for the development of an ICA sponsored definition of cluttering



VIRTUAL LEARNING COURSES 2022

RESTART-DCM Treatment for Pre-School Children Who Stutter: An Introduction with Dr. Marie-Christine Franken

- “Thank you so much for your presentation, and especially for helping us all see the possibilities of freedom from the demands for fluency”
- “Thank you to Marie-Christine Franken for an informative presentation, to Sara for arranging and moderating and to Jane and the Stuttering Foundation for making this possible!”

What Makes You, YOU? Developing a Child who Stutters View of Self with Parents’ Support with Ali Berquez, Michael Palin Centre

- “I feel so privileged for getting to see how you implement this approach—and for FREE! Thank you to the SFA!”
- “This is such a fantastic seminar. So beautifully done and moving. Slides and videos very helpful. I wish I had therapy like this when I was young!”

Preparing Children Who Stutter for Summer Fun! With Heather Grossman, Ph.D., CCC-SLP

- “Thank you so much Heather and Sara! Helpful and inspiring, as always”
- “I cannot thank you both enough! It has been so informative and helpful!”

Using FluencyBank Resources in Your Clinical Practice with Nan Bernstein Ratner, Ph.D., CCC-SLP

- “Thank you Nan - this has been a stepping stone presentation and now I am much more likely to download and view those tutorials. I am most excited by the idea of typing snippets of a transcript and have it automatically play back three or more times.”
- “I can't wait to try this! I have tons of transcripts already and am excited to get going and hopefully use with students too. Thank you so much!”

The Fork in the Road: Developmental Trajectories to Stuttering Persistence and Recovery with Bridget Walsh, Ph.D., CCC-SLP

- “Fantastic presentation thank you. And thank you for highlighting the importance of the impact of the stuttering on the child and parents in deciding whether to intervene. It is such an important consideration and it will be great to have the findings from the study in progress one day!”
- “Thanks much for the wonderful information and to Sara and Stuttering Foundation for making this possible”

Brain Functions for Language in Children Who Stutter with Mandy Hampton Wray, Ph.D., CCC-SLP

- “Thank you Sara, Stuttering Foundation and our wonderful presenter! SO helpful as always!”
- “Thanks, Mandy! Clear, balanced presentation with helpful interpretations re: what we do/don't yet know and how to apply the ideas at this point. Can't wait to hear more about your work linking language and attention in early stuttering (and longitudinally).”

The Lived Experience of People with Cluttering: Applying What We Know to Clinical Practice with Kathleen Scaler-Scott, Ph.D., CCC-SLP

- “This was really great! I'm already gathering resources to share with a client if they are interested. Thank you!”
- “Thank you! Loved hearing this multidimensional perspective on cluttering!”

JAN – 75 Years – A Rock Solid Foundation with Jane Fraser, FRCSLT



THE STUTTERING FOUNDATION 2022 EASTERN WORKSHOP

at Boston University



The Eastern Workshop in person! What joy it was to be able to gather in the fabulous newly-refurbished facilities of Boston University, care of our solicitous host Diane Constantino. 21 therapists gathered from 8 countries across the globe for a week of professional development under the tutelage of Elaine Kelman and Ali Berquez from the Michael Palin Centre in London.



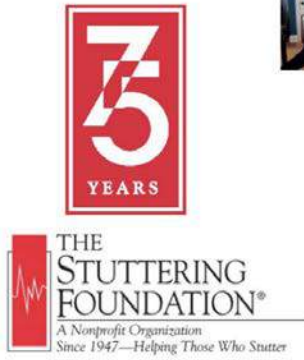
We covered Cognitive Behaviour Therapy, Solution Focused Brief Therapy and Palin Parent Child Interaction Therapy over the course of the week, earning ASHA CEUs, through a combination of theoretical learning, video observation, skills practice and, perhaps most importantly, personal reflection on one's own understanding, perspective and skills.



The group's openness to new knowledge and approaches was impressive as they let go of the traditional medical model and practiced facilitative and empowering therapeutic styles. Such readiness to learn and change helps each one of us to grow as therapists in order to serve our children, young people, adults and their families. The therapists' feedback at the end of the workshop demonstrated what had been achieved.



Everyone in this workshop felt privileged to be involved in this important opportunity and immensely grateful to the Stuttering Foundation for making it possible.



The Eastern Workshop



Front row seated from L to R: Susanna Belo, Kate Smidl, Margaret Miller, Diane Constantino, Elaine Kelman, Ali Berquez, Shelly Ransom.

Second row standing from L to R:

Miriam Velsor, Sarah Coons, Blanca Gonzalez Pescador, Anna Nissen, Melissa Chernis, Jayna Collingridge, Danielle Karthik, Christiane McDonald, Susie Cook, Monika Korpik, Sarah Burns, Katri Luhtalampi, Lauren Gitstein, Francesca Todaro, Claudia Pinto, Ina Jessen-Groeschel, Patrice Kelly



A STUTTERING FOUNDATION TRIBUTE

SIDNEY GOTTLIEB

THE INFAMOUS GENTLE-HEARTED TORTURER

*Sidney Gottlieb
(August 3, 1918 – March 7, 1999)
was an American chemist and
spymaster who headed the Central
Intelligence Agency's 1950s and
1960s assassination attempts and
mind-control program, known as
Project MKUltra.*



Sidney Gottlieb is the subject of this biographical profile, but it does not fall under the usual “Celebrity Corner” moniker as Gottlieb was not exactly a celebrity. Born in the Bronx in 1918 to Jewish immigrant parents from Hungary, he graduated from the University of Wisconsin, and then received a Ph.D. in biochemistry from the California Institute of Technology. In 1951, Gottlieb began working for the Central Intelligence Agency and soon was promoted by Deputy Director Avery Dulles who shared Gottlieb’s enthusiasm for mind control. His March 10, 1999 obituary article in the New York Times sported the headline “Sidney Gottlieb, 80, Dies; Took LSD to the C.I.A.” and contained the following in the first sentence, “presided over the Central Intelligence Agency’s cold-war efforts to control the human mind and provided the agency poisons to kill Fidel Castro”.

While Gottlieb’s controversial career cannot be examined in full, his lifelong stuttering is no doubt of interest to the stuttering community. After his famous C.I.A. career, in his retirement years he earned a master’s degree in speech therapy from San Jose State University because he wanted to help others

who were affected by speech disorders. He received certification in Maryland and for eleven years was a speech-language pathologist in a middle school and a high school.

His childhood and his high school career at James Monroe High School in the Bronx presented challenges for the young Gottlieb who was so eager to succeed in all areas but was tripped up by his speech. In his 2019 biography *Poisoner in Chief: Sidney Gottlieb and the CIA Search for Mind Control* Stephen Kinzer wrote: “The other challenge that afflicted Sidney was stuttering. It may have been in part a reaction to schoolmates who, by one account, “viciously harassed” him for his disability. During his high school years, the young man was ostracized. These handicaps might have led another teenager to withdraw into frustration or self-pity, but Sidney emerged resolute and determined to excel.”

After graduating high school, Gottlieb attended City College in Manhattan before transferring to the University of Wisconsin. At City College he excelled in math, physics and chemistry, but also took courses in public speaking, in an attempt to overcome his stuttering. He took courses such as, "Exposition and Rudiments of Speech" and "Declamation and Oration".

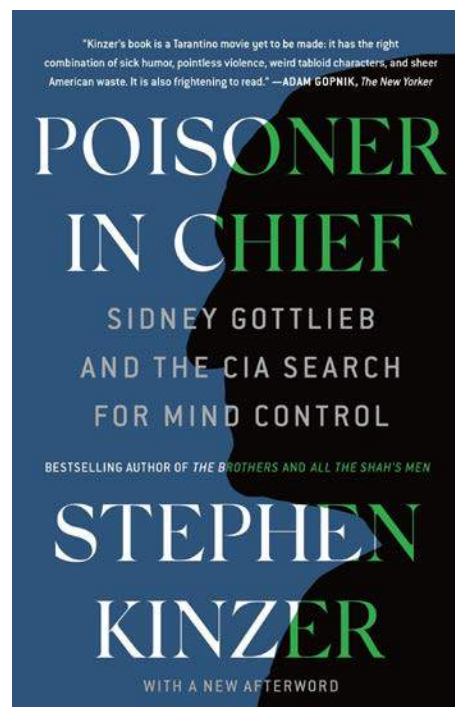
A March 10, 1999 article in *The Guardian* stated, "Gottlieb's most notable feat was to introduce the world to lysergic acid diethylamide, better known as LSD On April 18, 1958, Dr. Gottlieb, who was head of the chemical division of the CIA's technical services, wrote a memo listing the ways in which the drug could be used. Gottlieb saw that it could be useful in ways that went far beyond interrogation, and included disinformation, the induction of temporary insanity, sometimes in spectacular ways, and public humiliation of political opponents or obstacles."

Kinzer wrote in his biography, "Gottlieb saw himself as a spiritual person. By most definitions, though, true spirituality means that a measure of compassion and mindfulness informs every aspect of a person's life. That was not the case with Gottlieb. Neither his scientific curiosity, his sense of patriotism, or his acts of private charity justify his years of heinous assaults on the lives of others."

The final paragraph of his biography on Gottlieb states:

"Gottlieb searched relentlessly for inner peace while just as relentlessly laying waste to other people's minds and bodies. He was a jumble of contradictory archetypes: a creator and destroyer, an outlaw who served power, a gentle-hearted torturer. Above all he was an instrument of history. Understanding him is a deeply disturbing way of understanding ourselves."

Sidney Gottlieb, who after retiring from the CIA embarked on a career as a speech-language pathologist to help young people with speech problems, is a noted person who stuttered in history, but not a role model.



"He was a jumble of contradictory archetypes: a creator and destroyer, an outlaw who served power, a gentle-hearted torturer. Above all he was an instrument of history. Understanding him is a deeply disturbing way of understanding ourselves."



STUTTERING FOUNDATION® PODCAST

The Stuttering Foundation Podcast has had over 55,000 plays in 2022 so far, broadcast in 143 countries and 5,072 cities worldwide!

“I’ve been listening to the @stutteringfdn podcast a lot lately and have to say Sara MacIntyre is such an excellent host. Definitely one of my favorite podcasts and hosts. Thanks Sara and @stutteringfdn for an excellent job and super stuttering!!”

“Sara makes the podcast for me! She always has thoughtful insights to share and asks great questions of her guests. She’s also amazing hosting their professional development webinars!”

“I have been listening to the podcast as I am able for over a year now and think it is absolutely wonderful! I am still only a few years into working with clients who stutter and the information shared on the podcast has helped me enormously. Thank you so much for all of the work you put into it.”

“First, I wanted to let you know how much I appreciate your voice and perspective on stuttering. I have learned a lot. I have been an SLP for 20+ years and recently my interest in and passion for learning more about stuttering has grown. I have been working stutterers in the public school and now private setting. Thank you for your work and dedication.”

“I’m having a really good time listening to your podcasts and I find it really (and increasingly) useful and resourceful. Thanks, and keep up the good work!”

AUG – Why Stuttering Occurs: The Role of Cognitive Conflict and Control with Evan Usler, Ph.D., CCC-SLP

JUL – Clinical Outcomes and Empowerment as a Function of Therapy with Rodney Gabel, Ph.D., CCC-SLP

JUN – When is it Time to ‘Graduate’ a Client from Therapy? With Ellen Kelly, Ph.D., CCC-SLP

MAY – Yes, Avoidance Reduction Therapy (ARTS®) is for Kids Too! With Ben Goldstein, M.A., CCC-SLP

APR – Jack’s Journey: Exploring Stuttering Acceptance with Jack Rodriguez

MAR – Communication Over Fluency: Part 2 with Ellen Kelly, Ph.D., CCC-SLP

FEB – Does Therapy Satisfy Children Who Stutter? With Sharon Millard, Ph.D.

JAN – History of Stuttering Foundation: Honoring the Legacy of Malcolm Fraser and Celebrating 75 Years! With Jane Fraser, FRCSLT

STUTTERING FOUNDATION®
PODCAST

Season 4 Episode #7:

Clinical Outcomes and Empowerment as a Function of Therapy

Rodney Gabel, Ph.D., CCC-SLP
Binghamton University

Available on Apple Podcasts, Spotify, and Stitcher.

Looking for Answers? Ask the Stuttering Foundation!

We can help!



The Stuttering Foundation receives dozens of inquiries daily by telephone, email, and generated on our website. Beginning this month, we will use this forum to share responses to some of our most frequent, and even some infrequent questions.



People who stutter, parents of children who stutter, teachers, pediatricians, speech-language pathologists, journalists, and many others from all over the world reach out to the Stuttering Foundation to find help for themselves or others who stutter and to learn more about stuttering. Each inquiry is answered quickly and individually. Free or low-cost online resources, services, and support are offered from our many links, brochures, books, videos, and podcasts.

Some of the queries are more common such as parents who become concerned when their preschoolers begin to stutter, or people who stutter of any age reaching out to learn from others who also stutter. Some requests are less common such as pediatricians or speech-language pathologists looking for resources in less frequently spoken languages. Whatever the content, we respond to meet the needs of people who stutter around the globe.

Why not share the wealth? Rather than answering one query at a time, we will use this forum to share the questions we receive and our answers in writing and/or by video by experts in stuttering (i.e., those who stutter and/or professionals who endeavor to help), along with links to pertinent resources. **Find us at www.youtube.com/stutteringfdn.**

How can I help my teen client who stutters?

My preschooler is stuttering. What should I do?

My son is 2.5 years old and started preschool a month ago. I noticed him stuttering, but it wasn't often. It has gotten very frequent. Will the stuttering go away?

Atypical disfluencies: is this stuttering or something else?

NEW Continuing Education Course Available: *What Makes You You?*

From Our Virtual Learning Series:

What Makes You You? Developing a Child who Stutters View of Self with their Parents' Support



Presented by:
Ali Berquez, Clinical Lead SLT, MSc,
PG Dip CT (Oxford), BRIEF Cert. Solution Focused Brief Therapy
The Michael Palin Centre, London, UK

In this one-hour video, Ali Berquez, MSc, MRCSLT, of the Michael Palin Centre in London explores how to help school-aged children who stutter and their parents think about what they want from therapy by drawing on Solution Focused Brief Therapy (SFBT).

The presentation includes ways to talk about progress by drawing attention to a client's strengths and resources and what they notice over time. Themes of difference, being unique, becoming more open, and developing self-advocacy skills are discussed. The presentation includes discussion of one client's journey with video examples.

Some of our most popular recent courses include:

- Helping School-Age Children Who Stutter Evolve Communicative Competence
- Rational Emotive Behavior Therapy for Stuttering
- Evaluating a Young Child Who Stutters' Chances of Persisting: What We Know and What We Can Do
- Building Resiliency with Young Children Who Stutter
- Armoring Children for the Slings and Arrows of Stuttering

As well as our best-sellers:

- Basic Clinical Skills
- Working with Preschoolers Who Stutter

**To register for any of the courses we provide, visit:
stutteringhelp.org/training**

SFA @TSHA 2022

Edward Shvets mans the booth at the 2022 Texas Speech-Language-Hearing Association Convention. He skillfully reached out to a record crowd of therapists, making sure the booth was empty by the end of the show!



Stuttering Foundation
POB 11749
Memphis, TN 38111-0749

Dear SFA,

During the 1960's my local community college required a course in public speaking. I approached it with absolute dread. But the class turned out to be one of my most memorable. I got through each of my 5 talks with a minimum of discomfort. The instructor was terrific and my classmates were supportive. I learned that avoidance of stuttering can be more disabling than the stutter itself.

Sincerely,
Dan Pappas

America's Got Talent Contestant Shines Light on Stuttering



Amanda Mammana, 19, gave an emotional audition recently when she sang a song she wrote herself on NBC's top-rated America's Got Talent television show.

"As you can probably tell, I have a bit of a

speech impediment and it was definitely something that caused me to shy away and to hide, but I found that I don't stutter when I sing," she said during the performance that aired July 19, 2022, on NBC.

"Understanding what dramatically reduces stuttering during singing may eventually help us understand stuttering better," explains Dr. Barry Guitar, author of several Stuttering Foundation publications. He offers the following comments on singing and stuttering:

- *In singing, we use our vocal chords, lips, and tongue differently than when we talk.*
- *There is no time pressure in singing nor is there any communicative pressure.*
- *The rhythmic pattern of music tends to help regulate a person's breathing.*
- *There is now evidence that the brain functions differently for singing than it does for talking.*
- *When we sing, we generally know the words of the song by heart. Sometimes "word retrieval" or searching for the words plays a role in stuttering.*
- *Carly Simon, B.B. King, Bill Withers, Mel Tillis, and Nancy Wilson are all famous examples of singers who stutter.*

Amanda's performance on national TV has brought a renewed focus on stuttering. Sadly, after weeks of rave reviews, Amanda was eliminated from the competition on August 24 based upon votes from viewers.



BETWEEN 12 and 20

Letters to Dr. Robert Wallace

Between 12 and 20 (also known as 'Tween 12 and 20) is a syndicated advice column, targeted to teenagers and young adults, written by Dr. Robert Wallace, and distributed by the Copley Press arm of Creators Syndicate. The column began in 1976 and was originally published in the Orange County Register (California) several times a week. Today, the column is syndicated in more than 300 newspapers.

Common topics of Dr. Wallace's columns include dating; relationships between teenagers, other teenagers, parents and teachers; health; and the transition from high school and college.

Dear Dr. Wallace:

I've read in the past that you've done work for the Stuttering Foundation of America but although I found that interesting, over the years I didn't pay much attention to that topic. However, I always felt happy to know that many people do all they can to help those who stutter.

However now that I'm a bit older than a teen or young adult, I had an experience this past school year that has changed my perspective quite a lot. I'm a teacher and this past year we finally returned to our elementary school classroom following our absence due to the pandemic. One of my students had quite a challenge with stuttering and I did my very best to help him as much as I could during the school year. I spent time on websites, reading and absorbing as much as I could about the topic in an effort to assist this boy. He was very sweet in class and very polite to everyone, but he was also quite quiet due to his stammering.

In case this might help other teachers, parents or family members in the future, I'd like to share some things I learned and was able to do that I feel did help this young boy while he was my student. Patience, encouragement and consistency were the foundations upon which I began my journey as his teacher, but I learned much more along the way. In an effort to help others going forward, here are my discoveries and suggestions for others who wish to do all they can to help a child who stutters:

- Meet with the parents of a child who stutters before classes begin or immediately upon a new school year starting. This helps the teacher to learn about the expectations and concerns the parents have for their child. It should be a consistent team effort as much as possible.
- Encourage good manners for everyone talking in the classroom at all times. Teach all students not to interrupt anyone at any time, not to talk for anyone else nor to finish words or sentences for any other student.

- Allow children who stutter enough time to begin to talk as they often have trouble getting started. Be supportive and especially patient.

- Treat a child who stutters the same as all the other children in class as much as possible. Make the only exception be the special assistance provided to facilitate oral recitations.

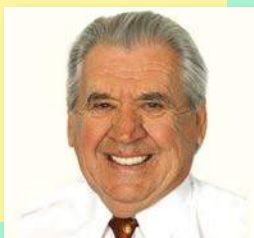
- If a speech clinician is available, seek suggestions and advice at regular intervals designed for the specific child. Seek to gradually achieve objectives the professional sets as goals.

- Don't let a child who stutters get away with things just because of the stuttering.

- Children who stutter should be expected to perform and participate in all classroom oral recitations even though they may need some special assistance to succeed. Encourage practice at home as much as feasible for the family's situation.

- Always keep in mind that you care enough to consistently do these things as they can make a big difference in the child's development. Consistent, steady, heartfelt encouragement makes a world of difference. A child who stutters innately senses when others truly do their utmost to sincerely provide guidance and assistance.

-from A Teacher Who Now Knows So Much More, via email



Dr. Robert Wallace is a longtime school teacher, coach and administrator who lives in Galesburg, Illinois, and is a graduate of Knox College.

Children who stutter should be expected to perform and participate in all classroom oral recitations even though they may need some special assistance to succeed.

Dear 'A Teacher Who Now Knows So Much More':

You make me proud to call you a fellow educator! Your heartfelt letter along with your actions provides a wonderful example of what teaching is all about.

Taking the time to adapt to assist specific individual students is the hallmark of becoming an outstanding teacher. Thank you for what you do and for sharing your experience regarding working with children who stutter in a practical way that can help others who read your excellent suggestions.

For everyone reading this column that relates to this topic via a person in their life, I highly recommend visiting the non-profit Stuttering Foundation of America at www.stutteringhelp.org.



SINGING FOR THE QUEEN:

ED SHEERAN AT THE QUEEN'S JUBILEE

DID YOU KNOW... that Ed Sheeran, who performed at the Queen's Platinum Jubilee on February 2, 2022, is a person who stutters, just like the Queen's father, King George VI?

In a June 2015 honorary speech, Sheeran shared what he felt was the hardest part about dealing with a stutter: "The thing that I found most difficult about it was knowing what to say but not really being able to express it in the right way." For years, Sheeran tried a variety of speech therapies to help with his stuttering, but it was memorizing music that he said helped him effectively remedy his stutter. "I got heavily into music at a young age, and got very, very into rap music," Sheeran said. "Eminem was the first album that my dad bought me. He bought me the Marshall Mathers LP when I was nine years old, not knowing what was on it. And he let me listen to it, and I learned every word of it back to front by the age I was 10."

Sheeran elaborated on listening to Eminem's music on repeat, saying, "he raps very fast and very melodically, and very percussively, and it helped me get rid of the stutter." The singer told the audience to embrace their inner weirdness: "Just be yourself. Embrace your quirks." Sheeran then shared his advice for coping with stuttering with the audience: "Work through it and get the treatment that you want to get, but ... don't see it as a plight on your life and carry on pushing forward."

In an interview with ABC News, Sheeran talked about how kids often worry about fitting in, but that, "the moment you stop trying to fit in is when stuff fits around you."

The difficulties King George VI faced with stuttering are well known to many. In November 2010, worldwide movie audiences were presented with

a most interesting and unusual movie release with *The King's Speech*, starring Colin Firth as King George VI and Helena Bonham Carter as his wife Elizabeth.

Unfortunately, history may have forgotten the courageous and inspiring story of Prince Albert who stuttered badly and never dreamed that he would ever be king when his older brother, King Edward VIII, abruptly abdicated the throne in 1936 to marry Wallis Simpson, an American divorcee.

In an interview after the completion of the filming of *The King's Speech*, producer Iain Canning said, "His brother was famously charming and Bertie was considered the dull-witted one with little charisma." When Prince Albert, who was known as Bertie, ascended to the throne to become King George VI, it is an understatement to say that his life changed drastically.

The film deals solely with George VI's stuttering and his relationship with Lionel Logue, an Australian speech therapist retained by the Prince to help him overcome his stuttering in the years before, during and after the 1936 abdication by his older brother. While countless other movies have had characters who stutter, this is the first one to focus on the lead character's stuttering and speech therapy.

Like many people who stutter, Prince Albert had met with failure in several speech programs. When Lionel Logue, played by Geoffrey Rush in the movie, saw the Prince give a speech in public, he turned to his son and said, "He's too old for me to manage a complete cure. But I could very nearly do it. I'm sure of that."

Stuttering remains a part of British royal history, and the connection between Ed Sheeran's appearance at Her Majesty's Platinum Jubilee must have been a comfort for the Queen, when remembering the hope and inspiration her late father had given to her beloved country during their time of crisis.



Her Majesty
Queen Elizabeth II

1926-2022

We are saddened by the passing of Queen Elizabeth II, whose father King George VI struggled with stuttering throughout his life. Queen Elizabeth showed us how to love and serve, and embodied her father's ideals with courage, empathy, and humility.



DEAR SFA:

KIDS' LETTERS TO THE STUTTERING FOUNDATION

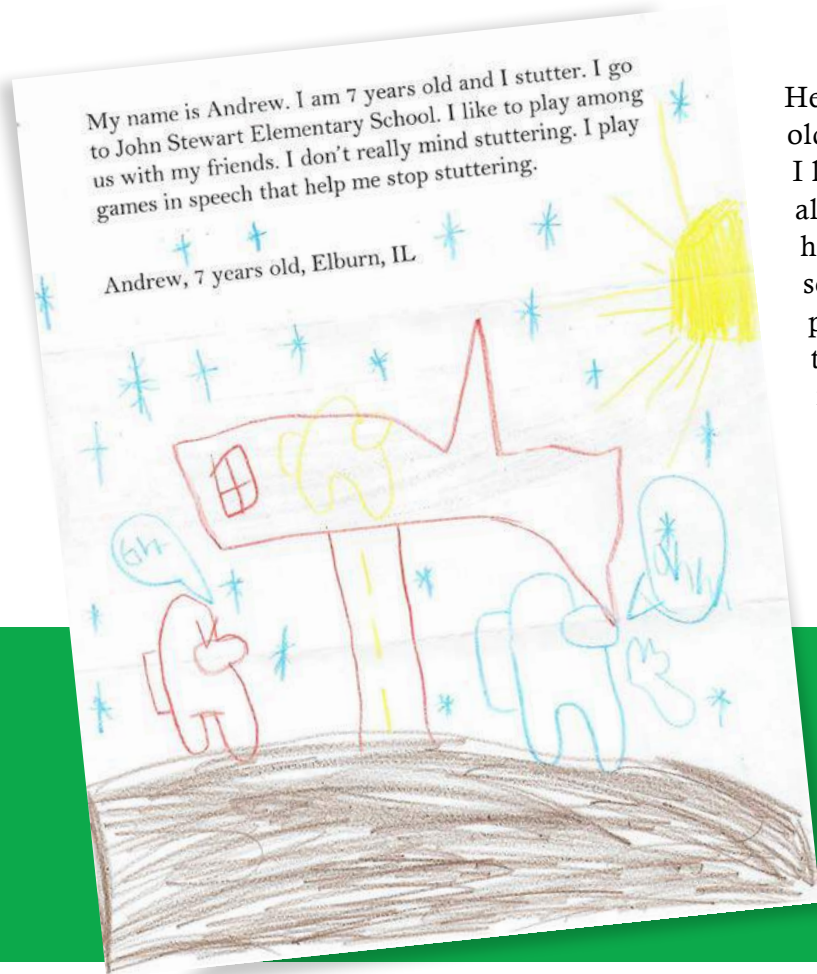
We'd love to hear about your dreams, your victories, the fears you have faced, the ways you've been challenged, or anything you wish people knew about stuttering! If you would like to send us a picture, letter, or poem, please e-mail us at info@stutteringhelp.org. We'll make sure you get a permission slip to fill out the needed information. We attempt to answer every child's letter personally, so be sure to include a contact name and postal addresses for either a parent or the SLP of the child along with your submission.*

**Please mail original artwork submissions on plain, unlined paper. Photocopies, scans and faxes of artwork cannot be accepted. Colorful markers and crayons are encouraged as pencil drawings can be difficult to reprint. If you'd rather submit a photo, it can be mailed directly along with your permission slip and letter; digital photos can be sent via email. For more information and/or to receive a permission form via email, please contact us at info@stutteringhelp.org.*

Mail your letter, permission form, original color artwork and/or color photographs to:

The Stuttering Foundation
P.O. Box 11749
Memphis, TN
38111-0749





Hello, my name is John. I am 8 years old, and I live in Mesa, Arizona. I like to play soccer and baseball. I also like to go camping, bike riding, rock climbing, hiking, and backpacking. My favorite time in school is when I go to speech. I stutter a lot when people interrupt me when I'm talking. My speech teacher helps me control my stuttering. My favorite strategy is light contact. Light contact is when you lightly bring your lips or tongue together to make the sounds. Remember it's okay to stutter. My brother really likes Baby Yoda.

John, 8, Mesa, AZ

My name is Savion. I love my school. I go to PME. It's okay to stutter. If you stutter and people laugh it's okay and keep talking. Your words matter. I breathe and count to 10 before I start speaking again.

Savion, 8, Palm Bay, FL

STUTTERING ICEBERG

Overt Behaviors

Long pauses, having to completely restart a sentence, only confident to talk with other people talking quiet, losing interest in the conversation.

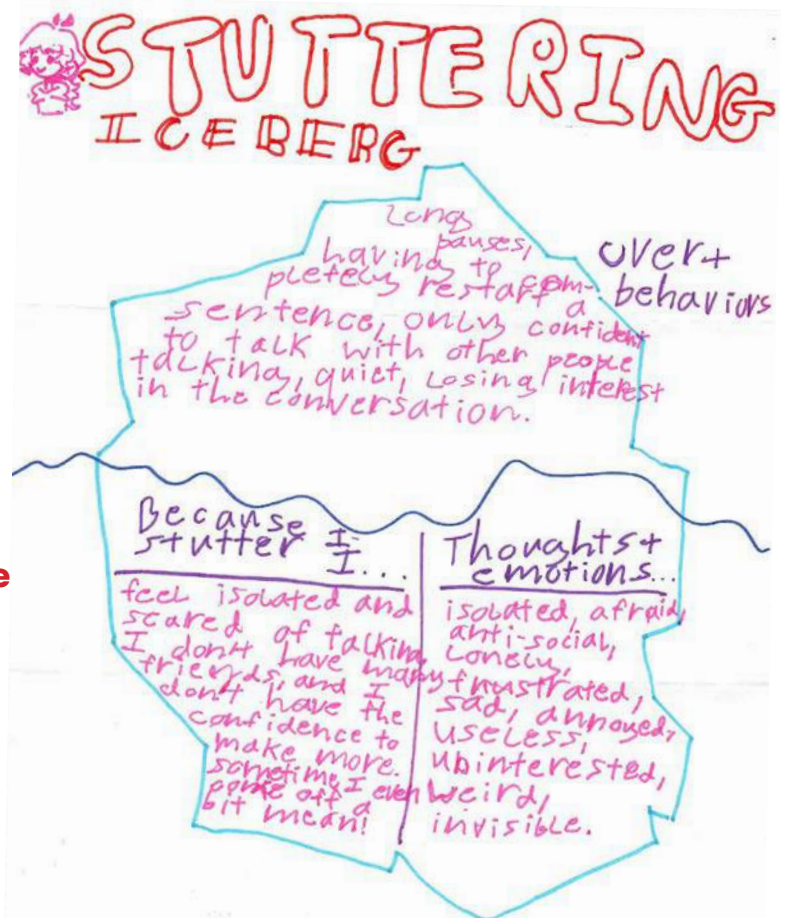
Because I Stutter I...

Feel isolated and scared of talking. I don't have many friends, and I don't have the confidence to make more. Sometimes I even come off a bit mean!

Thoughts and Emotions

Isolated, afraid, anti-social, lonely, frustrated, sad, annoyed, useless, uninterested, weird, invisible.

Phoenix, 11, Canyon, TX





Hi, my name is Annalise and I am 9 years old. I love swimming and dancing and I have 2 brothers and 2 sisters. I stutter and I feel good it is ok if you stutter some time I stutter when I am nervous and in front I get so nervous. I have block more and I have 2 speech amazing teachers and they help me a lot. The thing that help is Pause and unPause. I love stuttering because I get better a very day.

Nov 10 2021

Annalise, 9, Plano, TX

There are many adversaries and obstacles that high school students have to overcome: acne, relationships, classes, peer pressure, and family dynamics just to name a slight few. I still have had to face many of these obstacles, but let stuttering be added in the mix. I stutter. I am Paul and I stutter.

I have stuttered since birth. My mother had a normal pregnancy and there were not any complications on my birthday. My stutter started when I first began speaking, and it was extremely prominent when I was younger. My parents toted me to speech pathologists, researched the topic, and encouraged me along the way. They also had to be firm with me. They never ordered my food for me or allowed me to use them as a way out. For example, at Subway, I was encouraged to tell the worker what I wanted on my sandwich. When I struggled getting my words out, I would look to my mom with my eyes pleading for help. She would smile, nod her head, and say, "Keep going." No matter how long it took, I would order every topping I desired for my sandwich. When I was finished, I would smile the biggest smile and my mom would give me the biggest celebration hug.

There is a level of pain associated with stuttering. One of my earliest memories was when I was sharing with a fellow first grade classmate about my birthday party. I was so excited that I struggled getting the story out. While I was telling the story, even before I could get to the good part, he turned and simply walked away. It was not intentional, he did not do it to be mean, he was not trying to hurt my feelings. He just did not know I was struggling. Maybe he thought I was finished. Maybe he lost interest.

It is always the same when I meet someone new, too. During the conversation at some point, one word will hang me up. That is when I see the dawning on the face of this newcomer. They will lose eye contact with me and their eyes always land on my mouth. Cue the next onset of stuttering and stammering for me. Their eyes will eventually come back to mine and then they will make a subtle nod of recognition. It is at that point that I wonder: **Are they actually listening to what I have to say, or are they waiting for my next stutter?**

My parents have been my biggest advocates and getting me to the available resources. I have been dragged through speech classes, hearing therapy, stuttering camps, you name it. While they had great and loving intentions, it took years for my parents to realize that my stutter is not something that can be fixed. I remember going to a stuttering conference with the group CampSay in Charlotte, North Carolina, my sophomore year. My parents thought it would be beneficial for me to meet other teens who stuttered. Personally, I just went because I wanted the free NBA Hornets tickets that came with participation. While at this conference, I had an eye opening experience. I met all kinds of teens who stuttered. Stuttering does not discriminate against race or ethnicity, income, or social status. I met kids who allowed their stutter to totally shut down their life. They would not order food, they would not speak, they would not participate in daily activities. They tried to become invisible. **It was then I decided that I was going to LIVE with a stutter. It was not going to be easy, but it was not going to hold me back.** Stuttering is just how The Almighty made me: perfectly and uniquely made. I have been sculpted by His hands to do mighty work for His kingdom. I have adapted and generated coping skills to help me succeed daily. I have decided that stuttering will not dictate my life, only enhance it. I do not meet a stranger. I approach teachers and ask questions during class when I struggle with understanding a concept. I choose to take control over my stuttering to have a successful and fulfilling life. Besides, the girls think it's cute!

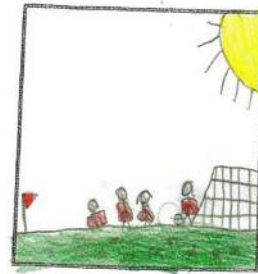
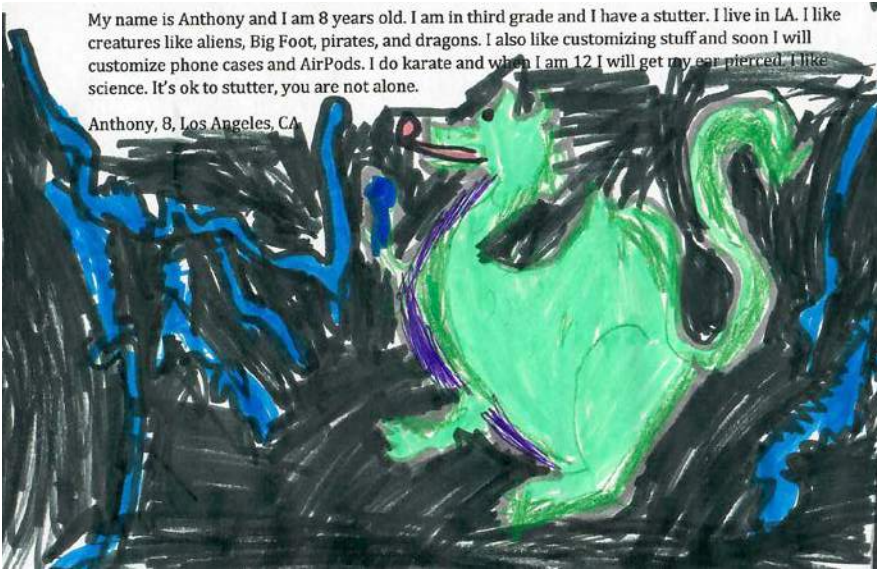
I have not allowed my stutter to keep me confined. While in high school, I played three years of varsity basketball and soccer, even earning recognition of captain in both sports. I lead by example and strive to be a bright spot in all my teachers' classes. I am a member of the National Honor Society, Students Against Destructive Decisions, and Fellowship of Christian Athletes. I completed two years of drafting classes at the votech, recently becoming NOCTI drafting certified. I know this accomplishment will help me move forward in my college years. I have maintained honor roll status and earned a 3.84 GPA. In 2018, I accepted Jesus as Savior in my heart. Ever since that revolutionary day, I have lived for Him.

Ultimately, I could let my stutter dictate my life. Instead, my life dominates my stutter. I have goals and dreams that I am going to attain. As I have been taught my entire life, I will "Keep going." I am going to become an engineer. I am Paul and what I have to say is worth repeating.

Paul, 17, Ballard, WV

My name is Anthony and I am 8 years old. I am in third grade and I have a stutter. I live in LA. I like creatures like aliens, Big Foot, pirates, and dragons. I also like customizing stuff and soon I will customize phone cases and AirPods. I do karate and when I am 12 I will get my ear pierced. I like science. It's ok to stutter, you are not alone.

Anthony, 8, Los Angeles, CA



Hello my name is
Elias I'm 9 1/2 years

old. I love to play
soccer because it gives me exercise
and I also have 5 cat they are
20 years old, by 2yr Bryant, I ^{been} stuttering
for 5 years and I have

almost stopped. These are the
strategies I used to
help my stuttering.

1. I slow down

In my speech.

2. I stop and do it all over again

3. think about what you
are going to say.

4. breaking up phrases.

Elias, 9 1/2

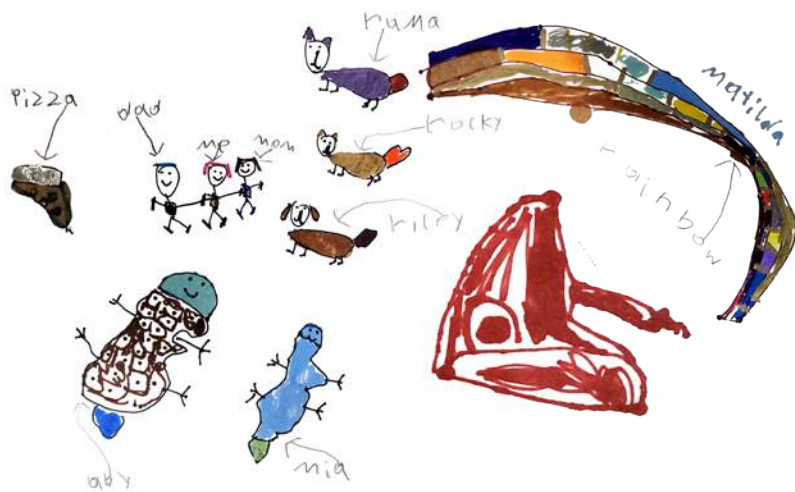
Lakeview MI,

FORTNITE

Hi! My name is Jomar. I am a 9-year-old person who stutters. I live in Lancaster, Pennsylvania. A hobby of mine is playing video games. I enjoy playing Fortnite and my favorite subject is art. I also am really into Marvel. My favorite character is Spiderman. Some people online bully me because of my stutter. I just ignore them or leave that party. I find new players who are nice to me and treat me with respect. Even though I stutter, I am confident with who I am. The strategies that help me the most when I'm having a block is to use an easy onset (stretchy speech) and reduce my rate of talking. If you are like me and stutter, remember that it's okay. It's important to not give up and continue trying to express yourself.

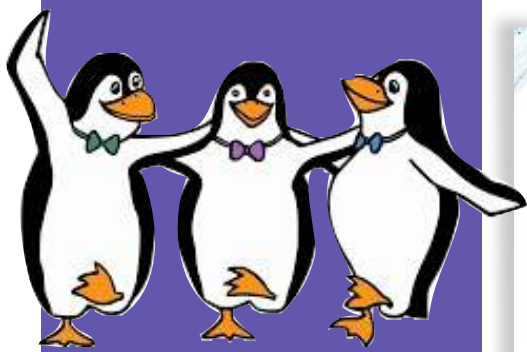


Jomar, 9, Lancaster, PA



My name is Matilda, and I am 9 years old. I feel happy about my stutter. At first when I stuttered at the age of 5 years old (not how old I am now), I did not know what a stutter is but then I learned it at the UCF clinic. When I grow up, I want to be a scientist who studies black holes. I am in fourth grade. My favorite games are Super Mario and Legend of Zelda. All you need is courage to believe in yourself and don't give up. So are you ready to try new things!

Matilda, 9, Oviedo, FL



Hello! My name is Elliana. I am 10 years old, and I am in 4th grade. I'm in competition dance and I also like to play volleyball and do art. I started coming to speech therapy in 2nd grade for my stuttering. I have a really good Speech Therapist. She taught me lots of strategies, but my favorite strategies to use are easy onsets and pausing.

Remember that your words matter, and everybody stutters at times, so never give up on your speech!

Elliana, 9, Shoreview, MN



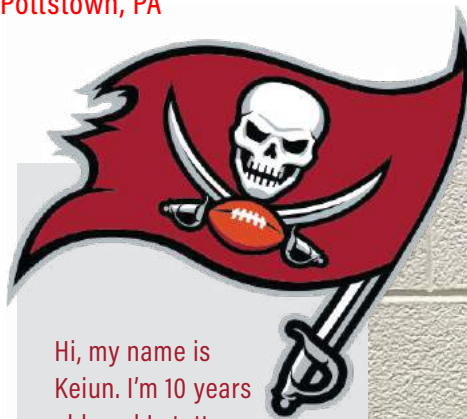
Hi! My name is Ashirah. I am 9 years old. I go to Franklin Elementary School. I love Minecraft and I have a dog named Luna. I have the best Speech Teacher. I take my time and never give up. My favorite strategy is Belly Breath but I also like Light Contact. Both of these strategies help me. I've been stuttering my whole life. When I was in second grade, I figured out that I should never stop trying to have smooth speech. You can get better at speech too! Your family will help you. You are better than ever! I believe it!

Ashirah, 9, Pottstown, PA



Hello, my name is Ryan and I am 11 years old. My passions are baseball and gaming. I have two brothers and I'm the middle child. My brothers are very caring to me. I started stuttering in the fall of 2021 and I thought it was a big problem and it is really not. I use a technique called "rainbow breathing" and it helps me relax my lungs. Even celebrities stutter like President Joe Biden and other celebrities.

Ryan, 11, Wharton, NJ



Hi, my name is Keiun. I'm 10 years old, and I stutter. I'm from Florida, but I live in Georgia. I like football. I get nervous when I talk to my mom and dad. My stutter won't stop me from being in the NFL. I want to play for the Buccaneers. If I get stuck on a word, I have to think what word I want to say and start over. This is called a cancellation. Don't let your stutter hold you back.

Keiun, 10, Tifton, GA

Hi. My name is Lillian. I'm 10 years old and I have 2 dogs. I love them both so much. I live in Minooka, Illinois and I go to MES. I have to go to speech, and I came up with my own type of speech. I call it skipping speech. When I'm stuck, I like to put my arm out and chop it up on my arm. Hope you find this helpful.

Your friend,
Lillian, 10
Minooka, IL

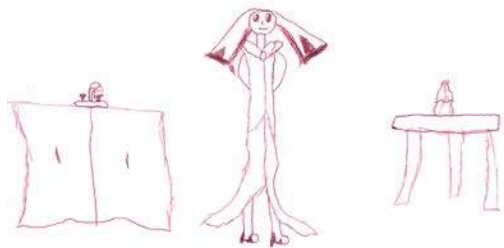


Hello, my name is Rylee. I am 11 years old and I'm a cheerleader! Something unique about me is that I stutter! If you stutter and think it's embarrassing, you shouldn't because so many other people do and feel the same way as you. I do not stutter when I cheer. It's weird because I stutter other times but when I cheer it fades away! I have 3 siblings: Daetyn, Bryce, and Tanner. I also have 5 pets: 3 dogs and 2 guinea pigs. I used to have a cat, but I had to give it away. I also have 6 cousins. I know, it's A LOT. But I don't know half of them...Uh, we don't talk about that. Something that I like to do is draw! I spend a lot of my time in

class drawing...if my teacher sees this, pretend that you didn't. Ok, anyway back to stuttering. If you think your strategies don't work, don't stress! There are a lot of strategies you can try. My favorites are stretching my words out and the cancellation technique. Sometimes my stuttering stops me from talking. It's like it won't even let me use my strategies but I keep trying. We are in this together! Keep using your strategies and you will succeed! :)



Rylee, 11, Chandler, AZ



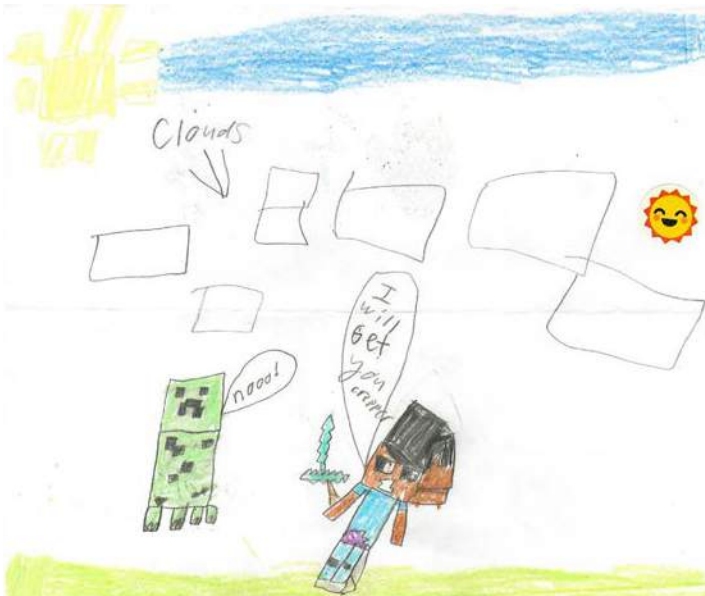
Hi! My name is Ava and I am in 2nd grade. I love to read and play softball. I started to stutter when I was in pre-k. I have a dog named Lily. I stutter, but not as much as I used to. My favorite strategies are eye contact and drinking water. When I drink water, it relaxes me, and I don't stutter. Stuttering is ok. I love going to speech therapy! I learn new strategies to help me!

Ava, 8, Wellington, FL

Hi my name is Elijah but my nickname is Eli. I'm 9 years old and grade 4 at Butterfield school. This may be outdated by the way by the time you read this. I live in Lombard, Illinois. My favorite subject is math. I do a lot outside of school. My favorite season is summer. My favorite animal is a penguin and my favorite sport is soccer. I have a lot more to tell but I need to tell you my history of stuttering. I'm working on many strategies in speech. My favorites are stretching and full easy breaths. I stretch my words in order to think while I talk. I use full easybreath by taking a deep breath, thinking what I'm gonna say and then restarting. I've been stuttering since I could talk. That's some stuff about me and my history of stuttering. I hope you like my recommendations and my story. You can use any technique I told you about.

Elijah, 9, Lombard, IL





Hello, my name is Brady and I stutter.

I like to play Minecraft and I like to watch Harry Potter. I am 7 years old and I'm from Fort Collins, Colorado. What helps me is using bounces. When I get stuck on a word and stop and just think what I want to say and on the first word I use my bounces.

Brady, 7, Fort Collins, CO

Hi, my name is Holden and I live in New Jersey. I'm 10 years old and in the fourth grade. I love to snowboard, rock climb, and play left forward for my travel soccer team. I like playing Zelda and Minecraft with my friends, as well as making slide shows on my computer. I participate in doing the morning announcements at my school. In second grade I presented to my class about stuttering. I've been stuttering since I was little and have been in speech therapy since kindergarten. Strategies I use are focusing on my breathing and stretching words.

Advice I'd give a kid would be that stuttering is a good thing; it makes you different from other people.

Just speak when you want to and don't let it hold you back. Be yourself!

Holden, 10, Califon, NJ



Hi! My name is Ransom. I am 7 years old. I like to play Fortnite and Roblox. I started stuttering in kindergarten. It is helpful when you don't try to finish my sentences. It is not helpful to tell me to slow down.

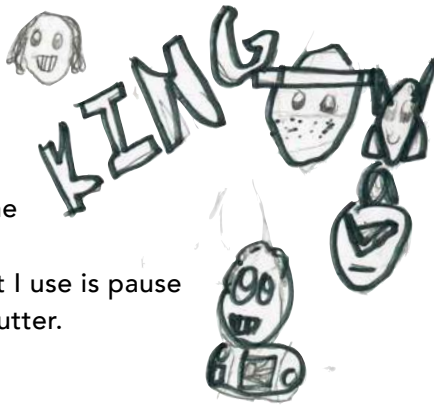
Ransom, 7, Waco, TX



My name is Kaiden, and I live in Dedham, MA. I am in third grade. I like to play with cars and trains. I also love school buses and Roblox. I like to hang out with my mom. I stutter at school the most, but I stutter at home too. Stuttering doesn't hurt you, it is just bumpy speech! I use repetitions and prolongations. There is no cure for stuttering. I use a tool called "turtle speech" to help me talk slowly and smoothly. I go to speech therapy to learn how to talk smoothly and to use my tools. You can use tools too! Stuttering is not a bad thing. I am amazing. You can be amazing too!

Kaiden, 8, Dedham, MA

Hi, my name is Kingston. I like football. My favorite team is the Baltimore Ravens. I'm 8 years old. I'm in the 3rd grade. I have three siblings. I like to play Brawlhalla. The type of stuttering that I do most is cluttering. The speech strategy that I use is pause and un-pause. Don't be scared to stutter.

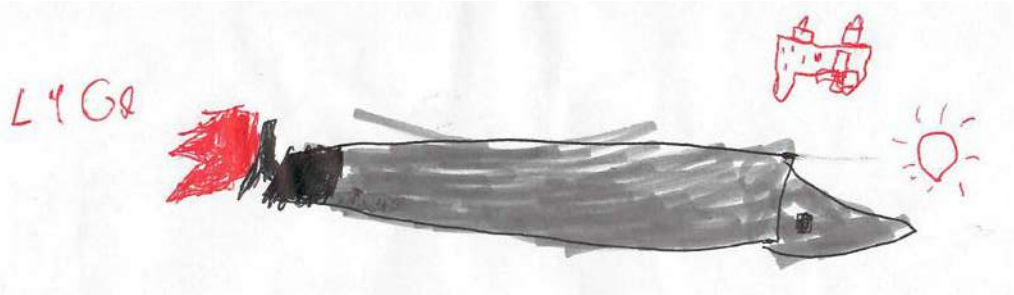


Kingston, 8, Plano, TX



Hi I'm Logan. And I like to play Roblox, Minecraft, and Fortnite. And my favorite food is alligator or crocodile. I have a stuttering problem. But I use full breath.

Logan, 11
Hewitt, TX



Hello, my name is Jack. Unlike other people who stutter, I like it! Sometimes it helps me, but sometimes it doesn't. I almost forgot, I'm ten years old and in fourth grade. I love Roblox and video games. It is definitely ok to stutter. Just keep working on it and practicing. When I grow up, I want to be a video game tester.

Jack, 10, Los Angeles, CA



Hello, my name is Jaiden. I am 10 years old and I am in 4th grade. My favorite game to play is Fortnite. My favorite board game is Monopoly. Sometimes I go outside to play in the snow. I like to ride my bike, and sometimes I go to my friend's house and play Fortnite. I like to play Legos with my brothers. I have one dog that is named Bella, and I have 3 cats. In 4th grade I am in student council. I like to tell people about stuttering. I've been coming to speech since preschool. Sometimes people don't know about stuttering so I tell facts about stuttering. It's okay to stutter!

Jaiden, 10, Monroe, IA



My name is Brett and I am 8 years old. I love my family. They make me happy. I like to have snowball fights with my brothers and nephews. I also like soccer. I want to be a famous soccer player just like Messi and Ronaldinho. Sometimes I stutter. It can make me feel mad. If a bully makes fun of you about your stutter, you just walk away and tell the teacher. If you stutter, I will give you an idea to help. You just stop and use slow speech. You can also use easy starts and stretchy speech.

Brett, 8, Wyoming, MI



Hi, my name is Lucy. I am 9 years old. I am in the 4th grade at Brimfield Elementary School. I have a mom, dad, two little brothers and one older brother. My favorite food is pesto sauce on noodles, and I have a cat. I also really like to sketch. I started stuttering when I was four and then it stopped. Then it came back when I was eight. I don't know why I stopped stuttering and then started again. It might be if no one is paying attention to me or I am nervous and anxious. My best strategies are easy onset and light contact.

Lucy, 9, Brimfield, MA

Hi! My name is Sofia. I am 11 years old, and I am in 5th grade. I love to call my friends and play games. When I stutter I love to use strategies to help. I use easy-onsets and cancellations. I have been in speech for six years to help with my stutter. My speech therapist is the best! She is so helpful. No matter how bad your stutters are, you can get through it.

Sofia, 11, New Brighton, MN



Hello, my name is Breyvn and I am 12 years old. I am a sixth-grade student in Iowa. I like Pokémon and I love my Nintendo Switch, Fortnite, Minecraft, Legend of Zelda: Breath of the Wild, Sonic Forces and Blades Elder Scrolls. I also have been stuttering for 8 years.

For me, stuttering is a challenging way of my life. These are my feelings - I feel sad and embarrassed when someone I don't know doesn't have empathy and understand why I stutter. When people laugh at me, I feel angry, upset, and frustrated and then I question myself why I'm not like other kids and I start crying. I have to swallow my pride and do something even if I am embarrassed, even if sometimes when people bully me because of my stuttering. Stuttering is a tough thing in my life, but I have to be strong, bold,

and have courage to meet those challenges.

When people don't understand stuttering, talk to them and explain, "I'm sorry, I can't change my stuttering." Secondly, you could tell them, "Different strokes for different folks." This means everyone is different and that's okay. I feel comfortable when talking to people that support me and I love me. My advice is don't let how others feel about you overcome you.

Breyvn, 12, Pleasant Hill, IA



Maria, 11, Ottawa, ON

My name is Treveon. I am in 3rd grade, and I am 8 years old. I like Fortnite. I have a Nintendo Switch. I like to finger board. It's a mini skateboard for your fingers. My dog's name is Chubby.

I live in San Diego, California. I was stuttering when I was born. I was born to be awesome. I was born to love speech. I like cancellations because it helps me remember words and to redo it. I love easy start because I can talk smoothly.

Treveon, 8, San Diego, CA



Hello. I play baseball and football. My favorite football teams are Penn State and Los Angeles Rams. My favorite players are Odell Beckham, Jr., and Sean Clifford. I like snail speech and slide outs. Snail speech is slow. I am 8 years old.

Cael, 8, Reedsville, PA

Hi, my name is Jashan. I go to PME. I stutter a lot sometimes and sometimes I get mad when I stutter. It's okay to stutter. My favorite sport is playing football. My speech teacher is helping me defeat the speech bully.



Jashan, 11, Palm Bay, FL

My name is Camila, I am 11 years old. I began to stutter when I was 7 years old. I started to lose my confidence over the years. I like to spend time with friends and play roblox. I also have accomplished a lot of things. Now that I am older I have regained my confidence because I have opened up to the people who I trust.



Camila, 11, Aurora, IL



Hi name is Jai, I am 9 nearly 10. My favorite sport is soccer, I don't have a pet, and I go to Quarry Lane School. I was exposed to stuttering when I first started speaking. When I get stuck, or before I get stuck, I use strategies. My favorite strategy to use before I get stuck is Diaphragmatic breathing. Basically, you take a big breath, and then talk. You should never be afraid of stuttering because it's just part of who you are. Never let other kids bully, tease, or be mean about your speech. Sometimes I feel like this will go on forever because I know it's fate. Jai, 9, Pleasanton, CA



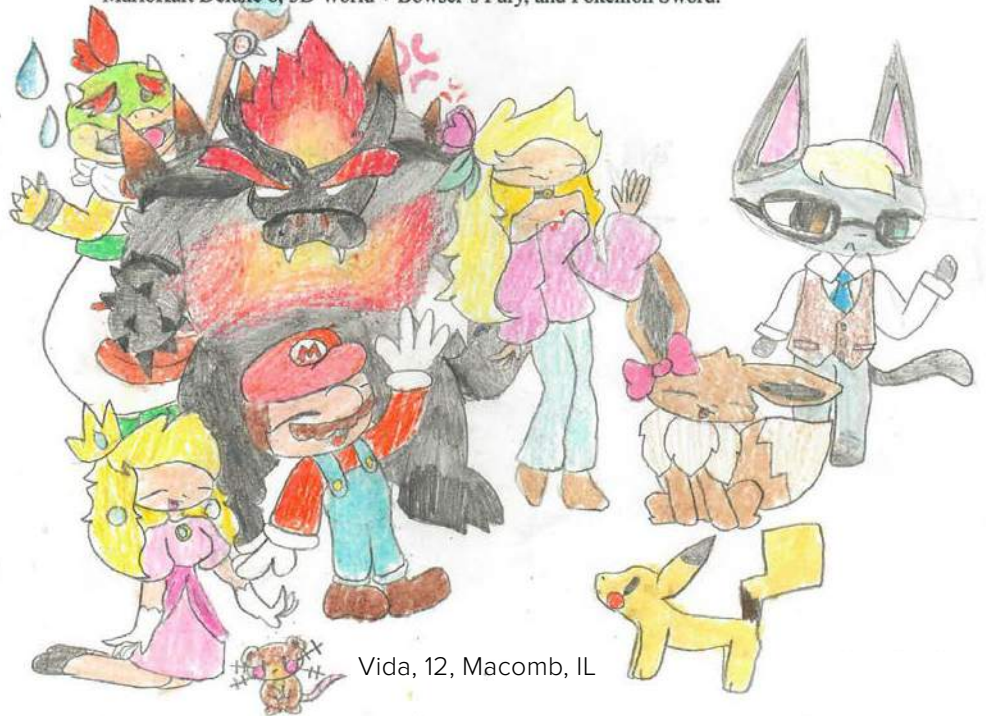
Hi, my name is Vida and I go to Edison School in Macomb, Illinois. This is my letter on my speech. I am 12 years old, my birthday is in November and always is around or on Thanksgiving. This year my birthday was stood up by Thanksgiving!

Something I wish more people knew about stuttering is that it is not bad and people typically generalize it. People assume I repeat myself, but it is also prolongations and blocks or only part-word repetitions. There are different forms of it, it doesn't always have to be things like tension. It can be a lot of thought processing, me forgetting what I am going to say even in the middle of sentences. It feels like I go brain dead.

My advice for other people that stutter is to not try and fix it, instead to essentially cope with it. Learn to coexist with it. Do not try and think of it as a bad thing, but think of it as more of a unique personality trait. It is individualized, and not the same for everyone. It is not bad speech, it is a bad perception from others.

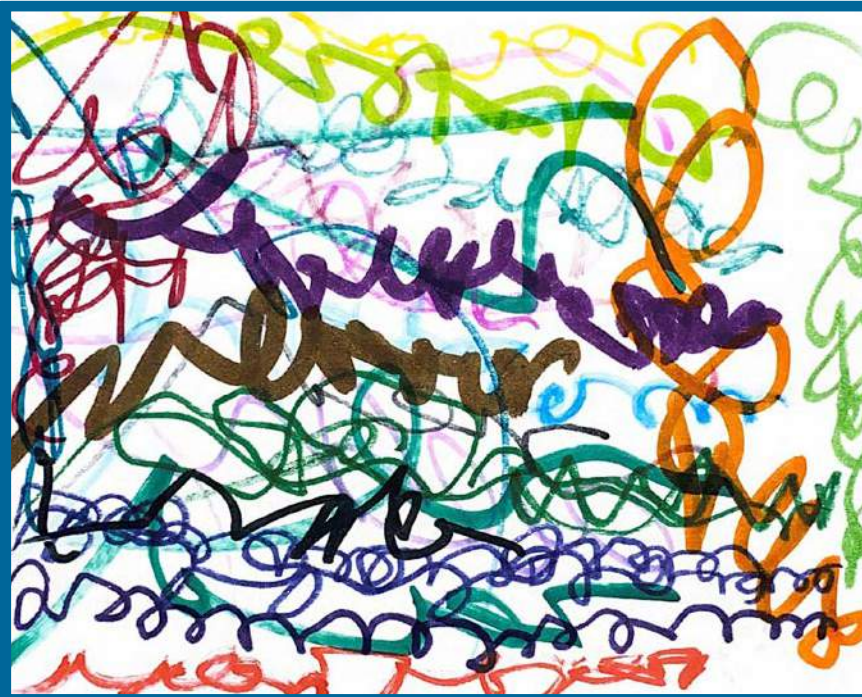
Some fun facts about me include I love to draw, and I have made plenty of characters. I also love other forms of art. I have a piano. I even have my own website (not to brag). I also hate math. My favorite shows are Bunk'd, Hilda, and the show Ricky, Nicky, Dicky, and Dawn. I also have a switch and some of my favorite games are (in this order) Animal Crossing, Smash Bros, MarioKart Deluxe 8, 3D World + Bowser's Fury, and Pokemon Sword.

Hi, my name is Natalie and I am 8 years old. I am in second grade. I live on Hanscom Air Force Base. My dad is in the Coast Guard. I like to play with my friends and play outside. I also like to color, and I am in Girl Scouts. I just started speech therapy. Sometimes I get angry when I stutter. One of my strategies to help with my stuttering is to talk slowly. I usually talk slowly so I don't stutter. I also use stretchy speech. I hope I don't stutter in the future. When I grow up, I want to be an animal doctor or a teacher.



Vida, 12, Macomb, IL

Natalie, 8, HAFB, MA



Hi, my name is Nicky, and I am 7 years old. I go to Canfield Ave School in New Jersey.

I go to a speech therapist in school, and we learn about stuttering. I learned that there are different things you can do to help with your stutter like belly breathing, talking slowly, and relaxing your body. If these things don't work and you still stutter that is still okay too!

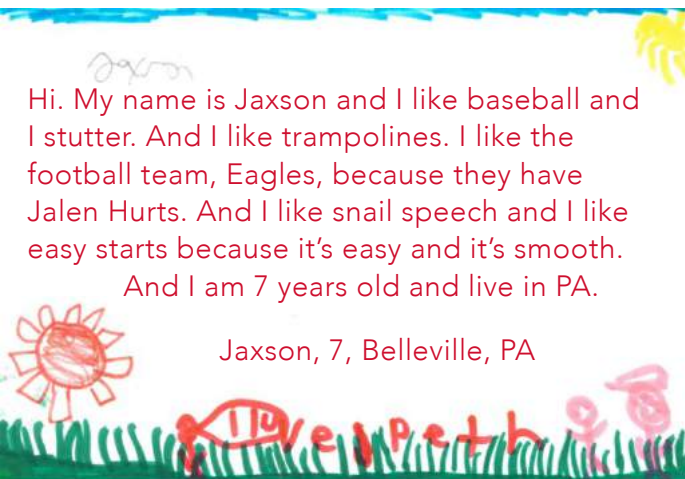
My drawing is a bunch of squiggly lines to show you that when I stutter it feels like there are butterflies in my tummy. If you feel like you have butterflies in your tummy when you talk you should stop and think and wait till the butterflies fly away.

Nicholas, 7, Mine Hill, NJ



Hi my name is D'Eaire.
 Roblox is my favorite game.
 My favorite sport is football.
 When I stutter I mess up.
 Pausing helps me speak
 more normal. My dad also
 stutters and that makes me
 feel good.

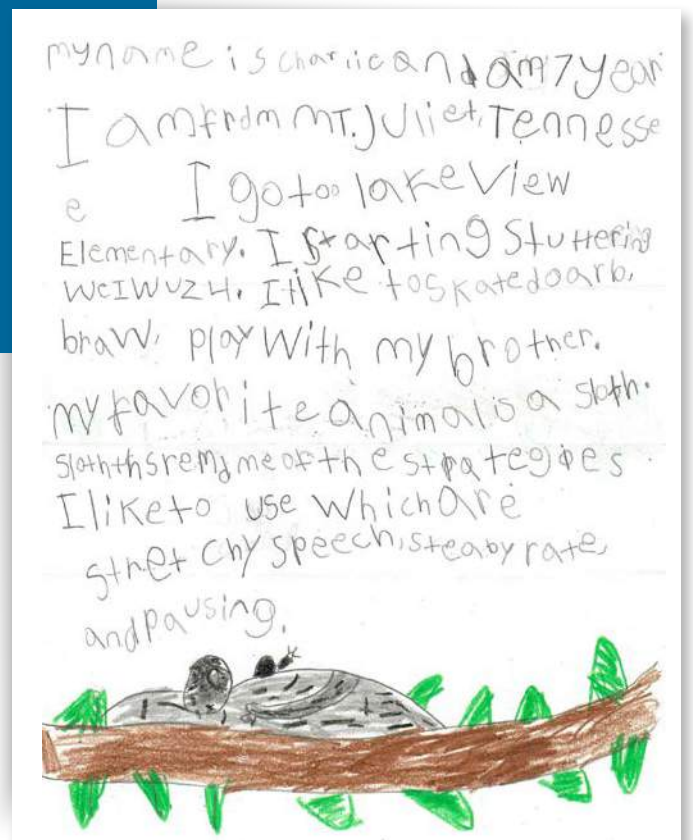
D'Eaire, 8, Hewitt, TX



Hi. My name is Jaxson and I like baseball and I stutter. And I like trampolines. I like the football team, Eagles, because they have Jalen Hurts. And I like snail speech and I like easy starts because it's easy and it's smooth.

And I am 7 years old and live in PA.

Jaxson, 7, Belleville, PA



Charlie, 7, Mt. Juliet, TN



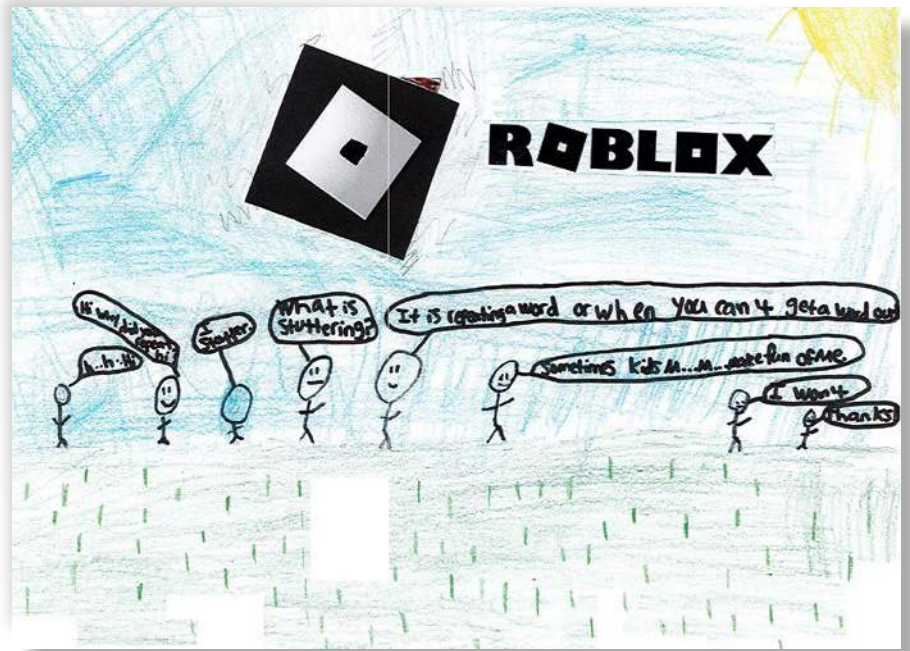
My name is Paisley. I am ten years old and I'm in the 4th grade. I live in Indiana. I love to do sports like basketball. I am on a travel team for basketball. I love softball too and I run track.

I stuttered and the magazine made me feel better that there are more people in the world that stutter. My stutter sometimes makes me feel embarrassed but now I like having it since it has gotten better. What has helped me is this stuttering card I have*. It says some tips when talking to me like give me the time I need, don't interrupt me, and give me the time I need and some more super great techniques.

Don't be afraid to talk and feel embarrassed with it, just be you and be confident.

Paisley, 10, Boonville, IN

**editors note: contact the Stuttering Foundation for your own card, just like Paisley!*



Hi! My name is Jake. I'm 10 years old and I stutter. I started stuttering more when I was in 2nd grade. I enjoy playing Roblox and Fortnite. My two favorite games in Roblox are "Adopt Me" and "Portal Rush". The first time I played these games they were hard, but as I kept playing more, I got better. The more I practiced, I moved up to more challenging levels. Advancing through Roblox is similar to learning my strategies to use when I stutter. I like to use a slow rate of speech, light-contact, pausing, and cancellations when needed. When I first started learning these strategies, they were hard. Now that I have been practicing these strategies in speech therapy, they are starting to get easier to use when I speak. If I could give advice to kids that are like me, it would be that your thoughts matter. It's important to repeat yourself to have your voice heard. It's okay to stutter and you are not alone.

Jake, 10, Lancaster, PA



Hi, my name is Parker. I love to play the games Fortnite, Roblox, and Spider-Man Miles Morales. My favorite anime is Naruto. I have been stuttering for a long time.

I'm 10 years old. My favorite food is corndogs. I love to play on my PS5.

Parker, 10, Waco, TX

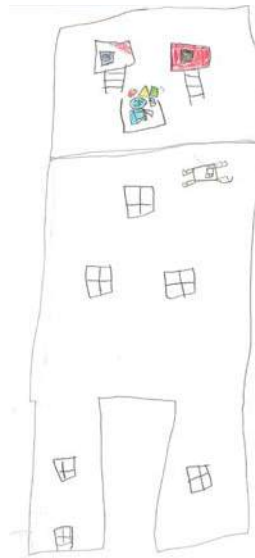




Hi, my name is Jeremy, and I am 7 years old. I go to Canfield Ave School in New Jersey and my favorite animal is a turtle.

I stutter when I am talking to anyone. I think it feels okay to be someone who stutters. My Dad told me that it's okay to stutter and that I should try to think first before I speak. I go to speech therapy at school, and we play games and do belly breathing. My speech therapist is very nice. I want everyone who stutters to know that it's okay to stutter!

Jeremy, 7, Mine Hill, NJ



Hi! My name is Garrison. I am 7 years old. I like to play Mario Kart and Roblox. I like to play with my hamster. I started stuttering a few years ago in kindergarten. When I stutter, I repeat words. It's helpful when people are kind.

Garrison, 7, Waco, TX

Hi, my name is Giulianna, and I am from Ecuador. I am in grade 5 and my main hobbies are drawing and karate. I started stuttering a few years after I moved to South Africa. At that time my stutter came and went. But at about age 8 it came back again and since then it hasn't gone away, but it has improved now that I go to speech therapy. One day my speech therapist, Heather, was organizing a picnic for all her pupils who stutter to meet. The picnic was on Saturday the 5th of March 2022. So that day my family and I went to the picnic and when we got there, I saw someone I recognized, he looked like a boy in my class called Nathan. I asked my speech therapist and she told me it was him. From then, I realized that I wasn't alone and that someone else was in the same situation as me.

At school I was never the popular one, but I was never the quiet one; however, this all changed when I got to grade 5. When I was in grade 4, I went to a school called Lakeside Education Academy and now that I am in grade 5, I still go there. When I was in grade 4, I was an online student, yet I was very talkative. But on the first day of grade 5 someone made a comment about my speech and since then I don't speak when I am online. If someone ever makes fun of you, tell your parents immediately. I did not tell my parents and it only got worse. Until now I am still the quiet one, but I hope to overcome the fear of speaking soon, because this is not who I am.

Giulianna, 10, Cape Town



Hello, my name is Salomé. I am 8 years old. I live with my mom, dad, and brother. I started stuttering when I was 5. I like to draw, play soccer, and dance. First, I thought it was embarrassing but my mom encouraged me. She was always there for me. But be confident in yourself.

Salomé, 8, Waco, TX



What It's Like

Stuttering is An annoying classmate.

It is always poking at me with their pencil or pulling my hair.

Most of the time, it's sitting in the back of the classroom, away from me. But sometimes, it's right next to me, staring at me or whispering at me. It never lets me answer a question the way I want to.



Stuttering is A shaken-up soda can.

If I pull the lid off too quickly, it'll burst, and I won't be able to say anything. But, if I pull it off slowly, maybe I'll get some soda out.



Stuttering is A clock.

When the hour hand is at 12, it's the prime moment.

At 3 o'clock, maybe it'll slow down a bit.

6 o'clock, and it's gone.

9, and I have time to maybe squeeze in a deep breath, but at 12, it just starts back up again.

Stuttering is A deck of cards.

I'll never know what's coming next.

Say it's a king of spades,

And I'm fine.

But an eight of hearts, and I can't talk.



Stuttering is Hard.

I feel out of control, It's exhausting.

It's like I'm speaking fluently in my own language and no one else knows how to speak it.

I'm full of unpredictability.

But I am full of perseverance.

I wish people would understand me the first time.

And yet I will never stop talking.

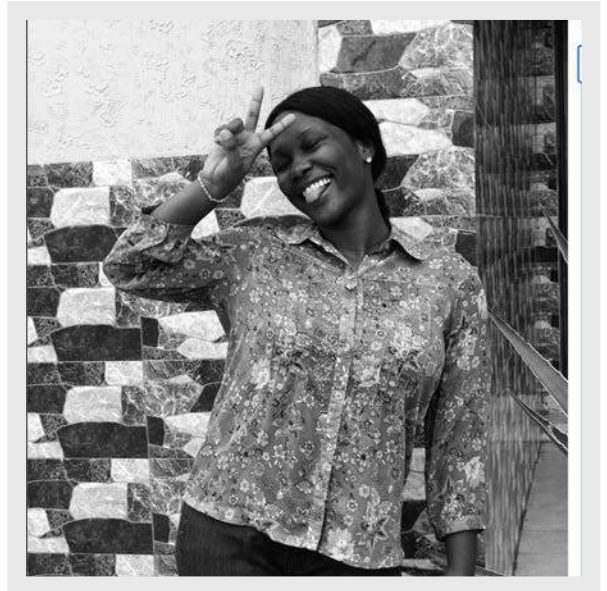
Charlotte, 11, Greenwood Village, CO



@stutteringfdn

SFA on INSTAGRAM

#stutteringfoundation



@yourstammerbuddy

Follow

yourstammerbuddy We all get obsessed with changing how we speak to become more fluent without realizing and acknowledging the basic thing which is —ACKNOWLEDGING YOUR STUTTER. Be aware of it, get to know it, respect your speech and then work on it. It is that simple.

Self-sabotaging – Negative thinking – Hiding behind the clouds. This cycle has to be broken. Start focusing on the right things. Getting yourself heard – Speaking up – Taking up the time you need to say the first word in a phone call, etc. Do these and repeat. Without any fear, favor or apologies given. Your speech pattern is not your worth. Your stutter is not your worth. How long it takes you to pronounce a word is not your worth. What people have to say about your stutter is not your worth. How you speak is GOOD ENOUGH and you are worthy of respect regardless of how you or anyone feels about it. You are worthy, PERIOD.

#stutteringfoundation

Be sure to tag us in your Instagram posts, we'd love to feature you in our next issue! @stutteringfdn and/or #stutteringfoundation



GIFTING MADE EASY

We are thankful for all of our generous donors! When you donate to the Stuttering Foundation, you can rest assured that your gift will go to support our program services, benefiting people who stutter (and those who seek to educate and serve them) all around the world.



CASH GIFTS

Checks can be mailed to:
Stuttering Foundation of America
P.O. Box 11749
Memphis, TN 38111-0749



OTHER GIFTS

Stocks, Securities, Remainder Trusts, Employer Matching Gift Programs, Annuities, and Retirement Asset Donations are just a few other ways to make a lasting impact with your donation dollar. Please check with your financial advisor, employer, and or legal advisor for details.



TRIBUTE GIFTS

Memorialize a deceased family member or friend with gifts to the Stuttering Foundation. Honor a birth, an anniversary, graduation, wedding, or any important occasion in the name of a loved one.



LEGACY GIFTS

It's easy to include the Stuttering Foundation in your will, and it will do a world of good! Contact us and/or your legal advisor for assistance.



DONATE FROM YOUR SMARTPHONE

Charitable contributions, and bequests to the Foundation are tax-deductible, subject to limitations under the code. We welcome gifts of appreciated stock for which you may deduct full market value for income tax purposes. The Stuttering Foundation is a recognized 501(c)(3) nonprofit organization and your contribution is tax-deductible to the extent allowed by law. Please check with your financial advisor, employer, and or legal advisor for details.

The Consolidated Appropriations Act, 2021 (the CAA) signed into law on December 28, 2020, maintains and expands the charitable contribution incentives originally enacted by the Coronavirus Aid, Relief, and Economic Security Act (the CARES Act).

The enhanced charitable contribution deduction benefits apply solely to qualified charitable contributions, which are contributions made in cash to a public charity or "50% charity." For these purposes, this includes a private operating foundation, such as the Stuttering Foundation.

WHERE ARE THEY NOW?: FRANCOIS “FRANCY” GOUDREAULT

SFA: It's been 10 years since we met you at the Stuttering Foundation Gala in New York City—what have you been up to?

FRANCY GOUDREAULT: Thank you again! Did you know that was my first time in New York City? It was so cool to be a part of that. To be honest with you, right after that event in 2012, everything changed for me all at once! My band, Hello Kelly, went into a long hiatus. There were a lot of reasons, and they're not very interesting so I won't get into it. But then I got married! My wife is the best. She's my best friend. We stayed in Nashville and I worked very hard to learn how to be a music producer. When you're a songwriter, you must rely on music producers to turn your ideas into songs. But sometimes producers don't listen when you explain how you want your music to feel. It's even harder when you have a stutter! So that's part of why I wanted to learn how to produce music for myself. After a while, my wife and I decided to move back to where I'm from, to London, Canada - it's across the border from Detroit. And now I get to be a music producer for other artists up here. My favorite part of the job is making sure I listen when the artist explains how they want their music to feel!

SFA: How has stuttering impacted your life during that time?

FG: When the band went into hiatus, I didn't realize how much that change was going to impact my life. You likely know that if you speak with a stutter, you're not affected when you sing. Getting to write songs and perform them on stage has always been a very special thing for me. It's liberating, almost like having a superpower. People who don't speak with a stutter tend to love that story. I'm glad they find it inspiring. But there's a second part of the story. I didn't realize I was doing it, but I had invested my whole identity in music because it made me feel so free. We all do that somewhat. For some people it's athletics or something else. For me, it was music. But then if that thing gets taken away somehow, you lose your whole identity! That's scary. It's like when Spider-Man loses his powers. I started thinking things like, "I'm less of a person because of my stutter" and "I'm not enough." I had to spend a long time working through those



feelings of shame. Now, I try my best to live a life free of shame. That's why I decided to get a tattoo of Rudolph the Red-Nosed Reindeer. It helped a lot! I love that character because he's different, but he's not ashamed of it. He doesn't let anything disqualify him.

SFA: Hello Kelly has a new album out—what are the band's plans?

FG: Yes! I'm very proud of it! When I learned how to make music from a healthier place, I decided it was finally time to make another project with Hello Kelly. It's such a gift to return to your first love with a fresh perspective! We called our new record Sweet Nostalgia. I grew up on music from the 80's, video games from the 90's, and Saturday Morning cartoons. I'm a nostalgic guy! When Stranger Things first came out, it completely blew my mind! I loved it so much. But nostalgia also has a dark side. We all know the people who live in the past. Nostalgia is a drug for some people. I wanted to write an album all about that. We pulled influences from our favorite 80's, 90's and 00's bands. Like Van Halen, Weezer, All American Rejects, and more! As a whole, the album plays like a coming-of-age summer movie. I'm more proud of this project than anything I've ever made! I believe that we can use nostalgia to remember who we want to be, but you'll have to listen to the album to see what I mean!



SFA: Anything special on that album that might resonate with people who stutter?

FG: Definitely! There is a song towards the end of the album called “Art.” I was chatting with a friend of mine named Andy who is the host of a podcast called Creative Pep Talk. If you’re a creative person, you should give that podcast a try. It has influenced my life and my work very much! But anyway, he asked me if I had ever written a song that told my story, plain and simple. I said no. He challenged me to write something about how it feels to make music as someone who speaks with a stutter. It was cathartic to put the lyrics on paper. Writing that song helped me to learn that “different” isn’t a “defect,” it’s a “feature.” That’s one of the things my friend Andy says on his podcast. I would love for the song “Art” to help people understand why creativity is so important. Not only for people who stutter, but for everyone!

SFA: What’s next for Francy?

FG: Let’s see, I’ve started to work on my first memoir. It’s going to be all about my journey making music as someone with a stutter. If you’d like to follow along with that, you can find me on TikTok at @vocalsbyfrancy. Aside from that, we’re in the rush of releasing the new album. When you read this, Sweet Nostalgia will be available everywhere! You can listen on Spotify, Apple Music, YouTube or wherever you get your music. We’ll also have merchandise and vinyls for sale through our website. Google “Hello Kelly” and you’ll find us! It might be cool to do a special piece of Hello Kelly merch for people who stutter. A shirt or a hat? If you like that idea, follow us on Instagram and let me know! We’re so excited to share this music with our friends and fans. We’re the most excited about investing in our local scene. There’s nothing more fun to me than stepping on a stage and performing. And the feeling of community is magical. If you’ve ever felt like a weirdo, try going to a local rock show in your town. Shows are full of weirdos and I bet you’ll make friends who understand you. Who knows, you might even decide to join a band yourself!

Find more information about Francy and his band, Hello Kelly at helloworldmusic.com

STUTTERING FOUNDATION Q & A:

ELI GOLDEN



The Netflix original movie, *13: The Musical*, which premiered on Friday, August 12, 2022, stars Eli Golden in his first lead role. The 14-year-old actor said he hopes showing off his singing and dance moves lands him on Broadway.

SFA: How have you been successful in your career?

ELI: Hard work! I want everyone around me to know and feel that I am putting 100% in all the time. I study other actors and what they do, and try to be meticulous about learning and developing my craft.

SFA: Do you remember when you first began to stutter?

ELI: I don't really remember because it started when I was very young, I think I was about 3 years old. Although everyone told my mom not to be concerned and that I'd grow out of it, my stutter became more evident and caused me a lot of frustration, so she sought support.

Location:

I am from New York, I live in New York.

Profession:

I am an actor and a singer/songwriter.

Family:

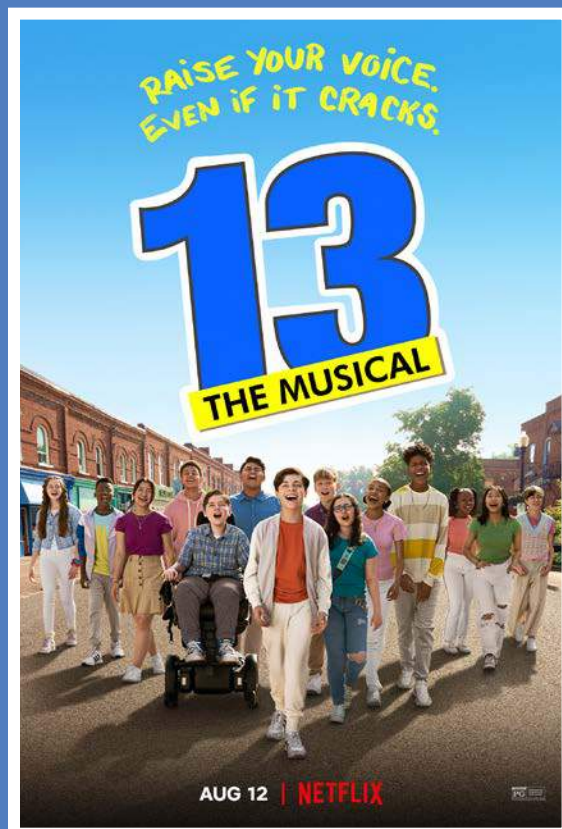
I live with my mom, dad, my sister, Lilah, and my two very silly and very adorable dogs.

Hobbies, Interests, Passions:

I love singing, acting, gaming, exercising, and playing/writing music

Passions:

I'm lucky because many of my hobbies and passions are the same. I love acting, singing, playing piano and guitar, writing, and traveling. So far, I've been to Europe, Indonesia, Mexico, and Canada, as well as all over the US.



Does it run in your family? Who else stutters?

ELI: I know that it often runs in families, but from what we know I am the only stutterer in my family.

Did you seek treatment? Did it help?

ELI: Yes, fortunately my parents got me early intervention. I was in speech therapy twice a week for almost three years. I learned tools that helped me, and continue to help me, stutter less and manage my frustration when I stutter while speaking.

Tell us about your experience with stuttering as a child.

ELI: As I mentioned, it started when I was very young and I had a lot of trouble starting sentences. The “wh” and “I” sounds were particularly difficult for me. My speech therapist, Elena Caffentzis, played games with me and helped me recognize that there were ways I could work with my stutter and around my stutter. She gave my parents and I homework and we practiced being a little more methodical about my speaking.

Has your stuttering gotten worse or better since you were younger? How?

For the most part, I don't stutter much anymore, although there are still moments when I do. I find that I tend to stutter more when I am going through a transitional period, or if I'm really excited or nervous.

How does stuttering affect you in your career?

Thankfully, I find it easy when reading lines! The words are already there for me so I don't have to come up with the thought and actually speak, I just get to say what is already on the page. For whatever reason, I never stuttered when I sang, so stuttering has gratefully never affected that aspect of my speech.

How is your stuttering today? What do you do to control or manage it, if anything?

I have good fluency now, however I did stutter more during the pandemic. I checked in with my speech therapist and she gave me good reminders. One of the things we spoke about is to elongate my words and speak a little slower. New York moves quickly and New Yorkers speak quickly, and my parents are both really fast talkers, so we've all had to learn to slow it down.



STUTTERING FOUNDATION Q & A WITH ELI GOLDEN

(continued)



What are the biggest challenges stuttering has presented to you?

The biggest challenge for me is the frustration I feel when trying to get my thought out. I'm super communicative, so not being able to start/finish a sentence the way I hear it in my head can be frustrating.

What is your greatest accomplishment with regard to stuttering?

I am able to work as an actor while having a stutter.

Based upon your experiences, what would you like to tell children who stutter?

It is ok! I know it sounds cliché but be you! Don't let the stutter define you because it doesn't and never will. YOU define YOU.

Based upon your experiences, what would you tell parents of children who stutter?

You need to have patience and understanding. Let children take their time and get the thought out for themselves. Don't speak for them, even if their voice is bumpy, because it's their voice and it needs to be heard. Treat them with compassion and love no matter what.

What else should we know?

I have an EP coming out very soon, and you can stream my song "Back To Me" on all streaming services now!



2022: IN MEMORIAM

Akinola Abolade
Joseph G. Agnello
David R. Berry, Sr.
Curt Betebenner
Marion A. Bishop
Dr. Oliver Bloodstein
Sister Charleen Bloom
London Bradley
Joseph Goodwin Brown
Muriel Brown
Mary Campagna
James M. Campbell
Michael Carlberg
Helen Z. Carr
Dr. Eugene B. Cooper
Michael and Mary Cristiano
Sherman N. Crocket, Sr.
Joan Wichter Crockett
Richard Curlee
Ed D.
Katharyn Elizabeth Fell
Demaree
Dr. William Dopheide
Tim Douthat
Marshall Bryan Dunaway
Major James Duricy
Dr. Joan Good Erickson
Edmund Evans
Elizabeth Fauconniere
Eric Todd Fetsco
Malcolm Fraser
Joseph R.G. Fulcher
Keith Gadbois
Annie Glenn
Carolyn Gregory
Dr. Hugo Gregory
Ina Hamburger
Robert Hejna
James D. Hellwege
Judy Hellwege
Tammy Hintz
Mel Hoffman
Dr. Stephen B. Hood
Marilyn K. Johnson
Arthur Jones
Sue Knight
Robert Kovats
Barry Liben
Dr. E. George Linke
C.L. Lott
Timothy McGuire
Timothy Meyer
Martha Pappas Mills
Eleanor Zigan Mou
Dr. Al Murphy
Joseph Murphy
Dr. Frederick Murray
Rupert Myers
Shirley H. O'Brien
Kathleen C. O'Neill
Joseph Orzechowski
Raffaele Parente, Jr.
William A. Parker, Jr.
Leon Parkin
Paul
Bill Perkins
Dr. Theodore Peters
Jim Peterson
David S. Phillips
Philip E. Powell
Alice Mae Preston
Virginia Puich
Edward Quinn
Dr. Alan Rabinowitz
Bibi S. Rashid
William Kyle Reed
Herbert M. Rein
Linda Holt ReKate
Michael Riggie
Esther Rothchild
Dr. Lisa Scott
Dr. Joseph & Vivian Sheehan
Sol Shoheit
Michelle S. Smith
Rita Ellen Smith
Kathryn Snogans
Mary Ann Southern
Laurent Michael Stebbins
Alfred Steinmetz
Dr. Courtney Stromstra
Mary Louise Lea Tidwell
Dr. William Trotter
Dr. Charles Van Riper
Ken Venturi
Fred and Virginia Wagner
Joan Warner
Mary Weadon
Ernest Weberling
Sherrie Lynn Kofsky Weinstein
Dr. Dean Williams
Bill Withers
Dr. Bruce Witkind
Dr. and Mrs. Elliot Witkind
Robert G. Young



STUTTERING FOUNDATION CELEBRITY CORNER

JOACINE KATAR MOREIRA

OUTSPOKEN POLITICAL ACTIVIST AND STUTTERING HERO

When we talk about elected officials who stutter, invariably these politicians stuttered in the past and found fluency to the point that most would not recognize that they ever stuttered. The most obvious example is President Joe Biden, but there are others like retired Congressman Frank Wolf and Ed Balls, former leader of the Labour Party in the UK. However, there is now a politician in Portugal who has defied all odds and still stutters badly. Joacine Katar Moreira has taken Portugal by storm and has risen above hurdles other than her stuttering. As an elected member of the Assembly of the Republic from 2019 to 2022, she did not let her fractured speech hold her back from speaking before the Assembly. It did not bother her that people had to wait until she was finished with her speaking.

Joacine Katar Moreira is not the typical member of the Portuguese Assembly of the Republic, to say the least. She was born in 1982 in the nation of Guinea-Bissau, which is one of the five former Portuguese colonies in Africa. The others are Angola, Mozambique, Cape Verde, and Sao Tome and Principe. She moved to Portugal with her family at the age of eight, and in 2003 became a naturalized Portuguese citizen.

Katar Moreira did all of her education in Portugal. She received an undergraduate degree in Modern and Contemporary History, and later earned a master's degree in development studies. Her Ph.D. is in African Studies. An outspoken activist during all of her academic years, she founded the Institute of Black Women in Portugal. She later made national history in 2019 by being the first black woman to head a party list in a Portuguese legislative election.

Speaking to the news agency EFA, Joacine Katar Moreira made a most memorable statement, saying that she has accepted that her stutter, "is very evident and that it is even quite spectacular, so it is absolutely impossible for someone to listen to me and pretend that I am not stuttering."



"I stutter when I speak, not when I think. The danger in parliament is individuals who stutter when they think."



Her campaign for the Parliament saw her speech disability as a major issue as many questioned her suitability for public office. Her reaction to this scenario was seen on national television—with in an interview with presenter and comedian Ricardo Araujo Pereira—and helped define her image. She said, “I stutter when I speak, not when I think. The danger in parliament is individuals who stutter when they think.”

A January 26, 2021 article in Face2Face Africa titled, “I Stutter When I Speak, Not When I Think – The Black Woman with Stutter Making a Difference in Portugal’s Parliament” addressed both her legislative initiatives and her struggles with stuttering. “Thus, Katar Moreira is now in Parliament as an independent deputy, but her public stance, showing how possible it is to live with stuttering, has earned her praise.”

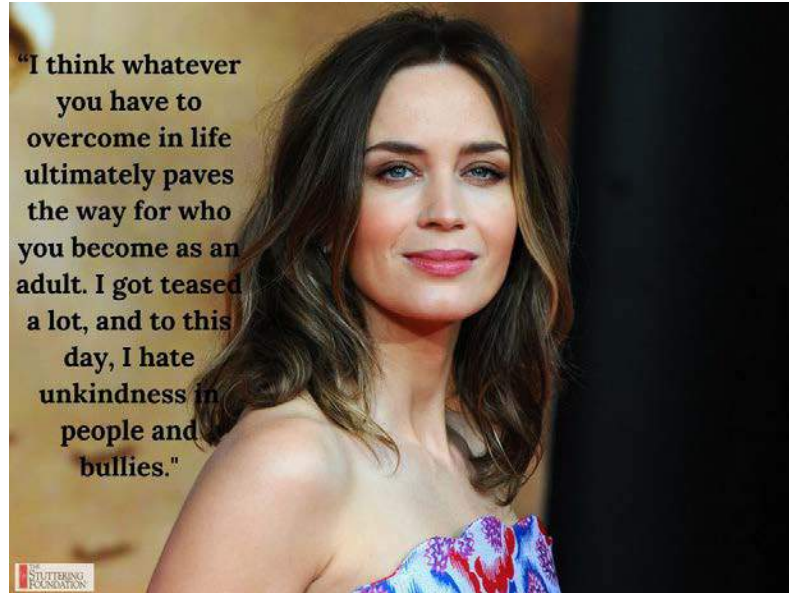
There is no shortage of videos on YouTube.com of Joacine Katar Moreira speaking in various situations such as speaking before Parliament, television interviews, and regular speeches. It is obvious that her extremely noticeable stuttering does not give her cause to hold back. Her speaking in Parliament forces the other members to be patient and listen.

Joacine Katar Moreira ended her parliamentary term on March 29, 2022, but she continues her national political activism as a private citizen for the time being. She is an inspiration not only to women who stutter, but also to anyone who may think that their stuttering is going to hold them back in their profession. Joacine Katar Moreira’s rise to serve in Portugal’s Assembly of the Republic put her on the radar screen and there is no doubt will be hearing much more about her in coming years.



Longitudinal data collected by the Stuttering Foundation showing the ratio of boys to girls during early childhood, ages two through five.

PSAge	PSSex	PSCount	Age Ratio	Total Ratio
2	F	1,266	40.28 %	6.85 %
	M	1,877	59.72 %	10.15 %
		3,143		
3	F	2,171	33.35 %	11.74 %
	M	4,338	66.65 %	23.46 %
		6,509		
4	F	1,353	26.38 %	7.32 %
	M	3,776	73.62 %	20.42 %
		5,129		
5	F	973	26.21 %	5.26 %
	M	2,739	73.79 %	14.81 %
		3,712		
Overall Male Ratio:		68.84%		
Overall Female Ratio:		31.16%		
Total Count:		18,493		

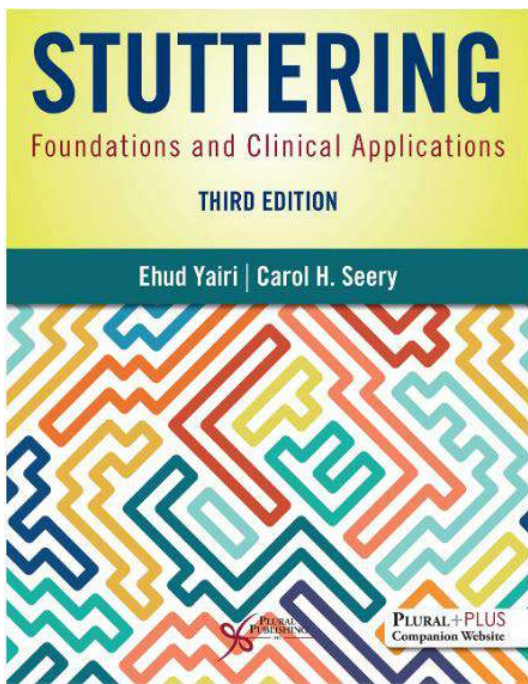


2022 GIFTS IN HONOR

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True Experts, A Searchlight Solution: **Sending Speech-Pathology Students on the Right Path, and Illuminating that Path**

Book Review by Edward Shvets



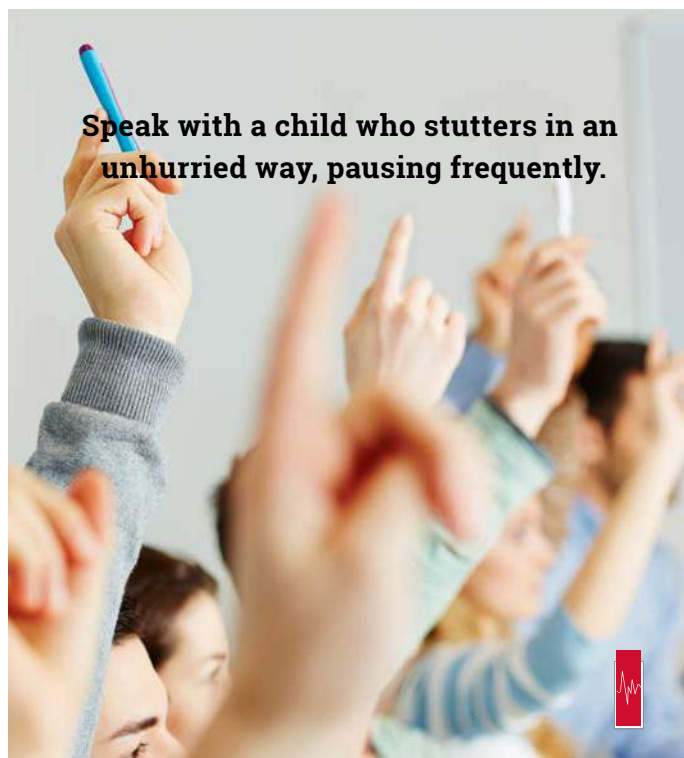
With the third edition of *Stuttering: Foundations and Clinical Applications*, Drs. Ehud Yairi and Carol H. Seery unravel the intricacies of stuttering, step-by-step and methodically, on the clinical and personal level alike, to equip the speech-pathology student with not only the thematic and scientific background but also the practical, working knowledge needed to become a “speech clinician par excellence.” This book is significant in that it foregrounds the issues in understanding, identifying, and addressing stuttering, and in tandem displays the complexity and nuance to penetrate the multifactorial, multifaceted yet far from occult nature and role of stuttering, thereby advancing the wellbeing of the stuttering community as a whole.

To start, we have before us a first-rate textbook. To an effect that will be invaluable for the student come exam day, the material is regimented. It is divided into three parts—Part I. Nature of Stuttering; Part II. Explanations of Stuttering; and, Part III. Clinical Management of Stuttering—which are further divided into chapters, which are themselves parceled in a tiered

structure that enumerates information and its implications in a lucid and mindful way. The book also provides numerous built-in learning tools: Students are likely to find the “Learner Objectives” at the start of every chapter and the “Summary,” “Study Questions and Discussion Topics,” and “Suggested Readings” sections included at the end of every chapter particularly useful. The authors encourage and show the reader how to systemically scrutinize and evaluate the role of everyday events, relationships, and other aspects of material and social life through a scientific lens in analyzing the development and formulating the treatment of stuttering. From there, the book’s structure pairs this strong empirical framework presented in a succinct, masterfully organized, and laconic manner with directly encouraging holistic “clinical responsibility” to embody not merely a textbook for memorizing material, but a practical logical-thinking device that reminds the student to what end they are studying, in what context, and why it matters.

Through not only going the extra mile by presenting a review of its explanations/theoretical perspectives and a “substantial clinical ‘how to’ guide” in addition to the general information on the nature of stuttering but also synthesizing such a breadth of knowledge in a cohesive, instructive single text, the authors transcend scant summary and offer a work of substantive analysis that can prepare the student for the demands of the difficult yet critical objective of becoming “good clinicians” who “understand why they do what they do” and are “able to communicate with their clients, and/or clients’ families.” The authors break down into parts and study the interrelationships of those parts to explain the origins and significance of stuttering and dig deep beneath the surface to unearth relations and distinctions that are not evident at first glance. In other words, this book fosters in students the critical skills and functional mindset that will enable them to appraise sources about stuttering, assign significance to causes in its development, and assess competing explanations. By taking the seemingly mammoth and unfathomable phenomenon of stuttering and itemizing its various parts and showing how those parts interrelate to both each other and on a larger scale, the authors enlighten and equip students on how to operate in a whole that is greater than the sum of its parts toward the higher purpose of effectively helping their future clients. Drs. Yairi and Seery throw light on how stuttering fits into the human experience and what the clinician can do to help, and painstakingly do so with a sense of direction only possible with years of experience and a vast survey of scholarship—their work stands as a powerful antidote to prevailing myths about stuttering (Link: [Stuttering Foundation--Five Myths About Stuttering](#)) and whole cloth research.

This book showcases an inspiring example of experts avoiding the streetlight effect. The age-old metaphor follows a man searching the ground under a streetlight and a second man (often a police officer, depending on the version) who agrees to help the first find his lost car keys (or home keys). After much time with no success, the second man asks the first if he is sure that he dropped his keys by the streetlight. The first man replies that he lost them in a park (or parking lot) a block away. In response to the exasperated second man bellowing why they have been searching under the streetlight all this time, the first replies: “Because this is where the light is.” From David H. Freedman’s *Wrong: Why experts* keep failing us—and how to know when not to trust them* (2010) to economist William Easterly’s *The Tyranny of Experts* (2015), a considerable, growing body of literature lambastes many researchers across various fields for imitating the man looking for his keys; i.e., looking for/contriving answers where it is easy rather than where they are most likely to be found, and misleading others to follow suit. Contrary to that trend, Drs. Yairi and Seery accomplish the masterful: They do what is hard and present it in a way that looks easy. To reverse streetlight effect terms, they brought a searchlight to the park and illuminated the path toward the keys—that is the hallmark of true experts. The speech-pathology student can be confident in following their lead, and the person who stutters can take comfort in the fact that a sensible pursuit of real answers is at the forefront of stuttering therapy instruction.



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chatterboxps Stuttering can be embarrassing if we think of it that way. Instead, think of it like this: a person who stutters elevates their other senses, which gives us an increased awareness of our surroundings. That's like having a sixth sense, which is like having a super power. We also belong to a select group, because approximately 3% of the world's population stutters. When we sit in the 3% of any category, we belong in elite company. So instead of being embarrassed of our stutter, embrace it, and think of it being an elite super power.
#stutteringfoundation

Be sure to tag us in your Instagram posts, we'd love to feature you in our next issue! @stutteringfdn and/or #stutteringfoundation



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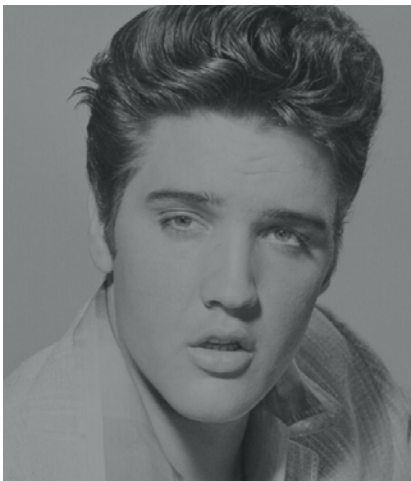
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"Whenever I get excited,
 I stutter a little bit. I have
 a hard time saying 'when'
 or 'where' or any words
 that start with 'w' or 'i'."

- Elvis Presley



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International Stuttering Awareness Day

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www.StutteringHelp.org



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You don't have a choice as to whether you stutter but you do have a choice as to how you stutter.

-Joseph G. Sheehan, Ph. D



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