

ONE VOICE



Incorporating *The Voice of ELSA*, the newsletter of the
European League of Stuttering Associations



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MESSAGE FROM THE CHAIR - ANNIE BRADBERRY

Dear ISA Membership

It has been a little over three months since I began my role to serve you as your chair. In this short time many people have asked how they can get involved and help. We are grateful to all of you and thank you for your patience. You can expect to hear from me or another board member shortly. We needed this time to review existing efforts, build committees, and discover what priorities need attention first. I've said this before and I say it often...every idea and every issue is one that is vital, needed and important. Taking the time to learn as much as we can about the organization inside and out will allow us to make the best decisions for all of us.

With this being said...we still need help. If you are interested in volunteering on one of our committees please reach out to me at anniebny@gmail.com and visit our webpage to learn more at <http://www.isastutter.org/what-we-do/committees-and-projects>.

...we still need help

I'd like to take this time to introduce our new board to you but before I do I must say thank you to all past board members for the foundation you've laid and recognize Keith Boss, our past Chair for his unwavering dedication to the stuttering community. Thank you Keith for your passion and for staying close by during this transition. Your assistance is greatly appreciated. Our new board consists of *Anja Herde* (Germany), who has been a board member prior to this year and I am happy she has stayed on board to offer us insight into the history of the organization and brings consistency. All our new members bring something special and unique to the board. They include *Pamela Mertz* (USA) - Secretary, *Andri*



Annie and Bruce, Atlanta World Congress

Bjarnason (Iceland) – 13th World Congress Iceland 2019, *Keisuke Saito* (Japan) – 12th World Congress Japan 2018, *Dhruv Gupta* (India) – Communications, Website, *Joseph Nsubuga* (Uganda), *Mitch Trichon* (USA) – Research and Resources, and lastly, *Bruce Imhoff* (Australia) – Vice Chair, who is doing a bit of everything as we get more help, working behind the scenes for several years and will be

someone that will help me in my role to move the organization forward. To learn more about us, visit <http://www.isastutter.org/who-we-are/board-of-directors-current>.

We are grateful to all of you

Our most recent World Congress in Atlanta Georgia, hosted by the National Stuttering Association, was very special to me. As a member of the NSA for over 37 years, you can say I grew up with the NSA and the stuttering community. Being able to sit around a large table with fellow stutterers from all over the world is an experience and memory I carry with me. The power of coming together and seeing the passion and energy was not only heartwarming but exhilarating. To be a part of something so wonderful makes me proud to be connected with all of you.

I look forward to the future and excited by the great ideas of our committees and volunteers. This is our organization and we need all your ideas. Please reach out if you would like to share your thoughts, volunteer, or just say hello.

Sincerely

Annie B.



NEWS FROM THE EUROPEAN LEAGUE OF STUTTERING ASSOCIATION

ELSA



THE EUROPEAN LEAGUE
OF STUTTERING ASSOCIATIONS

registered charity 1074561



ELSA is currently taking stock, progressing leads as mentioned in the last edition (37) of One Voice.

Project funding has been an important part of ELSA's work over the last 25 years. In the past project funding came from the European Commission. With ELSA being registered in the United Kingdom, the referendum vote means the UK will leave the EU at some stage. This is likely to impact on ELSA's ability to host larger meetings and to seek funding for stuttering related projects.

However, with ELSA being a member of the European Disability Forum (EDF) this means we are not "out of the equation" as EDF is funded to a large extent by the European Commission and its

members come from both EU and non EU countries.

There are other funding streams in Europe, for example from the Council of Europe, and these are being explored.

The ELSA website is currently under maintenance and we hope to have that up and running again in 2017.

Given the above this gives the board of ELSA together with some external colleagues interested in our work to review the next phase of ELSA's work.

We will update you in a future edition of One Voice.

*By Edwin J Farr MBE
Chair of the European League of Stuttering Associations (ELSA)*

WORLD CONGRESS 2018



DELHI SELF-HELP GROUP MEETING ON 14TH AUG

Hello everyone, my name is Shailender.

The Delhi Self-Help Group (SHG) meeting was held in One Internet (Connaught Place). This is a special meeting as this was the first time we organized combined activities with two SHG's Hyderabad SHG and Pune SHG. In which our all members talk to Pune SHG and Hyderabad SHG members to practice of calling. The meeting was attended by 5 PWS whose names are: Dinesh Ola, Jagriti Bhagat, Gundev (New), Shailender (Host) and Rahim (Old but first time in Delhi SHG meeting).



Theme of meeting was **Calling Practice and Use of techniques max to max.** Meeting was totally based on theme. I reached the venue bit late as because of heavy rain in morning and continuously attending calls of members. Meeting started at 11:30 AM with 3 minutes meditation. Activities performed in meeting are:-

1. Brief introduction Round: This time all the members are looking very energetic in introduction as two member out of 5 attended first time but all are looking confident. Gundev finished its introduction in 2 lines but when we asked them about of his stammering of childhood then we need to stop him in middle as time was up.

2. Calling Practice: In this round our Delhi SHG member has to talk to other SHG member where

meeting running on. This time only two other meeting going on in Pune and Hyderabad. In first time we talk to Pune and only two ready to talk other two denied to talk. But after two successful calling, when we talk to Hyderabad SHG the other two also ready to calling. All calling experience was very energetic. Even we get very positive response from Pune and Hyderabad SHG too.



3. Techniques Sharing Round: In which all the members take part of sharing the techniques as we have the new member Gundev. We talk about Volunteer Stutter, Acceptance, Bouncing, Prolongation, Pausing etc

4. Extempore Round: In this round we gave to everyone a random single line and one has to make story after this line for 30 seconds. As we are only 5 then we did this activity in 3 rounds and everybody get chance to speak max to max.

5. Pausing Techniques Practice: In this round we made a paragraph where there we put comma after every 2 or 3 letters. Everybody has to read the paragraph and in each comma everybody has to take pause for 1 or 2 seconds. Everybody amaze to see that in reading that paragraph the stammering was very controlled. Gundev love this technique. The Paragraphs was:

A, monkey, named Frank, wanted to put, together a puzzle. Frank, decided, to eat the puzzle, because Frank, is very silly. Frank, began, to feel sick. Then, Frank's friend, tried to help, with the puzzle, and saw, that a piece, was missing. Frank's, friend, I will, call him Jim-Bob, started looking, for the missing piece. Frank, looked, very sick, and had, to go, to the hospital.

6. Parchi Round: In this round we made a 28 topic in a page everybody choose a number and on this serial number which topic exist everybody has to speak on topic. But the condition is everybody has to choose a techniques and speak with using techniques. Gundev this time to use pausing as he love to use pausing. Other technique he tried but not able to use.



7. Extend the line: Then we did a activity where a person say to his right side person any random line and other person has to complete it with a single line. Then the other starts with his right side person. But the condition is everybody has to use technique and if anybody skip it then he or she to start it again.

8. Energizer activity: Every stammerer has the fear of shouting. To encounter the fear we did this activity everybody has to shout his name very loud then everybody has to do volunteer stuttering in shouting of his name. We also want to shout a voice very loud but that is not permitting this venue.



9. Feedback: Then Dinesh Ola give the Feedback to everybody.

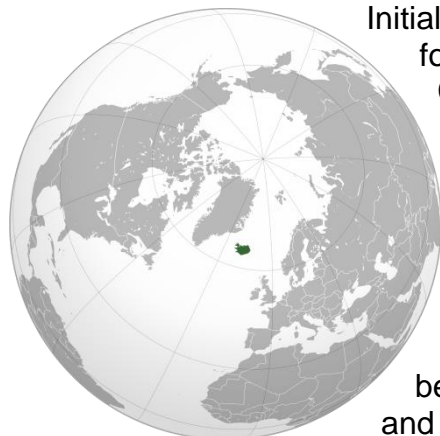
Then there as start competition of who is writing the blog even Dinesh, Ola and Jagriti use the coin toss for who is writing the report on blog. But I win. In last the meeting is successful and informative.

*August 15, 2016
By Shailender Venaiyak*

Article sourced by Dhruv Gupta, ISA Board member.



WORLD CONGRESS IN ICELAND 2019 (ANDRI BJARNASON)



Initial planning stages for the World Congress in Iceland in 2019 have started but are in the very early stages. The location and the theme have been discussed and a number of

locations are being considered, including Reykjavík and Hveragerði, a town that is 45 minutes away from the capital area by car. The hotel in Reykjavík is called Hilton Reykjavík Nordica and can accommodate around 150 people.

Additionally there are many other lodging



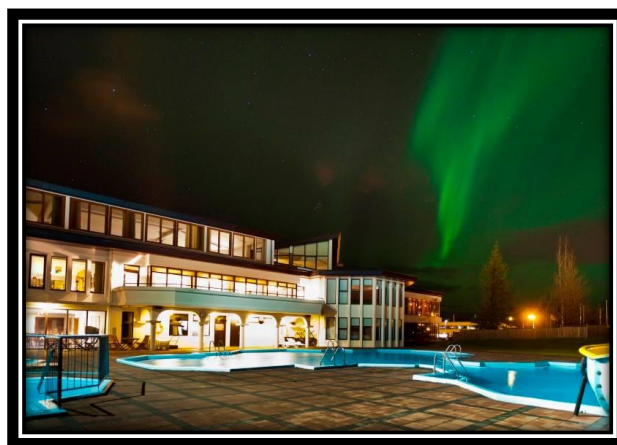
Hótel Örk

options in the area, as this hotel is very close to central Reykjavík. The hotel in Hveragerði is called Hótel Örk and can accommodate around 100-150 people. Also there are, of course, other cheaper options nearby. Since the congress will most likely be held during the summertime, there are a few camping areas in the area as well, for those considering a lower cost option.



Hilton Reykjavík Nordica

Presently the board is leaning towards the location in Hveragerði for two reasons. Firstly, it is closer to nature. People can go hiking and horseback riding and there are hot springs nearby that are open for tourists. Secondly, it goes well with the theme that is being discussed which is Icelandic nature and culture.



Hilton Reykjavík Nordica

More news as we progress with arrangements!

Andri

A SCHOLARSHIP RECIPIENT FROM CAMEROON

I am very excited to talk about the 2016 World Congress of PWS. I am a member of the Speak Clear Association of Cameroon (SCAC), a stuttering association supporting people who stutter in Cameroon. July 2016 afforded me a unique opportunity not only to gather with people who stutter, more so to meet speech specialist, SLP students and support group leaders that are doing one work or the other, helping children and adults who stutter. The hospitality of the Americans was warm coupled with the good summer climate which was much the same like that of my home town. It also afforded me to meet such great people in the field of stuttering face to face that i have been in communication with for more than a decade and half.



to all French Speaking delegates present in the congress. He understood I could feel better more at home if I spoke my first language. That was what the conference was all about.

Sharing and making everyone have a place. Stronger together as birds of a feather proving that we belong to a great world and no one is alone. I had the opportunity to make a open mike speak for the first time though it was quite weird having to hear my voice in a loud speaker but all the same was a great experience. I wish I could have several of those opportunities.

I attended a wonderful Yoga workshop that I enjoyed so much. For the first time I learnt that Autonomic nervous system activation, syntactic complexity, motor control issues, and improper breathing patterns could be identified as several possible contributing factors to stuttering and relaxation methods such as yoga are identified as potential treatment option for PWS and has shown to be beneficial to the population and even me.

I am thankful of the National Stuttering Association for hosting this wonderful event and for working too hard for the resounding success.

I would like to cite some few observations that could be issues that could be fixed in the coming future conferences. The NSA on the other did so well to consolidate the culture of the NSA annual come together to the extent of the congress of not having a real international touch. We did not have a family picture like you would find in every snapped proudly in every World Congress. If there was one we African delegates were not aware. Anything else was magnificent. I am excited and can't wait to see you guys again in Iceland in 2019. May God bless America.

Jonas



Being my first World congress ever attended was like a dream come true thanks to the organizing committee and the Congress donors who made it easy for me to attend through scholarship programme. This had been my struggle since 2002 when I began receiving stuttering help via internet. I am grateful for the opportunity that was given to me that has gone a long way to shape a better life for me as a stutterer and for renewing my strength to creating stuttering awareness in Cameroon. I did enjoy every bit of the conference from workshop to workshop, plenary sessions and also the special food at the new congress attendees lunch. I ate some o very delicious sandwich that I can't recall the name again. I had the opportunity to talk to many people from different nations. I have very good memories of this great and amazing guy Dustin Guay from Los Angeles who made sure I spoke



TRANSITION AND GRATITUDE: A THANK YOU TO VICE PRESIDENT BIDEN

In the United States, it is a time of transition and intense emotions that relate to the recent elections. Whether we look to the future with hope or concern it is important to recognize and be aware of the successes and knowledge gained from the past.

In the stuttering community, we too must acknowledge the successes of the recent past. It helps us to understand where we've been and the choices of where we can go.

Within the International Stuttering Association

(ISA), our past Board of Directors have given their time, their ideas, and have shared their passion for helping people who stutter and to them we should all be grateful for their service. There is another leader within the stuttering community who will be leaving his position soon, Vice President (VP) of the United States, Joseph Biden. Even though the oaths he's taken were for his country or state, he often lent his voice to bring awareness to experience and challenges often associated with stuttering. As England's King George IV and Winston Churchill were beacons of light to people who stutter from the late 1930's through today (thanks to The King's Speech screenwriter, David Seidler, who also stutters), VP Biden has also captured the imaginations of many challenged by stuttering.

Biden came up on my "stuttering radar" in 2004 when he was a Keynote Speaker at the National Stuttering Association (NSA) conference in Baltimore, MD. He was charismatic and emitted enough confidence to go around the room. He shared his journey as a child who stuttered. He showed compassion when listening and empathy when responding. I was fascinated by

the combination of his woes, his successes, and his leadership stature as a U.S. Senator. As his address to us was winding down I finally mustered up the courage to inquire about the lack of research and education about stuttering.

In his response he referred to the research at the National Institute of Health (NIH) and his willingness to continue to talk with other leaders in the stuttering community to further this cause. And he has delivered!!



After taking the Vice Presidential office, Biden continued throughout both terms (8 years) to show his generosity by giving his time to stuttering organizations including the NSA, the Stuttering Foundation, the Stuttering Association for the Young, and the American Institute for Stuttering (AIS). He has sent the most heartfelt video messages, letters, and notes to be played and/or read at various events. He openly discusses his stutter in some of his speeches and interviews as the VP of the U.S. (e.g. The View). Biden, and a number of brave celebrities have helped to reduce the stigmatization of stuttering over the last decade.

In June of 2015, members of my extended family accepted President Obama's invitation to celebrate the heroics Sergeant William



Shemin (relative) and Private Henry Johnson, who were both posthumously receiving the Medal of Honor for World War I. I was optimistic about the possibility of talking with VP Biden and share my gratitude for what he has done for the stuttering community. Unfortunately, his son Beau (another military hero), succumbed to brain cancer, and Biden was in mourning. Having lost my father, William Shemin Trichon, to cancer and taking his place at the White House, I could only imagine the sorrow he had for the loss of his son and the Shemin's let it be known in our card to him.

One year later, I would be blessed again to have the opportunity to watch VP Biden, along with Bruce Willis and Clarence Page, inspire others who stutter at the AIS Gala. In preparation for the event, my mind's eye swelled with hope of connecting once again with Biden. With a book of Irish poetry in hand to remind him of his reciting days that helped him gain confidence in communicating, I tried to leaving this small token of appreciation for what he has done in the stuttering community, but with security so high and time so short, it wasn't meant to be.

So with this article for One Voice and a readership of people who stutter from all over the world, I'd like to use this great opportunity to say:

*Thank You Vice President Biden!
We have been so blessed to have
you as one of our great advocates for
people who stutter. We hope you
continue to be a part of this great
community and continue to inspire
others to find their voice.*

I hope this article helps you, the reader, reflect upon your own stuttering journey over the last decade. Where have you been? Where are you today? Where do you hope to be tomorrow? What bridges can you build to make it easier for the next ones who walk our path? Make a difference in your local stuttering groups and associations.



*Mitchell Trichon, PhD, CCC-SLP
La Salle University, Faculty
Stutter Social, Co-Founder*

INTERNATIONAL STUTTERING AWARENESS DAY ONLINE CONFERENCE

Each year the International Stuttering Awareness Day Online Conference runs from October 1-22, finishing on International Stuttering Awareness Day.

This is an important event bringing together professional Speech and Language Pathologists, those learning to become a Speech and Language Pathologists and People Who Stutter.

The theme this year was Stuttering Pride. Respect. Dignity. Recognition.

You can visit the online conference at <http://isad.isastutter.org/isad-2016/papers-presented-by-2016/>. It will remain online for viewing at any time, as do all previous conferences.

While the online conference runs for three short weeks, months of effort go into the activity, both before and during the event, to try to ensure a content provided is appropriate and the user experience is pleasant. This year we had 35 submissions, as well as opportunities to ask questions of experts in Speech and Language Pathology and a forum focused on mental health aspects.

I would like to thank the great team that helps deliver the conference, Anita Blom, Dan Hudock, Keith Boss, Scott Palasik, McKenzie Jemmett, and Hanan Hurwitz. Without these people the online conference just wouldn't be possible.

Submissions this year that I found particularly exciting include;

Re-visioning stuttering through art, where the authors showed us where art has been used to represent stuttering in new and different ways. Then there is People Who Buffer: Theatrical Stories by Stammerers, where a group in India are exploring stuttering with theatrical performance.

Amongst those new directions we have professionals with significant contributions such as Stuttering Intervention and Professional

Preparation: From Both Sides Now by Dr David Shapiro, talking about the experiences of both the clinician and the PWS, reflecting on the difficult roads for both sides, together with clinically useful tools such as the Bilingual Self-Report for Persons Who Stutter by Lourdes Ramos-Heinrichs and Sandra Garzon.

Last (but certainly not least) we have a range of submissions from PWS themselves, telling us about their stories, how they've helped others, or what it took for them to change. Awe inspiring stories.

So please, take the time to visit the online conference, read some of the submissions and who knows, next year you might even write a submission yourself!

Hope to see you there!

Bruce Imhoff



Respect. Dignity. Recognition.

International Stuttering Awareness Day

October 22, 2016

isad.isastutter.org

NEWS ABOUT WORLD CONGRESS IN JAPAN 2018 (KEISUKE SAITO)

Hello to everyone who stutter in the world!!

The 12th World Congress for People Who Stutter will be held in Hiroshima, Japan in July 2018.

This congress will be held jointly with International Stuttering Association (ISA), International Fluency Association (IFA) and the International Cluttering Association (ICA) for the first time.

Currently, ISA/IFA/ICA joint team is holding meetings to finalise the theme. There have been many suggestions.

This congress will be a wonderful "One World" gathered by "Many Voices" of People Who Stutter, People Who Clutter, Researchers and Clinicians!!



In Japan, JSGA (Japan Stuttering GENYUKAI Association), a self-help group, and JSSFD (Japan Society of Stuttering and Other Fluency Disorders), an academic society, work together.

They will welcome you in the culture of "OMOTENASHI" in Japan.

In addition, Hiroshima will be able to touch Japanese culture and history from World Heritage sites "Itsukushima Shrine" and "A - Bomb Dome".

We will continue to post information on the World Congress Japan 2018 in One Voice and we would like to enhance your interests.

Let's go to Japan that will be "One World"!!



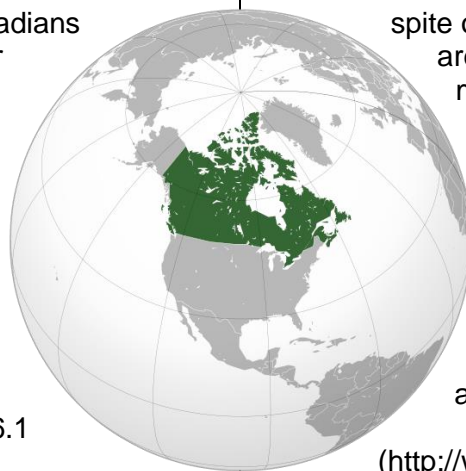
L'ASSOCIATION DES BÈGUES DU CANADA : PAST, PRESENT, AND FUTURE

Founded in 1985 by Laurent Bouchard, l'Association des bégues du Canada (ABC) is a not-for-profit association which aims at supporting French-speaking Canadians who stutter. More specifically, our mission statement is directed towards demystifying stuttering in the general population, and reaching out to people who stutter to bring them out of isolation. Our offices are located in Montreal, in the Province of Quebec. Some demographics for International readers : about 85% of French-speaking Canadians (i.e., about 6.1 millions out of 7.1 millions) live in Quebec. Additionally, about 78% of the population of the Province of Quebec (i.e., 6.1 millions out of 7.8 millions) speaks French. Therefore, it is no surprise that the vast majority of our membership also comes from Quebec.

Our Association fulfills its mission through a number of activities and communication tools. Support group meetings are being held twice a month at our Montreal offices throughout the year, except during summer months. Additionally, we are working to have meetup groups organized in other cities; Quebec City and Sherbrooke are on the radar. We held a few Google+ Hangouts earlier this year; we need to increase participation and invest more time and energy to make these online Hangouts successful. Furthermore, we have organized one-day meetups for the past three years, in Montreal, as a way of celebrating International Stuttering Awareness Day (see the account of the event that was held last October in this issue of "One Voice").

Guest speakers (we had Daniele Rossi presenting in French last year!), workshops, and an open mic session make up the program of this important event for our Association. "Communiquer", our quarterly newsletter, informs our members of the current and upcoming activities at the Association, new developments in stuttering research and

treatment, tips and tricks on positive stuttering management, and stories from some of our members who have reached personal goals in spite of their stuttering. e-Newsletters are prepared and sent to our e-mailing list as needed, serving as timely reminders of upcoming events at ABC. We also offer several brochures providing basic information on stuttering to schools and speech therapy clinics upon request; many of these brochures are free. Several books on stuttering are available for sale



(<http://www.abcbegalement.com/livres-disponibles/>). Our home page is <http://www.abcbegalement.com/>, and we are also present in social media. We have a private Facebook group (<https://www.facebook.com/groups/abcbegalement1>), a private Google+ community (<https://plus.google.com/u/0/communities/105380241477936895445>), and a Twitter account (@ABCbegalement).

Last May, the ABC Board held an intensive one-day meeting to work on a five-year strategic plan for our Association. Some major strategic goals, and means of reaching these goals, were devised. We need to outreach to a greater number of people who stutter within the population that we serve. We plan working on advertisement campaigns to increase our exposure and promote our association.

We would also like to enhance collaborations with other stuttering support organizations, in Canada and abroad. Contacts have been established with the Canadian Stuttering Association (<http://www.stutter.ca/>), which serves mainly English-speaking Canadians, and with l'Association des jeunes bégues du Québec (<http://www.ajbq.qc.ca/>), a Quebec-based association which serves children who stutter. Outside of Canada, contacts have been made with stuttering support associations from French-speaking countries including France,

Ivory Coast, Senegal and Cameroun. ABC intends to work on strengthening these relationships in Canada and in French-speaking countries worldwide.

We encourage French-speaking people who stutter, from Canada and the francophone world, to contact us for additional information on the services our association may provide. Finally, we invite national stuttering support associations to reach out for us and help us

build relationships that will ultimately benefit the stuttering community.

Amicalement,

Jean-François Leblanc
President
Association des bégues du Canada
abcbegaiement@bellnet.ca

Article sourced by Pam Mertz, ISA Board member.

PHOTOS FROM THE WORLD CONGRESS



BANGALORE STAMMERING SHG – WHAT WAS AILING IT INITIALLY AND HOW IS IT NOW?

Initial meetings

The first meeting of Bangalore stammering self-help group (SHG) happened on 13-Sep-2009 and it went on till 11-Apr-2010 with at least a few participants. After this there was a meeting in which nobody turned, up other than me, and then there were no meetings for a long time. After a few months Karthk took the initiative to rejuvenate it and decided to meet at Cubbon park on alternate days in the morning from 28-Aug-2010. The details of the meeting on 28-Aug-2010 can be read at <http://t-tisa.blogspot.in/2010/08/bangalore-shg-meeting-on-28-aug-2010.html>. This went on for some time but didn't continue for long.



them a lasting cure. SHG surely is a place where they can learn some techniques used by fellow stammerers but TISA and SHGs try to convey the message that there is no known cure for it. In other words, it remains with us throughout the life though there are some cases in which a cure is reported. We can manage it. For that, we should accept ourselves as stammerers and learn how to deal with it. We have to do those things from which we always used to run away and work on our communication skill. SHG is to be used for that. Whenever these points about cure and acceptance are conveyed some of the participants become upset which subsequently lead to them not turning up. Maybe, the coordinator in me failed in conveying the points clearly or in a more diplomatic way.

What went wrong?

When I look back I feel the factors which contributed to the downfall of SHG initially were these; expectation of the participants that they would find a cure in SHG, not much attractive activities in SHG which help them in improving the communication skill and the same person doing the role of coordinator. Let me go through these points a bit more in the following sections.

Most of the people consider SHG as a place where they could learn some techniques which would cure their stammering. Most of these people come to SHGs after trying different methods like speech therapy, psychotherapy etc. They would have not seen much improvement in their situation or would have experienced relapse after seeing improvements. They think SHG might give

The second point was about working on communication skills and giving opportunities do things which the participants were scared to do. Though the SHG was run taking into consideration the views of the participants and we had some activities like slow reading, speaking about a topic etc, there was no structured agenda. By nature, most of the stammerers are introverts and they do not open up. So there was not much input about the activities they wanted in SHG. So most of the time it was limited to introductions, discussions about the problems faced, practicing some of the techniques and very rarely somebody presenting a topic. It would not have helped them in improving their communication or attacking their fears.

The last point was about the same person running the SHG continuously. Initially though Amit was available as a coordinator, I had to

take up the role of coordinator due to his non availability. So the SHG was run on a monotonous way, though I used to take the feedback from the participants on the activities they wanted. Unfortunately as pointed out earlier, not many ideas came out. Though we tried running the SHGs by identifying a volunteer who would take over the coordinator role in a particular meeting, it was again run in the same way! So fresh ideas were not coming up.

How the SHG was revived

Though the SHG was dormant for more than a year, some more people like Dinesh joined the SHG google groups and they suggested, modelling the SHG meetings on some of the famous personality development and communication skill development programs. The discussions went on for some time and Dinesh planned a meeting on 26-Feb-2012 at Madiwala. The details can be read at <http://t-tisa.blogspot.in/2012/02/bangalore-shg-meet-26th-feb.html>

How is it different now?

Though the SHG still conveys the message that there is no cure for stammering, that is more than offset by addressing the other two issues with the previous SHG. Maybe the present coordinators are better than me in conveying the messages!

As was mentioned earlier, the SHG meetings are now modelled on some of the concepts from well-known programs. They are well structured and the attendance in the meeting is steady. This itself is a proof that the people are getting benefits and are enjoying the activities. I understand that they also plan get-togethers and some outdoor activities. The details of the meeting are available in TISA blog (<http://www.stammer.in/blog>).

The meetings are now run by different people on a periodic basis. It helps in giving a chance to different people in taking up leadership role and also in bringing in fresh ideas. Previously it was held in Madiwala and now it has come back to the old place of Cubbon park. Some of the old participants like Pramod, Karthik are still active. They also have a WhatsApp group which helps in staying connected.

This means most of the issues plaguing the initial SHG were taken care of and it is running successfully now. Attending SHGs will be the best way to deal with stammering. If interested the person can even take over the role of the coordinator! So please go ahead and join the Bangalore stammering SHG by sending a mail to shgblr@googlegroups.com.

*February 18, 2016
By Sudheendran Avittathoor*

Article sourced by Dhruv Gupta, ISA Board member.

THE MANCHESTER BRITISH STAMMERING ASSOCIATION CONFERENCE 2016

The British Stammering Association conference 2016 in Manchester attracted around 200 people to a weekend of talks, workshops and socialising around stammering. The overarching, inclusive theme for the conference was 'improvement'. The attendees and workshop organisers were asked to think what this broad theme could mean to them: whether it could relate improving fluency, improving communication skills or improving societies understanding and acceptance of stammering. The attendees for the conference came from a wide-variety of backgrounds, although predominantly people who stammer there were also speech and language therapists and academics.



on through several of the workshops of the conference. However, workshops covered a great variety of topics. They were sub-divided into four themes: self-fulfilment, research, community and goals. With four high calibre workshops on at the same time in each time slot, the main challenge was choosing which one to go to!



The conference began with a champagne reception held in the Manchester University Halls. The room quickly became filled with the sound of conversation as old friendships were re-kindled and new friendships begun. This was followed by dinner and – for some – a night socialising at the bar.

The Saturday morning saw the workshops start. The main event was a keynote speech by Ed Balls, a former senior politician in the UK. Ed gave a moving account of his own journey with stammering and in particular highlighting the positives stammering had brought him: "having a stammer made me a better communicator... It made me authentic". This positive approach to stammering was to be one thread that carried

The Saturday ended with a gala dinner. The entertainment was provided by stammering stand-up comedian Chris Douche. Next was my personal highlight of the conference, a 'one-night-only' band, composed entirely of people who stutter, played out an electric mix of songs related to stuttering. The night featured rock anthems, such as 'My Generation' by The Who and 'You Ain't Seen Nothing Yet' by Bachman-Turner Overdrive, to the pleasure of the guests.

Following the celebrations of the previous evening, attendees were relieved to have been granted a relatively relaxed start time of 9:30. The second keynote was from Grant Meredith, an Australian lecturer who stammers. Grant gave a speech encompassing all themes of the conference, including his research into stammering and his own life as a stammerer. Grant inspirational talk highlighted the benefits stammering had brought him during his career. After three more sets of workshops, the conference closed with the moving "open-mic"



offering people in the audience a chance to share their experience and feelings of the conference.

The closing of the conference was, as always, bitter-sweet. These brief utopias of acceptance and understanding allow people who stammer to unite in shared experience. They offer an opportunity to learn, grow and make new friendships. Their closing is painful but it offers us the chance to take the feeling of positivity

back into our normal social spheres allowing us to alter ourselves and society for the better.

A huge thanks to the commitment of Max Gattie, Jen Roche, Ian Hickey and the rest of the Manchester Stammering group for a great conference!! Take a look through #BSAinMANC16 for more details

Patrick Campbell

Article sourced by Pam Mertz, ISA Board member.

PHOTOS FROM THE WORLD CONGRESS



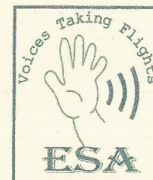
FROM A SCHOLARSHIP RECIPIENT - UGANDA



EASY SPEAK ASSOCIATION

For a World that Understands Stuttering

P.O. Box 11508 Kampala, Tel: 0772-490338, E-mail: espeak2003@gmail.com



Our Ref:.....ESA/10/16.....

Your Ref:.....

Date:.....29th Oct. 2016.....

The Chairman,
International Stuttering Association

Dear Sir/Madam,

I have the pleasure to introduce myself as Joseph Nsubuga a Ugandan and am a person who stutters since child birth. I am the founder and coordinator of the only one charity non-political non-profit organisation for people who stutter in Uganda.

Stuttering in Uganda is still regarded as a curse from ancestors and many don't see it as a disability. There are very few or no therapists and therapy courses and this means there are not employable here. The traditional methods of stuttering include herbs, ashes and eating of wild game with a view or belief that stuttering can be chased out of the victims. The blames is squarely put on the parents of the stutterers. We organise seminars in school holidays and Sunday after prayers.

Fortunately I was lucky to attend the world congress in Atlanta courtesy of ISA SCHOLARSHIP. I can't hesitate to tell the stuttering community worldwide that I came out of the congress a CHANGED MAN in the following ways;

- I got many stuttering friends from various associations around the world which have created a link for post congress cooperation.
- I was nominated to the ISA board for the first time.
- I got a chance to have a temporary free therapy by association with professional worldwide.
- I managed to get speech presentation skill before a big audience.
- I got techniques in poster presentation and interpretation.
- I managed to improve on my seminar/conference organisation knowledge which will help me in our local meetings.
- i managed to increase on my understanding of stuttering through information sharing with global stuttering persons.
- Public address skills. When you are a stutterer you tend to fear speaking before a fluent audience with unfair perception. During such big gatherings, things like eye contact, self-advertising, word prolongation techniques and stuttering desensitization are clearly used since the audience is welcoming.

Its upon these benefits that i request the ISA and IFA to always help financially those delegates from disadvantaged region where therapy and therapists are very scarce. This helps the global balance of information on stuttering. Looking forward to being of good service to the ISA worldwide.

Joseph Nsubuga (Scholarship Recipient)



SPEAKING ABOUT STAMMERING

Naveen is one of the members of the Bangalore self-help group (SHG) from the very first meeting itself. I still remember the first meeting and was really surprised to see a person like him in the meeting as he was speaking fluently. He told he acquired this habit when he was in seventh standard and that he was a good speaker and an actor before that. He spoke a lot about the problems of stammering like running away from situations in which he had to speak and his struggles to hide his stammering. He told none in his company knew he was a stammerer.

Recently he sent a mail to the group telling he faced some personal tragedies and was living in his native place which was around 100 KMs from Bangalore and was travelling daily to Bangalore and back. His stammering had also aggravated due to this. In addition to that he was denied a promotion to the managerial post in his company. His CEO felt he had some attitudinal issues as he always used to reply in monologues to him and always avoided talking to him over the phone. He did this as he didn't want them to know about his stammering. He asked for suggestions to come out of this situation.

Most of us including Dr. Sachin suggested him to speak to the CEO about his problem and to avoid hiding his problem. Though he was a bit apprehensive, in the end he decided to speak to him about this. After a few days he sent a mail telling he had a discussion with his CEO about stammering. His CEO told him that he knew about his stammering and that he was waiting for him to talk to him about this! He promised all his help to him and asked him to work on his presentation skill and prove to himself that he was a good presenter.

After a few days, he sent one more mail telling he talked to one more director of the company

and she also told she knew about his stammering and used to communicate to him only through the mail because of that. He always used to speak in monologues and she thought that was the best way to talk to him! She advised him to practice yoga and meditation and offered all the help.

These incidents show the advantages of not hiding the stammering. We undergo a great amount of tension hiding our stammering and most of the time stammering comes out on its own without our knowledge. Most of the time the listeners are not concerned about the stammering but about our habit of running away from the situations and going into a shell. Sometimes they might even offer help! So, let us not hide the stammering. Let us remove some tension by openly speaking about it.



Editors Note: The author of this entry, Mr. Sudheendran Avittathoor, was the writer of the story in the feature length film, Su Su Sudhi Vathmeekam (2015), that was based on his life from age 4 to 40 growing up with a stutter. The film won the Silver Lotus Award at the India National Film Awards 2016 and Kerala State Film Award 2016.

*February 14, 2016
By Sudheendran Avittathoor*

Article sourced by Dhruv Gupta, ISA Board member.

A BETTER COLLABORATION – GERMAN SELF-HELP CONGRESS 2016

The 43rd German Self-help Congress in 2016 was held under the theme “speech therapists, psychological therapists and self-help are working hand in hand?!”, from 29th of September until 3d of October 2016 in Wiesbaden, Germany.



During this four congress days, people how stutter from all over the country, as well as speech professionals and psychologists, came together to discuss the motto and to learn from each other. In addition to that, the congress was packed full with a wide ranging program.

The beginning and closing days of the congress are often used for leisure activities or sightseeing, as was the case at this congress.



The main congress started on Friday afternoon with a podium discussion about the theme, where representatives from each group – self-help, speech and psychology - were invited to present.

After introducing their profession and their opinions regarding the theme, the participants had a stimulating discussion about if it makes sense to work together. Common sense was that in some cases it truly does makes sense to combine the speech therapy with self-help and a psychology therapy, because of the very diverse challenges for people how stutter in their lives. A collaboration of all three aspects has the opportunity to complement each other's competences and would be a holistic approach for people who stutter to better cope with all the burdens.



After this content enriching input and podium discussion, the congress team officially welcomed all participants in the evening with a big opening event. Following that, the congress included the annual general meeting from the national self-help organization BVSS on Saturday, which was also used to discuss possibilities about how to increase the engagement of people how stutter in Germany, and to increase membership figures of the BVSS.



In addition, people were able to attend different seminars to expand their knowledge about stuttering or how to manage it. For example, there were workshops offered for parents of stuttering children and a workshop for desensitization or playing theater.



After the workshops, the most relaxed part and highlight of the congress started on Saturday evening with a very delicious gala dinner - respect to the catering company – and a nice program, where workshops presented their results, people held speeches, with theater performances and lots of music, party and dance.

After lots of interesting conversations, learning and fun, the official congress ended on Sunday morning, with the traditional “open mike”, where everybody had the chance to give feedback to the congress.



Finally, the congress organization team was praised for an all in all great congress and the new organization team was introduced to the membership, because the organization team changes every year. So I am looking forward to next year. See you then!

Kind regards

Anja Herde

WORLD CONGRESS IN ATLANTA, UNITED STATES

Coming home

There's nothing like a World Congress for People Who Stutter (PWS). It's not just meeting your own circle of friends who stutter. As soon as you enter the hotel lobby, it's like having been adopted and suddenly finding your international family you didn't know you had. People who GET it. PWS as well as family members, friends and clinicians. Being amongst so many who stutter, coming from all over the world, you are no longer the odd one out. So with my heart beating faster, with a mix of tiredness from the long journey and excitement of what was about to come, it was nice to get into the cool Hyatt Regency hotel in Atlanta, Georgia, USA, with an outdoor temperature of 30-35 degrees, looking forward to greet over 800 participants from 27 countries.

Humble, thankful, cultural

The NSA (National Stuttering Association of America) was this year's host. They have many years of experience in organizing annual conferences for their members and their routines provided a varied program for all, so also this year. Unfortunately the routine might have been the reason many participants did not even know that this was an international congress! What makes a world congress so special is to feel the cultural diversity, listen to the struggles and learn from the successes from countries we know so little about. It's humbling to learn how countries with hardly any therapy, equipment and understanding, still manage to do such an amazing job paving the way for PWS in their countries. It was also hopeful to see so many young people from many different countries, knowing their national stuttering associations will have a future thanks these young people paying it forward.

ISA membership meeting

The International Stuttering Association (ISA) had its membership meeting the day before the start of Congress. The ISA now has a new board and a new chairperson, Annie Bradberry (USA). The energetic, skillful and international new board and advisory board will work towards less, but feasible projects, and the new ideas that were expressed during several meetings during the congress,

made me look forward to the planned activities of a fresh and active organization.

Japan, Iceland or why not both!

During the ISA meeting, the members voted for the next World Congress. The International Fluency Association (IFA) presented their idea of a joint World Congress together with the International Cluttering Association (ICA) and the ISA, in Japan in 2018. At the same time the ISA routine has been to have a national member association organize a World Congress every third year, so the Iceland stuttering association Malbjorg presented their idea of a traditional ISA World Congress in beautiful Iceland in 2019. After discussions about the pros and cons, the members voted for ... both! Thus, a joint IFA/ICA/ISA World Congress in Japan in 2018 and the ISA World Congress in Iceland in 2019. After these two we will know if we are to continue together or go back to our previous, separate routines.

A smörgåsbord of workshops

Not only does everyone get a tag with your name on, the tag also tells what country you're from and your connection with stuttering. A tag could say "International", "speaker", "parent / sibling", "SLP" "20something" "first timer" etc. This makes it easy to connect to people you are interested to meet, and at the same time say Hi to all the first timers and make them feel at home. And each group has, besides the regular program, their own workshops and lectures.

Each day consisted of workshops and a variety of outdoor activities, such as visits to the Coca Cola factory, bowling, tours etc. The evenings, however, were better to spend inside with friends because of the demonstrations following a fatal shooting earlier that week. It was wonderful to see presenters from different countries and to get different perspectives on stuttering from PWS, family and friends and clinicians, with up to 10 different workshops at the same time to choose from!

You could fill your "smorgasbord plate" with experiences from people from all over the world and of all ages, learn from therapies and

research, get inspired by activities that are being done, share tears and laughter, or just meet up and share lives.

The first day ended with the official opening with speeches, songs and finger food, and the mingling, which is just as important as the workshops, as this is where you share tips and experiences and get inspired by how people deal with stuttering around the world.

To raise money and members

To organize such a major event donations are important. Donations from companies, but also donated items from participants, being sold through silent and non-silent auctions. It was interesting to be able to place a bid to try and buy all from designer shoes to handmade articles, from gift certificates to articles signed by celebrities and much more. I myself had donated things I had made, which were sold for about \$ 100 and I myself am now the proud owner of several videos with the famous artist Scatman John (Larkin), who had his own way of singing and had a megahit about stuttering (I'm the Scatman). Throughout the congress people were reminded about the important work of the stuttering association, how important it is to become a member, and to help strengthen its voice. As this is highly unusual in my parts of the world, we have a lot to learn.

Similar, yet different

To go to a big congress organized by a large organization is very educational. More hands make the job easier. More members give a stronger voice, more grants, more employees etc and the upwards spiral is a fact. But we should not forget that the whole political and cultural way is completely different from ours. While the NSA doesn't receive state funding, they found new ways to get money and attention. Their organization is a national one (continent), with local groups (states), while for example in Europe, a national organisation is a country (state) and the local groups cover just a small area (province or less). The NSA has self-help groups with someone who leads the group, which may be a

different person from time to time, while in Sweden the law says each local group must have a board, while each group is totally sovereign and has to find their own funding.

The NSA as a continent has activities also for children, where everyone speaks the same language, while in Europe most countries have their own language, which is the reason there are international youth meetings, but only national children camps. The percentage of NSA members is lower than in Europe. Moreover, the culture is very different from ours, where it's ok to show pride, having "hallelujah-moment" workshops and a keynote speaker that makes the whole hall singing hip hop, while in Europe people are not as expressive and more bound to keep a low profile.

The congress is not only a learning experience. It also demands tissues. Lots. To hear people opening up and share their private stories to the audience at the open mike sessions. To see people who are afraid to speak suddenly get on stage, cry their hearts out, but do it anyway. To see a kid who's having a rough time getting a video message from Bruce Lee's daughter and getting presents from Bruce himself. To see adults on stage with a strong message. To see kids singing on stage with pride and self-confidence. To hear the stories of people who have to eat the weirdest animals as a "cure", making you feel blessed.



Togetherness

The Congress ended with dinner and dancing until midnight, after which many got ready for the journey home. I myself went home with a lot of new ideas and a new Olympic fire burning within me, with which I hope to light fires in my home country. My first World Congress was in Sweden in 1995, where people from all over the world were singing "stutterers in the night, we are together" (Mel. Strangers in the night). And again I leave with the same feeling of togetherness. As together we can make the ISA vision become reality: A world that understands stuttering.

*Anita
Sweden*

MY AWESOME TRIP TO THE NORDIC STUTTERING SEMINAR 2016

I've been attending and participating in Canadian and American stuttering conferences for seven years and was always eager to check out conferences in other countries. That opportunity came up when my friend, Anita Blom, told me about the [Nordic Stuttering Seminar 2016](#) taking place in Finland from September 2 to the 4th. "There will also be an optional trip to Tallinn, Estonia", Anita added.

Visit not one but two new countries? And meet new people who stutter from across Europe? Count me in!

Free your stutter in Finnish nature

Hosted by the [Finnish Stuttering Association](#), the seminar took place at a spa hotel beside an enormous lake and surrounded by large, beautiful trees in [Hämeenlinna](#), a city about an hour's drive north of Helsinki. It's no coincidence that the theme of the seminar was "Free your stutter in Finnish nature".



What a great time I had! There were many icebreakers, a lake cruise, a nature group photography workshop, a scientific workshop where we got into groups and discussed environmental factors in stuttering, group saunas,



toured a medieval castle, and hotel room parties. Everyone spoke English and were very welcoming to me and my fellow first timers.

There were about 60 attendees including 30 young adults from across Europe. Fun fact: the Nordic seminars started out being attended only by people from the Nordic countries but over time,

more attendees from the rest of the continent started to attend as delegates from the [European League of Stuttering Associations](#) (ELSA) meetings wanted to travel to other places to meet each other again. They felt the Nordic seminars were the perfect fit. So now, the seminars are becoming more international. With me and my American friends, who also attended, adding a little more international to the mix!

There's a bright future as more young people are attending as well. "I've watched them grow up and now they are chairmen, board members and organizing conferences such as this one", Anita explained. I could tell she was very proud of "[her] kids".

Anita also told me that every year, the Nordic seminar is held in a different country in Northern Europe. "The neat thing about the Nordic Seminar is since it's organized by the host country's stuttering association, there is something different every year".

The Nordic seminars also have a fun tradition at the end of the formal dinner on the last night. Attendees from each country get together to put on a "show". For instance, this year attendees from Iceland got everyone to stand up and perform the Iceland soccer team's Viking call famous during the World Cup; attendees from Sweden acted out a trivia game complete with props; the Norwegians did a rap/dance; the Americans did an

elections sketch; attendees from Finland translated and sang a famous Finnish folk song to a ukulele. Being the sole representative from Canada, I gave a one-man Canadian trivia show giving away copies of my book as prizes while I explained a few fun facts about my country, and our two national associations, the [Canadian Stuttering Association](#) and [Association des Bègues du Canada](#).



Strolling around Tallinn, Estonia

The trip to Tallinn, Estonia was hosted by the [Estonian Stuttering Association](#) and was equally a lot of fun. After a relaxing 2-hour ferry boat ride watching the sunset, we were picked up by the friendly members of the Estonian Stuttering Association and brought to our really cool hotel. The following morning, they treated us to a guided walking tour and taught us the rich history of Estonia and the various landmarks around the beautiful medieval, walled city of [Old Tallinn](#). We also toured its secret tunnels along with a trip to the offices of the Estonian Stuttering Association and paid a visit to an ex-soviet-era prison! We ate in really cool restaurants that were beautifully converted from former farms and beer distilleries.

My new friends and I enjoyed Old Tallinn so much that we retraced our steps at night to see the entire city – old and new – all lit up complete with panoramic views. Everyone was stuttering openly and comfortably. In fact, the topic of stuttering rarely came up. We were all good friends hanging

out, enjoying each other's company. And we just happen to stutter.

I have always said on [my podcast and book](#) that one of the best things a person who stutters can do is to hang out with others who stutter. With all the new friends I've made and hung out with, this was one of the best trips I've had in a long time!

Just like the NSA motto says, "If you stutter, you aren't alone".

Actually, I'd also like to say that if you stutter, you may never travel alone! On my way back home to Canada, I made a three-day stopover in breathtaking Iceland. It was a trip on my own to



explore one of my bucket list destinations (though I found that three days was much, much too short. What was I thinking?). Thanks to a kind offer from Árni Birgisson, a new Icelandic friend I made at the Nordic seminar, to show me around the sights of Reykjavik on my first day, I learned so much more than the average tourist. Nothing beats checking out a new city with a local! In fact, during the Nordic seminar, I've heard many stories of old friends visiting each other's home countries and going on vacations together.

In fact, before heading over to Hämeenlinna, I stayed in Helsinki with a few old friends of mine from the United States who I met at NSA conferences and have been or are currently Stutter Social hosts. On our first night in Helsinki, we joined a group of Nordic seminar attendees which included a few people who I've previously met at this year's joint World Congress in Atlanta, U.S.A. We were celebrating a friend's birthday who, speaking of which, will be travelling to the

U.S. this year to visit friends she made at the congress.

See why I say stuttering is cool?

After a lifetime of covert stuttering and fearing social situations, and relatively recently letting my stutter out and making new friends in the process, these kinds of experiences are truly a breath of fresh air and a great way to be motivated to live your life stuttering confidently. Plus, you don't feel alone in your stuttering.

Hope to see you next year!

In 2017, the Nordic Stuttering Seminar will be taking place in Lillehammer, Norway, another country on my bucket list travel destinations...



Daniele Rossi is a cartoonist and digital media creator living in Toronto, Canada. He has been active in the stuttering community since 2007 when he launched his [Stuttering is Cool](#) podcast. In 2013, Daniele published an [illustrative motivational book about living with stuttering](#) with the same title which is currently being used as a textbook or teaching aid in 7 universities across North America. In 2011, Daniele founded [Stutter Social](#), co-facilitating group video chats for people who stutter with regular participants from over 50 countries. Daniele is an adjunct board member of the [Canadian Stuttering Association](#) and draws comics for the newsletter of the [Association des Bègues du Canada](#). Daniele started stuttering when he was 4 years old when disco was all the rage.

HIGHLIGHTS OF THE MINUTES OF THE ISA MEMBERSHIP MEETING

Tuesday July 5, 2016
Hyatt Regency Hotel, Atlanta GA. 30303 USA.

See <http://www.isastutter.org/world-congress-minutes-2016> for the full minutes.

21 people signed in for the ISA Membership meeting with 11 member countries represented (for voting purposes) and an additional 2 countries in attendance.

A statement by the outgoing Chair, Keith Boss, was read by Vice Chair Gerald Maguire. Financial report and statements were presented

and accepted. It was noted that most of the funds were applied to scholarships with minor costs for website. ISA needs to be clear with strategic direction and to have clear management of funds aligned with the mission and vision.

Scholarships were discussed briefly including the disappointing outcome that 4 of the 8 awarded scholarships were unable to attend due to problems getting visas. Scholarship recipients should have 6 months' notice to ensure sufficient time to arrange visas.

The meeting agreed that



the ISA should invoice both 2015 and 2016 fees where not paid.

Hanan talked about his work with people from Africa to help set up self-help organisations including materials, Facebook page and website. Successes included Botswana, Togo, Morocco, Mauritania, The Gambia and Liberia but there were many barriers, including logistics of sending printed materials, but the impact of printed materials is considered significant.

ISA needs to do more proactive help for third world countries in Africa to get them started and give them advice and tips for public relations, provide better overall project management support and follow up, or do the work themselves. Online self-help kits available to download in different languages would be helpful.

Two bids to hold the next World Congress for People Who Stutter were put forward, Iceland in 2019, a stand-alone World Congress, and Japan in 2018, a World Congress in collaboration with the International Fluency Association and the International Cluttering Association.

Iceland presented their Reykjavik 2019 option. Japan presented their Hiroshima 2018 option in combination with the International Fluency Association and the International Cluttering Association. After much discussion it was agreed that ISA would support both events.

Bruce spoke briefly about the International Stuttering Awareness Day online conference working with the team Anita Blom, Dan Hudock, Hanan Hurwitz and Keith Boss, with additional

effort going into related awareness type activities this year including selling t-shirts with the logo, and doing a video project to raise awareness.

A session was held on strategic planning, full details in the minutes.

The incoming board was then elected;

Name and Country	Position
Andri Bjarnason, Iceland	
Anja Herde, Germany	
Annie Bradberry, USA	Chair
Bruce Imhoff, Australia	Vice Chair, Treasurer
Dhruv Gupta, India	Website and Communications
Keisuke Saito, Japan	
Pam Mertz, USA	Secretary

Some positions still need to be filled; Treasurer and Editor.

The new board was encouraged by additional offers of support in their work from Hanan Hurwitz, Anita Blom and Maartje Borghuis.

As its first action the new board unanimously agreed to appoint Keith Boss and Hanan Hurwitz to the ISA Advisory Board.

The ISA membership meeting was closed at 6:30pm.

Following the meeting Mitchell Trichon (USA) and Joseph Nsuguba (Uganda) were also elected to the board.



Fluency Association

REPORT FROM THE ONE-DAY CONFERENCE OF "L'ASSOCIATION DES BÈGUES DU CANADA"

L'Association des bégues du Canada (ABC) held a one-day conference on October 15th, 2016, alongside other International Stuttering Awareness Day initiatives around the World. The one-day conference took place in Montreal, Quebec, at Hôtel Universel, from 9 am to 5 pm.



The conference program featured three guest speakers, one interactive workshop, and an open mic session to close the day. The first talk was given by Marie-Ève Caty, speech language pathologist and Professor at UQTR (Université du Québec à Trois-Rivières), who addressed the topic of ACT (Acceptance and Commitment Therapy) in the treatment of stuttering. Our second speaker was Laurent Lagarde, a well-known figure in the French-speaking stuttering community. Laurent has contributed through translations of major texts in stuttering such as the books *Sometimes I just Stutter* from Eelco de Geus, and *Advice to Those Who Stutter* from the Stuttering Foundation of America. He is also behind the blog *Goodbye Bégaïement* (<http://goodbye-begaïement.blogspot.ca/>).

When Laurent first started his blog back in 2009, it was one of the few online resources that dealt with stuttering self-help in the French language. In collaboration with 2 other stuttering Europeans, he has also launched a Facebook group for French-speaking people who stutter which nowadays has

more than 1300 members.

Laurent gave a talk on "Five Keys to Stuttering Success I Would Have Liked to Know When I Was 20". The final talk of the day was given by Daniel Aubé, a young lawyer who stutters, who shared his journey in the legal world, stressing the fact that the only limits that exist are those we impose upon ourselves. This talk was followed by an interactive workshop hosted by Daniel Aubé and myself (Geneviève Lamoureux), on the positive aspects of stuttering. The conference was ended by an open mic session.



Turnout was slightly above 40 attendees, which is comparable to that we had in the past two years. Nonetheless, ABC believes that this one-day conference will have a positive impact in the Montreal stuttering community. Many participants (PWS, speech language pathologists



and students) were pleased to learn more about stuttering, meet other PWS and hear stories of PWS who are successful in their personal and professional lives despite or even because of stuttering. Several attendees emphasized the fact

that they left the Conference with a better understanding of what stuttering acceptance actually means. Clearly, there is a need for lively, face-to-face meetings with other people who stutter. Although we have no



announcements to make at this time, we are already thinking about next year ...

See you then!

*Geneviève Lamoureux
Vice-President
Association des bégues du Canada.
In collaboration with Jean-François Leblanc,
President, ABC*

Article sourced by Pam Mertz, ISA Board member.

REPORT FROM NATIONAL STUTTERING ASSOCIATION, USA (TAMMY FLORES)

Each year, the National Stuttering Association (NSA) hosts one of the largest national gatherings for children and adults who stutter, their families, and speech professionals. Making it special this year was joining with the International Stuttering Association (ISA) hosting the 11th World Congress in one of the most beautiful cities in the Southeast-Atlanta Georgia. With nearly 900 attendees, this four-day conference created a safe space where participants learned about the latest stuttering information and found support for themselves and their loved ones.

In the days before the start of the Annual Conference, the NSA Clinical Symposium brought a cross-section of experts including early intervention strategies, the latest research, evidence-based treatment approaches, and more. What makes us stand out amongst the other professional conferences is the number of researchers and



presenters who stayed for the entire conference after the symposium ended. Some presented their findings in workshops while many others stay to support their clients while learning first-hand what it is like to be a person who stutters. Many students also attended finding the NSA annual conference a great place to meet adults who stutter and learn from some of the top SLP's in the country...many who stutter too.

Since the conference, relationships between people who stutter from all over the world continue to grow. In fact, some NSA members spontaneously attended the Nordic Stammering Association shortly after the NSA conference! Ties between organizations continue to grow and we are excited to be a part of the ISA and look forward to a future where our world continues to understand stuttering more, bringing hope and empowerment to children and adults who stutter, and their families.



Disclaimer- The opinions and views expressed in One Voice are solely from the authors themselves and may or may not reflect the views and opinions of the ISA Board

Edited by: Bruce Imhoff, Australia (email: bruce.imhoff@isastutter.org)

