Dear Friends and Colleagues,

Hot off the press, here is our summer 2010 issue of ISTAR’s *5 Things You Should Know* newsletter. Feel free to share this information with your colleagues and clients.

1. **Fluency Tips**

   **A fluency tip for older children**

   To encourage self corrections of stutters for children who like competition and have already practiced self fixes or corrections: make a game out of catching stutters. Divide a piece of paper into two columns: label one with the child’s name, and one with your name and child’s name. Keep track of who catches and fixes the most stutters. If you cue or remind the child to fix, the point would be in the second column. You could also add a third column for “forgets” if the child doesn’t choose to fix the stutter.

   **A fluency tip for adults**

   Sequencing for success: break down difficult speaking situations into smaller steps from easiest to hardest. Use as many steps as you need. Practice your skills at each step for as long as you need in order to feel successful and confident, then move to the next rung of the ladder. Focus on your successes and courage in tackling those difficult situations.

2. **Psychologist at ISTAR**

   We are thrilled to announce that **Dr. Derek Truscott**, Counseling Psychologist in the Department of Educational Psychology at the University of Alberta, has joined the ISTAR team as Associate Staff Psychologist. In his role, Derek will provide counseling services to ISTAR clients and serve as a consultant to ISTAR staff. Dr. Truscott has been a psychologist since 1987 and on faculty at the University of Alberta since 1997. He is a long time friend and supporter of ISTAR and has served on thesis committees in the Department of Speech Pathology and Audiology.

3. **Landmark Research**

   ISTAR is celebrating! We have just published a study about stuttering treatment that followed a group of clients for five consecutive years. To our knowledge, we are the first to do this kind of research.

   This study looked at 5-year post-treatment results of ISTAR’s Comprehensive Stuttering Program (CSP).
The research team asked if reductions in stuttering during treatment maintained at one to five years after treatment was completed. The answer? Yes! At one, two, three, four, and five years after their treatment, most clients in this study stuttered much less than they did before therapy.

The team also asked how natural sounding is the speech of clients five years after treatment. The results of this study showed that the clients’ speech sounded as natural as for people who do not stutter. The team also found that the clients’ speech sounded more natural than it did immediately after therapy.

Why are we excited about these studies? The results show that ISTAR’s program is effective in two ways: our CSP helps clients learn techniques to reduce stuttering and maintain that over time; and most clients’ speech becomes more natural after treatment. These papers also show that ISTAR evaluates how effective its treatment programs are.

The study’s research team included Dr. Marilyn Langevin and Deborah Kully (both from ISTAR); Shelli Teshima, SLP; and Drs. Paul Hagler and NG Prasad from the University of Alberta.

4. SpeechEasy - a Fluency-Enhancing Device

SpeechEasy® is a portable fluency-enhancing device for people who stutter. The device was developed at Eastern Carolina University and is based on a body of research showing that altered auditory feedback (delayed auditory feedback – DAF: hearing your voice at a delay and/or frequency altered feedback - FAF: hearing your voice at a shift in frequency) can help some people who stutter to speak more fluently. The technology is packaged in hearing aid shells (completely in the canal, in the canal, behind the ear or comfort fit models) or the iPod style iSpeak®.

Since 2004, ISTAR has been assessing clients age 12 and over for the SpeechEasy device. We assess for SpeechEasy in both our Calgary and Edmonton offices. The two hour evaluation includes probes with and without the device to determine whether the client has a response to the feedback. We carefully consider the client’s speech goals, work/home environment and lifestyle to ensure that the device is an appropriate match. Recent research suggests that people who respond well to DAF have aberrant processing in the auditory temporal area1, thus, it is impossible to determine a client’s suitability for the device without an assessment (i.e. just by observing their stuttering pattern alone). As the device is not a cure, and clients must actively listen to and use the feedback, we offer and encourage follow-up sessions.

We have recently completed a survey of SpeechEasy users. Information about this survey will be available in the future.

For more information about the SpeechEasy device, please contact ISTAR at 780-492-2619 or email istar@ualberta.ca, or True Fluency Canada (www.speecheasy.ca), the Canadian distributor.


5. Upcoming Intensive and Refresher Clinics

Intensive
January 10 – 28, 2011 (Adult)

**Refresher**
September 24 – 26 (Adult)
November 5 – 6 (Child)
November 20 – 21 (Adult/Spouse)
December 6 – 10 (Adult)

**For more information about clinics, please call 780-492-2619 or email istar@ualberta.ca.**

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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 istar@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 istar@ualberta.ca.