1. New and Improved Format for the Children’s Intensive Program

Our traditional 3½ week summer intensive program for children has been updated. The new format includes two weeks of individual treatment (2 hours/day) and 4 days in a group camp (5 hours/day). The camp is also open to children who have completed a therapy program at ISTAR.

**Individual Therapy** - During the first two weeks of the program children and their families will learn speech skills related to breathing, voice initiation, articulation and rate of speech in order to increase their fluency control. Treatment will also involve discussions and activities to address speech fears and avoidances (including dealing with teasing and bullying), strategies to cope with instances of stuttering, and training for parents to increase their understanding of factors that may impact their child's fluency and how to support their child's use of fluency skills in the home. Throughout the first weeks of treatment, children will be prepared to participate in a variety of transfer opportunities that allow them to utilize their newly learned fluency skills in real-life situations in and out of the clinic setting.

**Group Camp** - In the third week of the program, children and their parents will take part in a group camp to practice and generalize the skills they have learned to everyday speaking situations. The 4-day camp will provide children an opportunity to practice using their fluency skills when speaking with familiar and unfamiliar people, ordering food, during a mock school day, while participating in active, outdoor activities and interacting with people on field trips around the city. Parents will have the opportunity to practice supporting their child's use of fluency skills under the guidance of an experienced speech-language pathologist.

If you have any questions regarding this new program, please contact us at istar@ualberta.ca or 780-492-2619.

2. Communication Improvement Program Workshop Series

ISTAR began offering weekend communication improvement workshops in 2011, and they met with great success! Developed for anyone who wants to improve specific areas of their communication, the sessions proved to be very successful. The “Effective Communication / Public Speaking” workshop was sold out – 2 times – and the “Accent Reduction” workshop had a waiting list of more than 30 people. We are thrilled with such overwhelming interest in this new series.

While we’re taking a hiatus from the workshops for the summer to concentrate on our intensive stuttering programs, we will start them up again in the fall. Keep your eyes posted in September for the new offerings that will include “Vocal Hygiene” and “Social Communication” in addition to repeating the “Effective Communication / Public Speaking” and “Accent Reduction” workshops.
These workshops are currently only held in Edmonton, but plans are underway to bring selected sessions to our Calgary office. Sessions are for anyone who wants to improve a specific area of their communication skills, and not only people who stutter.

To inquire about the CIP workshops or to schedule a workshop for your group’s specific needs, please contact us at istar@ualberta.ca or 780-492-2619.

3. SLP Continuing Education

ISTAR provides many forms of continuing education:

- **One-month intensive training in our Comprehensive Stuttering Program (CSP)**
  Receive hands-on experience with this clinically-proven program for teens and adults. Clinicians have the opportunity to gain practical skills in the CSP in our adult or teen/adult 3-week intensive stuttering programs. This training provides a great balance of supervision and clinical skills for a thorough overview of the successful CSP.

- **Local or distance part-day workshops on specific topics** (such as the “Concepts of Stuttering Treatment and Maintenance Workshop” that was given in April 2011)
  ISTAR occasionally offers training opportunities for SLPs on various topics. With exciting new research underway in the field of stuttering, we are planning to host webinars over the next year given by experts across the world. Watch the next issue of “5 Things” for more details!

- **Customized group part- or full-day sessions**
  Workshops can be customized to meet your group’s specific training needs. Held in your office, these seminars have the advantage of group training at a fraction of the cost of sending your staff offsite. In the last few months, we’ve provided these kinds of sessions in the Yukon Territory and BC.

To inquire about any of ISTAR’s continuing education opportunities, please contact us at istar@ualberta.ca or 780-492-2619.

4. ISTAR is Getting a Make Over!

You already know ISTAR as a great resource and for providing expertise in speech services, particularly in stuttering. While the core of what we do has not changed, we are incorporating a broader range of speech and language services. ISTAR isn’t just about stuttering! We will maintain our focus on stuttering treatment and research; however, we are expanding our services in other areas such as the Communication Improvement Program (CIP) and research.

*The face of ISTAR is changing!* In the coming months, we will be unveiling our new look with updated printed materials and a new user-friendly website. The website will be rich in content with a full line of resources for people wanting more information, including downloadable informational materials and application forms. Retrieving information and applying to ISTAR has never been easier!
5. **ISTAR Around the World: ISTAR’s clinical team, with colleagues, present research findings**

**9th Oxford Dysfluency Conference**

ISTAR is excited to be participating in this prestigious conference that brings together researchers, practitioners and clinicians across a range of disciplines most notably speech and language therapy, along with psychology and linguistics. Most of our clinicians will be traveling to Oxford to present on five areas of ISTAR’s current research. If you’re going to be at the conference, please come and say hi – we’d love to chat with you!

*Treating Preschool-age Children who Stutter and have Co-occurring Speech, Language and Non-speech Disorders* (Jacqueline Quittenbaum, Shea Westcott & Marilyn Langevin)

*Treating Young Adults who Stutter and have Down Syndrome* (Holly Lomheim & Marilyn Langevin)

*Improving Access to Stuttering Therapy for Children: Combining Face to Face and Telepractice Delivery* (Jessica Harasym & Marilyn Langevin)

*A Case Study of a Modified Camperdown Program with an Adult who Stutters* (Jessica Harasym, Marilyn Langevin & Deborah Kully)

*Stuttering Treatment for a School-age Child with Down Syndrome* (Jessica Harasym & Marilyn Langevin)

*Bullying and Children who Stutter: Common Responses and Recommendations for Adults* (Nathania van Kuik Fast, Marilyn Langevin, Lisa Given & Joanne Volden)

**9th World Congress for People who Stutter**

ISTAR’s Elizabeth Haynes and Marilyn Langevin presented three papers at this congress held last month in Buenos Aires, Argentina.

*An Overview of a Teasing and Bullying Program of Research for School Aged Children who Stutter* (Marilyn Langevin)

*Telepractice in Treating Children at the Institute of Stuttering Treatment and Research* (Elizabeth Haynes & Marilyn Langevin)

*A case illustration of the challenges and outcomes in using telepractice in treating an adult from a non-western culture at the Institute for Stuttering and Treatment and Research* (Holly Lomheim, Marilyn Langevin & Elizabeth Haynes)

**UTEPSA (Universidad Tecnológica Privada de Santa Cruz - Bolivia)**

Elizabeth Haynes, on behalf of herself and Dr. Langevin, presented a talk about stuttering at this University in Bolivia in June.
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.