stuttering hurts...
Stuttering affects an estimated 290,000 Canadian children, teenagers and adults of every race and background. The traits of stuttering are unique. Some are obvious such as repetitions or silent blocks. Others, like fear, humiliation and avoidance are usually kept hidden. People who stutter need not suffer in silence. Treatment is available to help them deal with both the physical and emotional aspects of their speech problem.

we can help.
Effective treatment not only makes communication easier, it opens up a new world of opportunities at school, in the workplace and in life.

Founded in 1986 by the late Dr. Einer Boberg and Deborah Kully, ISTAR (Institute for Stuttering Treatment and Research) is a non-profit treatment and research facility dedicated to:
- providing stuttering treatment of the highest quality
- investigating the nature and treatment of stuttering
- providing education and advanced training to speech-language pathology students and professionals
- providing public education about stuttering and its treatment.

The Institute has achieved international recognition as a centre of excellence, attracting clients and students from around the world.

"There is an indescribable, exhilarating joy of being able to walk into a store and ask for help or doing the simple task of picking up the telephone and asking for information."
- Les Anderson, Adult Client, British Columbia
How we help.

Our progressive treatment programs can help you:
- learn new skills to improve fluency and manage stuttering
- deal with speech fears
- increase confidence and build positive attitudes towards speaking
- transfer new speech patterns and attitudes to everyday life
- deal with ongoing challenges of maintaining improved fluency and attitudes.

Parents can learn to:
- help their child build fluency, confidence and self-esteem
- manage their child’s fluency in the long-term
- foster support for their child in school
- help their child deal with teasing if it is a concern

Programs and Services

ISTAR’s Comprehensive Stuttering Program is based on over 30 years of research and experience. Treatment is provided by a professional staff of registered speech-language pathologists with expertise in the treatment of stuttering. Each clinical staff member has a minimum of a master’s degree in speech-language pathology.

Assessment and Consultation

During the assessment, speech and communication skills are evaluated to identify the treatment program that would best suit the individual. Young children are assessed through an enjoyable play format that does not draw negative attention to their speech. Clients may seek an assessment without enrolling in therapy, and options are available for people who are unable to travel to ISTAR.

Treatment

We design treatment to meet the needs of each client, depending on the age, severity and impact of stuttering on the individual. We treat all ages, from young pre-schoolers to adults, with a variety of evidence-based treatment approaches. Some treatment approaches used at ISTAR are: response contingent or behavioral (e.g., the Lidcombe Program for Early Stuttering); fluency skills training; stuttering modification; effective communication skills; cognitive-behavioral skills; or a combination of these. Our treatment programs are highly successful. Results have been scientifically evaluated and published in professional journals. Type of therapy ranges from individual to small group, intensive (3 - 4 week programs) and extended (weekly programs). Long distance assessments and therapy are also available.

A family based approach is used with school-aged children and preschoolers, focusing on strategies to develop the child’s and parents’ ability to manage fluency in the long term. Because stuttering often increases in severity and complexity with age, we emphasize early intervention for preschoolers.

As there is no cure for stuttering, ongoing effort and commitment are necessary to maintain improvements and attitudes after therapy.

Fees

ISTAR is a non-profit organization that does not receive government or direct university funding. Fees for treatment are set as low as possible in an effort to make treatment accessible. Remaining operating costs are supported by donations from service clubs, foundations and many generous people who wish to help those who stutter.

Funding programs are available to provide financial support to those in need. Private speech therapy fees are also tax deductible as a medical expense.

Travel & Accommodation

We ask clients to make their own travel and accommodation plans. Several options are available for accommodation, and ISTAR will provide more information upon application for treatment.

Workshops and In-Services

ISTAR staff are available to present workshops to speech pathologists and other professionals in North America and overseas on request.

Our Commitment

The staff at ISTAR are deeply dedicated to their clients’ treatment and well-being. We strive to provide treatment of the highest quality in a caring and supportive setting. Please call us today at (780) 492-2619 for more information or to receive a detailed information package on our programs.

“The level of professionalism that is manifested by each person at the clinic makes it a place that inspires confidence and appreciation for what those in the clinic have accomplished. Not only is the approach well researched and practiced, but it is shared with great respect and kindness by each person there.”

- Ginny Karabell, Parent of Teen Client, Pennsylvania