1. **The King’s Speech and ISTAR’s Academy Awards party!**

No doubt you have heard of the 12 Oscar nominations recently announced for the 2010 blockbuster movie *The King’s Speech*. In addition to being a great movie to watch, it has attracted the world’s attention to the issue of stuttering. A great benefit of this is increased awareness of stuttering. People are asking more questions about stuttering than ever before. This is an exciting time for those who stutter, ISTAR and our colleagues the world over who provide speech therapy, and the field of speech-language pathology!

If you are in Edmonton on Oscar night - Sunday February 27 - you are welcome to join ISTAR and the Faculty of Rehabilitation Medicine as we host our very own “**Celebrate the Oscars**” night. Bring a friend (or two) and spend an evening cheering on *The King’s Speech*! Please RSVP to istar@ualberta.ca; you’ll get more details when you register.

We are thrilled with the public awareness that *The King’s Speech* is raising about stuttering and the field of speech-language pathology. The ripple effect will go on for a very long time. Several of ISTAR’s Stars – our clients – have been interviewed, as have ISTAR staff. Check out the links below.

- [Edmonton Journal interview with ISTAR’s Client Leon Almightyvoice](http://www.edmontonjournal.com/health/King+Speech+inspiration+stutterers+everywhere/4193245/story.html) - January 2011
- [Edmonton Journal Video with ISTAR’s Clients](http://www.edmontonjournal.com/health/King+Speech+inspiration+stutterers+everywhere/4193245/story.html) - January 2011
- [Edmonton Breakfast Television interview with ISTAR’s Executive Director](http://www.criticalmention.com/components/url_gen/play_flash.php?autoplay=1&clip_info=1782769538|0|59%5e1782770944|0|59%5e1782771955|0|59%5e1782773483|0|59%5e) - January 2011

2. **ISTAR’s newest programs**

ISTAR is proud to announce our newest offerings…. **weekend communication improvement workshops!** Starting this month, our Edmonton office will be offering specialized individual and group modules for those who want to improve specific areas of their communication. The first two workshops are “**Clarity and Rate Control**” and **“Thesis Defense”**.

If you know of someone who could benefit from these services, please have them contact us at istar@ualberta.ca.
1. Clarity and Rate Control  
**Date:** Saturday February 26, 2011  
**Time:** 9:00 AM – 4:00 PM  
**Maximum participants:** 6

This workshop is designed for participants who wish to improve the intelligibility of their speech. Participants in this workshop may be required to do public speaking as part of their profession or hobby or they may be in professions in which they are frequently speaking to clients or customers. This workshop is for those for whom one-on-one conversations and ease of communication is critical to their business. Participants may also have to interact with people who are new to speaking English or they are English as a second language speakers themselves and would benefit from slower and clearer speech to be more easily understood.

Participants will be introduced to the concept of speech rate and clear articulation and how it can vary across situations. They will then learn strategies to slow down or speed up their overall rate of speech as well as to increase their clarity. Practice will take place in and outside of the workshop setting. Individualized feedback will be provided by a certified Speech-Language Pathologist. Suggestions to help participants continue to make improvements in their speech or to help them maintain the gains they have made will be given at the end of the workshop.

2. Thesis Defense  
**Date:** Saturday March 26, 2011  
**Time:** 9:00 AM – 4:00 PM  
**Maximum participants:** 6

This workshop is designed for participants who are preparing to defend their thesis and would like to have the opportunity to practice their defense several times in a simulated experience with the feedback from a certified Speech-Language Pathologist. Participants will learn strategies to enhance rate control, deliver content effectively and manage nervousness.

Participants will have the opportunity to practice these techniques through guided practice. Individualized feedback will be provided by a certified Speech-Language Pathologist. Volunteers will be available to simulate a thesis defense scenario and the participant will be given written and oral feedback. Suggestions to help participants continue to make improvements in their defense will be given at the end of the workshop.

These sessions fall under the category of “speech therapy”, allowing them to be covered by insurance plans where applicable.

3. Grand Opening in Calgary

As mentioned in our last issue of 5 Things, we are thrilled to finally have our own premises in Calgary. We invite you to celebrate the opening of our new location in Calgary with us!

**Date:** Tuesday February 13  
**Time:** 11:00 AM - noon  
**Location:** The Calgary Centre - #120, 333 5 Ave. SW Calgary. The main access is on 3 St. SW between 5th and 6th Avenue.
Note: Due to space requirements, the grand opening celebration is at the U of A’s Calgary Office downtown, not ISTAR’s office location which is in the Hillhurst area.

We encourage SLPs in the area to attend the celebration and bring a friend or client. A small reception will be held immediately after the brief program. As there will be media at this event, we encourage you to arrive a few minutes early so as to not miss a moment of the festivities!

4. **Professional development for SLPs!**

Brush up on your stuttering treatment and maintenance skills – register for our professional development workshop on April 1, 2011. ISTAR’s Holly Lomheim will be giving a half-day session on **concepts of treatment and maintenance**. While the training will be held in Edmonton we will have **distance learning options available** so anyone can participate. This workshop can be used towards your **CEU** (continuing education units) requirements.

This workshop is designed to provide an **overview of the current Comprehensive Stuttering Program (CSP) treatment techniques** that are implemented at ISTAR and to provide information about how to **facilitate follow-up therapy for stuttering clients**. It applies to school age, teen and adult stuttering treatment and maintenance. Case examples, barriers and solutions to maintenance, and the structure of follow-up sessions will be discussed.

The primary audience of this workshop is SLPs who currently have stuttering clients on their caseload or for those who have an interest in expanding their knowledge regarding stuttering treatment. The workshop is not intended to replace a formal training experience but rather to offer suggestions to SLPs about how to better serve their stuttering caseload. Clinicians attending this workshop will not obtain certification in the CSP.

The live presentation will be held in Corbett Hall at the University of Alberta and will run from 8:30 – 12:00 noon. The cost of the workshop is $125.

Register by emailing [istro@ualberta.ca](mailto:istro@ualberta.ca) and indicate if you will be attending in person or require distance learning access. More details will be provided upon registration.

5. **International collaboration**

In November 2010, ISTAR was pleased to welcome Freda Walters from the University of Cape Town in South Africa. Freda came to Edmonton to meet with ISTAR’s Dr. Langevin to discuss the development of a Classroom Communication Resource that will be used in South African Schools. Freda and her colleague Harsha Kathard, Director, School of Health & Rehabilitation Sciences, Groote Schuur Hospital, will be using an attitude scale developed by Drs. Marilyn Langevin and Paul Hagler to measure changes in attitudes toward children who stutter as an outcome measure. During her stay Freda had the pleasure of learning first hand what it can be like to get stuck in snow in Edmonton.

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**Can We Have Your Email?** ISTAR continues to collect the email addresses for our colleagues for the purpose of sending informative messages such as this one. Our goal is to help other speech-language professionals to
improve their knowledge of stuttering. Please send your preferred email address to istor@ualberta.ca and we’ll be sure to add you to our mailing list! Use “Add me to your SLP distribution list” in the Subject line.

Your privacy is our responsibility. You have received this message because you provided ISTAR with your email address. The information gathered by ISTAR is used for the purpose of administering and supporting our programs and will be protected and used in compliance with Alberta’s Freedom of Information and Protection of Privacy Act. Individuals who submit information to ISTAR acknowledge the above and consent to the collection of personal information. If you have any questions or concerns about your personal record or would like to limit the kinds of contact you receive, please contact us at (780) 492-2619 or istor@ualberta.ca