2023 American Board of Fluency and Fluency Disorders Annual Stuttering Conference: Stuttering Therapy Across the Lifespan June 11 & 12 via Zoom

Conference Description:

The treatment of children and adults who stutter is complex because of the multifactorial, chronic nature of this communication difference. Therapy must be dynamic, client-driven and involve critical thinking. In addition, the clinician must cultivate a understanding of the diverse experiences of people who stutter, as well as understand a variety of ways to support therapeutic change. This interactive conference will focus on therapy across the lifespan while exploring evidence-based practice that encompasses a holistic, individualized, inclusive approach to treatment.

This intermediate level course will provide participants with a broader understanding of how to better serve children and adults who stutter.

ASHA CEUs:



Temple University

Intermediate Level 1.0 ASHA CEUs

This course is available for partial ASHA CEUs. CEUs are awarded only for sessions which a participant attends and completes attendance requirements.

The American Board of Fluency and Fluency Disorders will submit your CEU hours to ASHA within 45 days of the conference. In order to be eligible for CEUs you must:

- Attend the live sessions as they are offered on June 11th and/or June 12th.
- Complete the overall event survey no later than June 18, 2023, at 5:00 p.m. EST. This survey is where you will be given the opportunity to include your ASHA I.D. and indicate whether you wish to receive CE credit.
- It is the responsibility of attendees to log in to each session at the designated time. Attendees must be present for the entire session to be eligible to apply for ASHA CEUs, and should only claim credit commensurate with the extent of their participation in the sessions.

Registration fees:

\$130.00 for Professionals \$50.00 for Parents and Other Attendees

Time Ordered Agenda

Sunday June 11, 2023

12:00 pm - 1:00 pm EDT – Empowering Clients through Choice & the Therapeutic Dance- Elyse Lambeth and Glenn Weybright

 $1:00\ pm$ - $2:00\ pm$ EDT – Navigating School Structures When Working with Students Who Stutter-Timothy Flynn

2:00 pm - 3:00 pm EDT - The Lived Experience-Adults Who Stutter-Reuben Schuff

3:00 pm - 3:30 pm EDT - Break

3:30 pm - 4:30 pm EDT – Atypical Disfluencies: Evidence and Illustration of a Treatment Strategy-Kathy Scaler Scott

4:30 pm - 5:30 pm EDT –What did I Get Myself Into? A Panel on the Lived Experience of Young SLPs Who Stutter- Glenn Weybright

Monday June 12, 2023

12:00 pm - 1:00 pm EDT – Counseling Strategies to Empower Clients-Robert Reichhardt

1:00 pm - 2:00 pm EDT — Culturally-Responsive Guidelines for Serving Families of Bilingual Children Who Stutter-Ana Paula Mumy

2:00 pm - 3:00 pm EDT - Kid Panel-Kim Sabourin

3:00 pm - 3:30 pm EDT - Break

3:30 pm - 4:30 pm EDT - Trauma-Informed Stuttering Therapy: What It Is and Why It Matters-Chaya Goldstein-Schuff

4:30 pm - 5:30 pm EDT – Camps!-Kim Sabourin

Empowering Clients through Choice & the Therapeutic Dance (June 11th, 12-1pm)

Research supports increasing self-efficacy and empowerment in stuttering therapy. This course provides a framework for therapy that incorporates client-centered, empowering, and responsive strategies. The framework will then be connected to therapeutic dance. Participants will learn how to incorporate elements of making the dance happen in individual moments of therapy.

Objectives:

- Outline 3 strategies to increase client self-efficacy and empowerment.
- Identify 5 elements of the therapeutic dance.

Elyse Lambeth, MS, CCC-SLP, BCS-F received her master's degree from the University of Redlands. She is board certified in fluency disorders and currently serves on the board for the ABFFD. Elyse works with kids who stutter at Seattle Children Hospital, co-facilitates the Seattle Stuttering Camp for Teens, and coordinates various workshops and stuttering events.

Disclosures:

Non-financial: Serves as Chair for the American Board of Fluency and Fluency Disorders. Financial: None

Glenn Weybright, MS, CCC-SLP, BCS-F, is a Speech-Language pathologist in Portland Oregon and former adjunct assistant professor in the Department of Speech and Hearing Sciences, Portland State University. His bachelor's and master's degrees are from Portland State University. He is a

founding member of the Portland chapter of the National Stuttering Association and a senior staff member at Camp More, a summer camp on the Oregon coast for children and teens who stutter. Mr. Weybright is a person who stutters.

Disclosures:

Non-financial: Member of the Executive Board of the American Board of Fluency and Fluency

Financial: None

Navigating School Structures When Working With Students Who Stutter (June 11th, 1-2pm)

The purpose of this workshop is to present a contrast between fluency-focused and stuttering-affirming practices in school-based stuttering therapy while highlighting the perspectives of students who stutter. It will demonstrate how SLPs can adopt this new ideology to influence their clinical practice while informing school culture about the dignity and value of stuttered voices. Emphasis on navigating eligibility criteria, accommodations and goal writing will be included.

Objectives

- Identify the difference between fluency-focused and stuttering-affirming practices.
- Describe school-based guidelines and edibility criteria in manner that empowers students who stutter.

Timothy Flynn, M.S., CCC-SLP is a person who stutters and works as a speech-language pathologist within Arlington Public Schools, VA. He has worked as a speech-language pathologist for 13 years and is an active member within the stuttering self-help community. He facilitates numerous workshops for children who stutter, families, teachers, graduate students, and speech-language pathologists. He has co-authored multiple articles about measuring and altering public attitudes towards stuttering and school-based stuttering treatment.

Disclosures:

Non-financial: none

Financial: none

The Lived Experience – Adults Who Stutter (June 11th, 2-3pm)

A panel of adults who stutter will present how they experience stuttering in their everyday life and how they have changed their relationship with communication as people who stutter. This is often a deeply personal and transformational journey. Understanding how people who stutter cope, adapt and thrive is key to being outstanding therapeutic partners.

Objectives

- Develop communication goals which adults who stutter value that impact the quality of their life.
- Compare and contrast the personal experiences of different adults who stutter.
- Evaluate if a therapeutic approach is consistent with helpful experiences or if it could be harmful.

Reuben Schuff, MSAAE., P.E. is an aerospace engineer in Cape Canaveral, FL in the space exploration industry. He is also an author, traveler, Toastmaster, and juggler. He is a person who stutters and contributes to the stuttering community in numerous ways, including NSA, Friends, and Stuttertalk. He is the consumer advocate for the American Board of Fluency and Fluency Disorders.

Disclosures

Financial: None

Non-financial: Mr. Schuff is the consumer representative for the American Board for Fluency and Fluency Disorders, and volunteers with Friends – The National Association of Young People Who Stutter.

Atypical Disfluencies: Evidence and illustration of a treatment strategy (June 11th, 3:30-4:30pm)

In this session we will explore the current evidence regarding atypical disfluencies. This includes clarifying what disfluencies are classified as atypical, as well as explore several treatment approaches to support progress for clients.

Objectives

- State three types of atypical disfluencies
- Name one outcome of a treatment study related to syntactic treatment for disfluency
- List two therapy strategies for atypical disfluency

Kathleen Scaler Scott, PhD, CCC-SLP, BCS-F is an ASHA Fellow, a practicing speech-language pathologist, Board Certified Fluency Specialist, and Professor of Speech-Language Pathology at Monmouth University. Her research interests are largely in cluttering, atypical disfluency, and disfluency in concomitant disorders. Dr. Scaler Scott has spoken nationally and internationally.

Disclosures

Financial: I receive royalties on books that may be mentioned during this presentation.

Nonfinancial: none

What Did I Get Myself Into? A Panel on the Lived Experience of Young SLPs Who Stutter (June 11th, 4:30-5:30pm)

As brand-new speech language pathologists, SLPs who stutter bring a unique accessory to work every day: their own stuttering. In this one-hour panel presentation we will introduce 5 young SLPs and ask them why they chose this field, how they (or do they) disclose stuttering, how they deal with awkward moments, and how they handle the self- doubts that most of us had as new clinicians on top of worries about how they will be accepted by patients and colleagues because of their stuttering. We will ask about obstacles they have encountered and if there are any perks to being a speech therapist who stutters. Glenn Weybright will be moderating.

Objectives

- Evaluate for personal inherent bias toward speech language pathologists who stutter.
- Identify at least two strengths that panelists bring to their clinical work.
- Describe 3 ways you could use the experiences of these clinicians in your daily workday world.
- Describe potential risk that the SLPs who stutter take in becoming stereotyped by clients and families before the clinician has a chance to become known.

Glenn Weybright, M.S., CCC-SLP, BCS-F, is a Speech-Language Pathologist in Portland Oregon and a former adjunct assistant professor in the Department of Speech and Hearing Sciences, Portland State University. His bachelor's and master's degrees are from Portland State University. He is a founding member of the Portland chapter of the National Stuttering Association and a senior staff member at Camp More, a summer camp on the Oregon coast for children and teens who stutter. Mr. Weybright is a person who stutters.

Disclosures:

Non-financial: Member of the Executive Board of the American Board of Fluency and Fluency

Disorders. Financial: None

Kyle Pelkey M.S., CCC-SLP, is a Speech-Language Pathologist at the Chmela Communication Center in Buffalo Grove, Illinois and a former Chapter Leader of the Northeast Pennsylvania Chapter of the National Stuttering Association. Kyle received a Master of Science Degree in Speech-Language Pathology from Misericordia University in Dallas, Pennsylvania where he performed stuttering research focusing on neural-imaging studies using near-infrared spectroscopy. Kyle is a Facilitator at Camp Shout Out, a Co-Coordinator of the Camp Shout Out Community Connections virtual program and has presented at state, national, and international conferences.

Disclosures:

Non-financial: None Financial: None

Bethany Laratta, M.S., CCC-SLP, is a Speech-Language Pathologist in Portland, Oregon. Her bachelor's degree is from Northern Illinois University and her master's degree is from Pacific University. She is a co-leader for the Portland chapter of the National Stuttering Association and is joining the Camp More staff this summer, a summer camp on the Oregon coast for children and teens who stutter. Ms. Laratta is a person who stutters and is passionate about serving the stuttering community.

Disclosures:

Non-financial: None Financial: None

Courtland Emerson Crain, M.S., CF-SLP, is a Speech-Language Pathologist in Vero Beach, FL. He currently serves middle and high schools in the School District of Indian River County. He attended the University of South Florida for both his bachelor's and master's degree. As a person who stutters, Courtland has a passion for inspiring other people who stutter with an emphasis on increasing confidence and acceptance of stuttering. Courtland has been involved with several

stuttering organizations including The National Stuttering Association and SAY: The Stuttering Association for the Young.

Disclosures:

Non-financial: None Financial: None

Aliza Layman, M.A. CCC-TSSLD is a speech language pathologist in New York City. She received her bachelors degree from the University of Maryland and her masters degree from Lehman College. Aliza currently works for the New York City Department of Education at a public elementary school in the Bronx for children with autism. Aliza is a person who stutters who hopes to one day work with people who stutter and give back to the community.

Disclosures:

Non-financial: None Financial: None

Counseling Strategies to Empower Clients (June 12th, 12-1pm)

Counseling skills are critical to empower clients toward a more agentic life. This talk will familiarize clinicians with a variety of counseling approaches. We will explore the different mechanisms of each approach and how they may be integrated to empower clients toward agency.

Objectives:

- Describe the characteristics of 4 different counseling approaches used to facilitate the change process for people who stutter.
- Explain 3 ways of integrating use of counseling approaches in stuttering therapy.

Robert Reichhardt, MA CCC-SLP, BCS-F is a board certified specialist in fluency and fluency disorders and director of *Pathways Forward Center for Stuttering*, a private practice based out of Cincinnati that provides specialized care to individuals who stutter, clutter or have other fluency concerns. Rob is currently Vice-Chair of the American Board of Fluency and Fluency Disorders. He enjoys teaching and mentoring and is the instructor for the Fluency Disorders course at the University of Cincinnati. Across his career, Rob has mentored many colleagues in the evaluation and treatment of stuttering. He has presented on stuttering at ASHA, SpeechPathology.com, and the state conventions of Ohio, Indiana, Kentucky and Michigan. Rob has served for 17 years on the planning committee for Fluency Friday, an annual event in Cincinnati for children who stutter and their families. In addition, Rob has served as a facilitator at Camp Shout Out, a camp for children and teens who stutter directed by Kristin Chmela, MA CCC-SLP, BCS- and Julie Raynor, MA CCC-SLP, for the past eight years.

Disclosures:

Financial: Founder and director of *Pathways Forward Center for Stuttering*.

Non-Financial: Current vice chair on the executive board for the American Board of Fluency and Fluency Disorders.

Culturally-Responsive Guidelines for Serving Families of Bilingual Children Who Stutter (June 12th, 1-2pm)

This session will assist SLPs in developing their cultural responsiveness as it pertains to working with bilingual families, with a special focus on bilingual children who stutter. The vital role of the home language will be discussed as well as the far-reaching detrimental effects of removing or reducing use of the home language within the family unit. We will also challenge the notion of treating bilingualism as a "demand" or "burden" on a child's linguistic system. We will explore guiding principles for family-centered treatment, viable solutions, and practical recommendations for working with bilingual children who stutter and their families.

Outcomes

- Describe the interplay between language, culture, and identity as it pertains to bilingual families.
- Explain key findings related to bilingualism and stuttering and their clinical significance when working with children with communication challenges.
- Identify important principles for family-centered treatment for bilingual children and their families.

Ana Paula G. Mumy, SLPD, CCC-SLP, is a trilingual speech-language pathologist and professor. She teaches Fluency Disorders at the graduate level and provides and supervises clinical services for people who stutter across the lifespan. She also co-leads an adult chapter of the National Stuttering Association. Dr. Mumy is the co-founder and president of Spero Stuttering, Inc., a nonprofit organization that seeks to help, empower, and advocate for the stuttering community and their families by equipping those who work with people who stutter. She received the NSA's 2022 Professional of the Year award for her work and initiatives through Spero Stuttering. She enjoys singing, writing, reading, and traveling with her husband and kids.

Disclosures:

Financial: Employed by The University of Kansas (until 3/31/23); Employed by East Texas Baptist University (as of 4/1/23)

Non-Financial: Co-founder and President of Spero Stuttering, Inc.

KID PANEL (June 12th, 2-3pm)

An interactive panel of kids who stutter that will explore their lived experience and how to incorporate clients into the therapy decision making process. Kim Sabourin will be moderating.

Objectives

- Describe ways that children can participate in choosing their own therapy goals
- Explain the importance of helping children become experts in their own stuttering patterns

Kim Sabourin, MA CCC-SLP, BCS-F is an Assistant Professor and Program Director of the Saint Elizabeth University's MS in Speech-Language Pathology Program. She is a Board-Certified Specialist in Fluency Disorders, and her teaching and research interests are in stuttering and cluttering. She teaches the Stuttering and Other Fluency Disorders course, and she has mentored graduate student clinicians for many years at the Temple University Speech-Language-Hearing Center, where she was the Director of the Speak Now Camp for Adolescents Who Stutter since its inception in 2014. She will continue to supervise graduate students in the Saint Elizabeth summer camp program for

children who stutter, which is expected to launch in the summer of 2025. Before joining Saint Elizabeth University, she served as a faculty member at Temple University and the University of Maryland. She is also currently serving as a board member of the American Board of Fluency and Fluency Disorders.

Disclosures:

Non-financial: Member of the Executive Board of the American Board of Fluency and Fluency Disorders.

Financial: Employed at Saint Elizabeth University and receives a stipend from Temple University for Speak Now Camp.

Trauma Informed Stuttering Therapy: What It Is and Why It Matters (June 12th, 3:30-4:30pm)

The conversation on the impact of trauma is being explored globally and adds much value when applied to the lived experience of stuttering. This presentation dives beneath the surface and sheds light on the relationship between stuttering and trauma.

During this talk, we will explore different types of traumas and learn how stuttering can be a trauma. We will identify the fight, flee and freeze responses, and see how they relate to stuttering. We will define and understand the following terms: triune brain, Polyvagal theory, the vortex of trauma, and the window of tolerance. We will learn about the value of trauma-informed care and how to start applying trauma-informed practices to stuttering therapy for a more transformative therapeutic experience.

Objectives

- Explain how the trauma responses relate to the moment of stuttering
- Define "Triune Brain", Polyvagal Theory, Social Engagement System, and the "Window of Tolerance"
- Apply the principles of trauma-informed care to current stuttering therapy modalities

Chaya Goldstein-Schuff, MA, CCC-SLP is a speech therapist in private practice specializing in the treatment of stuttering across the lifespan. Chaya has worked in the public and private schools, and non-profit sector, including the American Institute for Stuttering in New York City. Chaya has had many involvements in the stuttering community including leading workshops at NSA and FRIENDS, and co-hosting the StutterTalk podcast. Chaya's primary mission is to advance the knowledge of stuttering therapy through a trauma-informed lens and resilience-informed care.

Disclosures

Non-financial: Chaya Goldstein-Schuff is co-host of the StutterTalk podcast. She receives no compensation as co-host.

Financial: Chaya Goldstein-Schuff is an associate at the Sisskin Stuttering Center.

Camps! (June 12, 4:30-5:30pm)

In this session, a panel of camp directors and clinical supervisors will discuss the benefits of summer camp programs designed specifically for children and teenagers who stutter with a description of camp curriculum and activities. Kim Sabourin will moderate.

Objectives

- Describe the benefits for children who attend summer camp programs designed specifically for stuttering
- Describe 3 general communication goals and therapeutic activities for children who attend summer camps
- List outcome measures for children who stutter following attendance in summer camps.

Kim Sabourin, MA CCC-SLP, BCS-F is an Assistant Professor and Program Director of the Saint Elizabeth University's MS in Speech-Language Pathology Program. She is a Board-Certified Specialist in Fluency Disorders, and her teaching and research interests are in stuttering and cluttering. She teaches the Stuttering and Other Fluency Disorders course, and she has mentored graduate student clinicians for many years at the Temple University Speech-Language-Hearing Center, where she was the Director of the Speak Now Camp for Adolescents Who Stutter since its inception in 2014. She will continue to supervise graduate students in the Saint Elizabeth summer camp program for children who stutter, which is expected to launch in the summer of 2025. Before joining Saint Elizabeth University, she served as a faculty member at Temple University and the University of Maryland. She is also currently serving as a board member of the American Board of Fluency and Fluency Disorders.

Disclosures:

Non-financial: Member of the Executive Board of the American Board of Fluency and Fluency Disorders.

Financial: Employed at Saint Elizabeth University and receives a stipend from Temple University for Speak Now Camp.

Kristin Chmela M.A., CCC-SLP BCS-F and ISHA Fellow spends the majority of her time working with individuals of all ages who stutter, clutter, or have fluency differences at the Chmela Communication Center in the north Suburban Chicago area. She is co-founder and co-director of Camp Shout Out, a therapeutic program for school age children who stutter that also provides hands -on -training opportunities for professionals and graduate students. Kristin was the former Chair of the American Board of Fluency and Fluency Disorders. She collaborated extensively with the Stuttering Foundation assisting with training videos, conferences, and publications and has co-authored two books focussed on ways to help school-age children who stutter. Kristin has been a consultant and clinical teacher at the state, national, and international level. In addition, Kristin has completed 400 hours of training in yoga and two intensive training programs in mindfulness. Kristin believes all benefit from choosing to evolve as communicators.

Disclosures:

Non-financial: none.

Financial: Intellectual property Chmela Courses and Products Ownership Chmela Fluency Center (DBA Chmela Communication Center), Royalties from products produced by Super Duper, Inc., Honoraria for work at Camp Shout Out.

Glenn Weybright, M.S., CCC-SLP, BCS-F, is a Speech-Language Pathologist in Portland Oregon and a former adjunct assistant professor in the Department of Speech and Hearing Sciences, Portland State University. His bachelor's and master's degrees are from Portland State University. He is a founding member of the Portland chapter of the National Stuttering Association and a senior staff member at Camp More, a summer camp on the Oregon coast for children and teens who stutter. Mr. Weybright is a person who stutters.

Disclosures:

Non-financial: Member of the Executive Board of the American Board of Fluency and Fluency Disorders.

Financial: Staff member of Camp More.

Elyse Lambeth, MS, CCC-SLP, BCS-F received her master's degree from the University of Redlands. She is board certified in fluency disorders and currently serves on the board for the ABFFD. Elyse works with kids who stutter at Seattle Children Hospital, co-facilitates the Seattle Stuttering Camp for Teens, and coordinates various workshops and stuttering events. The Seattle Camp for Teens is a collaborative event between the University of Washington and Seattle Children's Hospital.

Disclosures:

Non-financial: Serves as Chair for the American Board of Fluency and Fluency Disorders. Financial: Receives a salary for camp through a grant from Seattle Children's Hospital's Childhood Communication Center

Travis Robertson is a person who stutters and was a professional actor on and off Broadway for more than a decade. Travis started volunteering with SAY after moving to New York in 2002 and started as a Teaching Artist and program mentor with SAY in 2008. He joined SAY's full time staff in 2014 as the Director of Programming for Confident Voices and now serves as the Vice President and Camp Director for Camp SAY. He is passionate about supporting so many kids who stutter and does it all with the support of his incredible wife Danike and two lovely daughters Leena and Lillian.

Disclosures:

Non-Financial: Vice President and camp director of Camp SAY

Financial: Staff member at SAY (The Stuttering Association for the Youth)

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