



American Board of Fluency and Fluency Disorders

**In The
Loop**

**AUGUST
2021**

Keeping Members Informed

ABFFD BOARD

Chair

Rita Thurman
M.S., CCC-SLP, BCS-F

Vice Chair

Elyse Lambeth
M.S., CCC-SLP, BCS-F

Treasurer

Laura Johnson
M.S., CCC-SLP, BCS-F

Community Outreach

(replaced Secretary position
in October 2020)
Nola Radford, PhD, CCC-SLP,
BCS-F

CE Coordinator

Glenn Weybright
M.S., CCC-SLP, BCS-F

WELCOME

As another school year begins, we hope you and your families are healthy and safe as we continue to navigate the ups and downs of this pandemic. We can remain hopeful that this year will bring an increased ability to practice our profession safely in person. The ABFFD's purpose is the board certification of specialists in Fluency and the promotion of the highest standards of service for individuals with fluency disorders. The Board circulates this quarterly newsletter in an attempt to connect our members and provide updated information about Board activities. As a board, our major goal is to unite and support speech-language pathologists and support the children, teens, and adults with fluency disorders that they serve.

Carl Herder

M.A., CCC-SLP, BCS-F

Certification Coordinators

Heather Grossman
Ph.D., CCC-SLP, BCS-F

Brooke Leiman
M.A., CCC-SLP, BCS-F

Marketing & Public Relations

Tricia Krauss-Lehrman
M.S., CCC-SLP, BCS-F

Social Media Director

Risa Battino
M.S., CCC-SLP, BCS-F

Consumer Representative

Reuben Schuff

VOLUNTEER OPPORTUNITIES

If you are interested in assisting the ABFFD with one of our current projects, please contact us via our [website](#).

BOARD NEWS

Since May of 2020, the ABFFD has sponsored a monthly **Round Table Discussion** to discuss topics relevant to the board certification process. These meetings are open to applicants for BCS-F, individuals who are considering applying for BCS-F, current or potential mentors, board members, and people with fluency disorders from the community with an interest in the process. These meetings have been well-attended and feedback has been overwhelmingly positive. A wide variety of topics have been presented and discussed including the most recent topics described below.

On Sunday, May 23, 2021, the topic of the Round Table Discussion was "**Putting Our Heads Together**", a clinical review of targeted case studies, facilitated by Rita Thurman. Attendees brought 2 challenging therapy cases to present for everyone to discuss. Discussion centered around a case of atypical stuttering (mid-word breaks) and then about a child with difficulties managing tension on blocks. It was a stimulating discussion with wonderful information and insights shared.

On **Thursday, August 19, 2021 at 8:00 PM (Eastern Time)**, the Round Table will be a **Panel Discussion with Recently Certified Board Specialists** who have been through the full board certification process within the last couple of years. As always, time will be set aside for any current or prospective board certification candidates to ask questions or seek advice on the process.

If you have been unable to attend a Round Table discussion live, a recording of each of these sessions is available on the ABFFD website. Feedback suggests the Board is in fact making the board certification process more transparent and accessible. We want everyone to know this resource is available, even if someone can't join the discussion "live".

In lieu of a Round Table Discussion in June and July, 2021, the Board developed a 2-Day online conference. Our rationale was to provide "live" CEU's which many candidates for certification and specialists due for renewal had been having trouble

obtaining due to cancellations of in-person events in 2020 due to COVID 19. The **2021 American Board of Fluency and Fluency Disorders Stuttering Conference** titled **Stuttering Therapy Across the Lifespan**, was held virtually June 27 and 28, 2021 and was attended by 106 individuals. The presentations included the following:

- The Benefits of a Mixed Methods Mindset in Serving Preschoolers who Stutter: Relating to the Whole Child and Family by Nola Radford, Ph.D.;
- Holistic Therapy for the Preschool Child by Risa Battino;
- Developing Client-Driven Goals to Improve Quality of Life by Tricia Krauss-Lehrman;
- Rational Emotive Behavior Therapy for Stuttering by Heather Grossman, Ph.D.;
- The Lived Experience: Adults Who Stutter: a panel facilitated by Reuben Schuff;
- Treatment for Teens Who Stutter: The Impact of Language on Cognitive Load by Rita Thurman;
- Problem-Solving With Teens by Elyse Lambeth;
- Writing Holistic Measurable Goals for School-Age Children Who Stutter by Glenn Weybright;
- Evaluating the Success of your Therapy Session for School-Age Children by Laura Johnson; and
- What I Want My SLP to Know About Stuttering: a panel of school-aged students who stutter facilitated by Rita Thurman.

NEW BOARD-CERTIFIED SPECIALISTS

We are pleased to announce Meaghan Moriarty, MA, CCC-SLP and Ryan Pollard, Ph.D. CCC-SLP are new Board-Certified Specialists! Congratulations!

**Meaghan Moriarty, MA,
CCC-SLP, BCS-F**



Meaghan Moriarty graduated from Marquette with her BS and from Northern Illinois University with her MA. For her first ten years as a speech language pathologist, Meaghan has worked in multiple settings consisting of the school setting, clinical setting, outpatient hospital setting, and home-based therapy primarily working with

pediatrics and adolescents/teens. For the past five years, Meaghan has been an assistant clinical professor at Northwestern University. Meaghan supervises graduate students in evaluating and treating pediatric clients who stutter and teaches the graduate course Advanced Study in Disorders of Fluency. Since 2019, Meaghan has been a co-coordinator of The Chicago Fluency Interest Group, a collaboration between Northwestern University Center for Audiology, Speech, Language and Learning (NUCASLL) and the Chmela Fluency Center, who gathers four times a year to discuss research related to fluency disorders and problem-solve real-life cases through lively and collaborative discussion.



**Ryan Pollard, Ph.D.,
CCC-SLP, BCS-F**

Dr. Ryan Pollard is an Assistant Clinical Professor at the University of Colorado (CU). He graduated from CU with dual doctorates in speech-language pathology and neuroscience and has been a practicing clinician for over 10 years. At CU, he teaches undergraduate and graduate courses (including Fluency Disorders and Clinical Counseling), supervises individual fluency therapy, and runs a weekly adult stuttering support and practice group. He also developed and co-directs the Colorado Speaks summer camp for children and teens who stutter. Dr. Pollard has published research and clinical writings, presents at professional conferences in the U.S. and abroad, and is a peer reviewer for several academic journals. He maintains a small private practice in Boulder specializing in fluency disorders. Along with his clinical and academic work, Dr. Pollard has a passion for training clinicians in comprehensive stuttering therapy and advocating for those who stutter. He leads workshops for SLPs and parents of children who stutter, and is involved with SAY: The Stuttering Association for the Young as well as FRIENDS: The National Association for Young People Who Stutter.

BOARD MEMBERS IN THE NEWS

Rita Thurman, Chair, presented with Reuben Schuff, Farzan Irani, and Michael Boyle at the NSA Convention, July 7-11, 2021, on the topic "Who Should Be Providing Services for Stuttering?"



Rita is a co-leader of the Raleigh, NC adult NSA chapter along with her co-leader, Lisa Nguyen, and the Raleigh chapter was selected as NSA Chapter of the Year. Rita also presented at the ABFFD 2021 Virtual Stuttering Conference on the topic of "Treatment for Teens Who Stutter: The Impact of Language on Cognitive Load" and also facilitated the panel of school-aged students who stutter.

Elyse Lambeth, Vice-Chair, presented a three-part series on stuttering and cluttering for the Washington Speech-Language and Hearing Association on May 4th, May 11th and May 18th, 2021. She also did a presentation on stuttering for Neurodevelopmental Clinic Grand Rounds on June 7, 2021. In addition, she presented at the ABFFD 2021 Virtual Stuttering Conference on the topic "Problem-Solving with Teens". In July 2021, Elyse completed her Basic Parent Group Leader Training through the Incredible Years Program which enables her to work with parent groups.

Carl Herder, Advocacy and Education Co-Chair, helped facilitate the recent ABFFD 2021 Virtual Stuttering Conference on June 27 and 28, 2021. He interviewed John Stossel and Eric Dinallo for a segment of the 2021 Gala for the American Institute for Stuttering which aired on July 8, 2021. Carl also attended and volunteered at the 2021 FRIENDS Convention in Denver, CO. on July 15-17, 2021. In addition, he contributed a blog post titled, [Counseling](#)

[and Psychotherapy for People Who Stutter](http://stutteringtreatment.org), published on stutteringtreatment.org on July 30, 2021. Carl will be facilitating the August 19, 2021 ABFFD Roundtable Discussion featuring a panel discussion with Board Certified Specialists in Fluency who recently completed the certification process.

Glenn Weybright, Advocacy and Education Co-Chair, continues to mentor a now-graduated SLP who stutters as she negotiates the turbulent waters of providing speech therapy while stuttering. He attended the NSA two-day Spring conference in April, 2021. Glenn also presented at the ABFFD 2021 Virtual Stuttering Conference on the topic "Writing Holistic Measurable Goals for School-Age Children Who Stutter".

Reuben Schuff, Consumer Representative, facilitated the adult panel on "The Lived Experience of Stuttering" for the ABFFD 2021 Virtual Stuttering Conference. He presented with Rita Thurman, Farzan Irani, and Michael Boyle at the NSA Convention July 7-11, 2021 on the topic "Who Should Be Providing Services for Stuttering?" At the NSA Convention, Reuben also presented a workshop titled "What is 'Relapse' and How to Beat It" which focused on a discussion of values and long-term goals. In addition, Reuben attended and volunteered at the recent FRIENDS Convention in Denver, CO. on July 15-17, 2021 and led a "Juggling" workshop for the children.



Tricia Krauss-Lehrman, Marketing and Public Relations chair, attended SFA webinars by Vivian Sisskin on May 6, 2021, Dr. Anthony DiLollo on June 23, 2021, and by Chris Constantino on July 20, 2021. She also attended the SFA's first online 5- Day workshop on Cognitive Strategies for People Who Stutter

from June 7-11, 2021 led by Elaine Kelman and Ali Berquez of the Michael Palin Center in London. Tricia presented at the ABFFD 2021 Virtual Stuttering Conference on the topic "Developing Client-Driven Goals to Improve Quality of Life". She also organized and facilitated the Dallas TWST meeting on the topic "What the Future May Hold" on June 30, 2021 which included a panel of adults and college students who stutter. On July 23-25, Tricia attended an online 3-Day workshop on Avoidance Reduction Therapy for Stuttering, facilitated by Vivian Sisskin. In addition, Tricia consulted with 2 college students studying computer science and engineering from June to August 2021, on the development of a Virtual Reality app called Stutter Speak which has been submitted to Oculus.

Risa Battino, Social Media Director, presented at the ABFFD 2021 Virtual Stuttering Conference on the topic "Holistic Therapy for the Preschool Child".

Brooke Leiman, Certification Co-Coordinator, continues her work on the SIG 4 coordinating committee. She also moderated one day of the ABFFD 2021 Virtual Stuttering Conference.

Nola Radford, Community Outreach Director, presented at the ABFFD 2021 Virtual Stuttering Conference on the topic "The Benefits of a Mixed Methods Mindset in Serving Preschoolers who Stutter: Relating to the Whole Child and Family". In addition, Nola retired from UTHSC, effective June 30, 2021 and will continue work in consulting and independent contract work.

Laura Johnson, Treasurer, presented on the topic of "Evaluating the Success of your Therapy Session for School-Age Children" at the ABFFD 2021 Virtual Stuttering Conference in June 2021. From August 1-7, 2021, she worked as a facilitator at Camp Shout Out, a camp for children who stutter ages 8 to 18 years, in Holton, MI. She served as facilitator for a group of young women there (going to college or going into their senior or junior year of high school).

Heather Grossman, Certification Co-Coordinator, attended the Friends conference July 15-17, 2021 and presented on "Voluntary Stuttering ". She also led a session with teens titled: "What if I don't wanna use speech tools?" Heather conducted an interview with David Seidler and Mark Logue (Grandson of the therapist to King George). This interview can be seen at the following link https://www.youtube.com/watch?v=j6m_jOPSz2Q. She also conducted an interview recently with Angelica Barnabe on "Stuttering Microaggressions" for a Peruvian podcast on stuttering. Heather recently wrote the foreword for the book The Stutter Steps by Sander Flaum and Wes Smith as well as co-authoring Rational Recovery from Stuttering with Gunars Neiders.

OTHER HAPPENINGS

The **National Stuttering Association (NSA)** (www.westutter.org) is honored to serve kids, teens, and adults who stutter, as well as their loved ones, and the professionals who serve them. They do so in part by offering a wide variety of local, regional, and national events across the United States. Here are the events which have taken place in the past few months.

National Stuttering Awareness Week - May 9-13: The NSA was instrumental in getting NSAW established by an act of Congress in 1988 when two long-time NSA members, Paul Castellano and Barbara Hubbard Koval, organized the drive to win Congressional recognition for people who stutter. In 1988 President Ronald Reagan signed a proclamation establishing the second week in May 1988 as National Stuttering Awareness Week, which we continue to observe today. Each year, it is a time for all of us to raise stuttering awareness in our own communities and on a national scale, with a goal of educating the public and reaching those who stutter who still feel alone and isolated.

End of Spring 2021 Research Cycle - May 15: The NSA is committed to advancing both knowledge and understanding of stuttering through our support of research. As the largest stuttering support organization in North America, with access to large numbers of individuals and families affected by stuttering, the NSA recognizes its unique potential for helping the research community. The NSA Research Committee was established to support scholarly stuttering research, and approved four studies during the Spring 2021 application cycle.

<https://westutter.org/what-is-stuttering/current-approved-nsarc-projects/>

In these unique and sometimes difficult days that are governed by social distancing and time at home, we offer these free **NSA Connects** sessions to learn, inspire, and connect with the larger stuttering community to share, learn, and socialize in ways we aren't able to experience in person right now. Each session focuses on a specific theme of interest to those in the community - Parents, Speech Professionals, LGBTQIA+, Military Service Members, and more.

- May 11, 2021 - **NSA Connects: Unfiltered Conversations for Parents**
- May 13, 2021 - **NSA Connects: Discussing Dating: 20-Somethings**
- May 25, 2021 - **NSA Connects: Passing Twice**
- May 27, 2021 - **NSA Connects: Older Adults Who Stutter**

Also, coming at the end of August:

- August 23, 2021 – **Teen Talk August** at 7:00 PM ET

- August 31, 2021 – **NSA Connects: Parents Supporting Your Child Going Back to School** at 7:00 PM ET

WeStutter@Work - This free webinar series addresses relevant issues people who stutter face in the workplace. These 1-hour webinars are informative, interactive and lead by people who stutter.

- June 21, 2021 - **Stuttering As An Advantage In The Workplace**



2021 NSA Annual Conference – Austin, Texas July 7-11, 2021 -The NSA Annual Conference is a life-changing event for adults, children, families, and friends who share stuttering as a common bond. During these four days together, attendees are inspired and informed, and have the opportunity to confront any challenges or misconceptions they might be holding onto about stuttering. Here are stats from this year's convention:

- Attendees: 505
- First Time Attendees: 111
- Families: 44
- Chapter Leaders: 49
- College/Grad Students: 76
- Adults: 336

FRIENDS (friendswhostutter.org) is a national nonprofit organization dedicated to providing support and education to young people who stutter, their families, and professionals, through annual conferences, one-day workshops, and outreach. Their vision is to help build a world in which all young people who stutter feel empowered to communicate whenever, wherever, and however they want to. At FRIENDS, they care deeply about their community and the well-being of individuals and families, especially during times like these (COVID-19). FRIENDS is coming to terms with the fact that things will not be the same for a while and is working on alternative ways to continue offering education and support for young people who stutter and their families. In an effort to stay connected in this time of social distancing, FRIENDS has been excited to offer many virtual events. Registration is required for each.

May 2021

- **FRIENDS Community Series – for National Stuttering Awareness Week** – Saturday, May 15, 2021 at 11 AM ET: Stuttering Stories Across America
- **FRIENDS Kids Group** - Saturdays @ 10 am or 3:30 pm ET
- **FRIENDS Teens Group** - Thursday, May 13 & 27 @ 7:30 pm ET
- **FRIENDS 20-30's Adult Group** - Wednesday, May 19 @ 7:30 pm ET
- **FRIENDS Parents Group** - Saturday, May 8 @ 11:30 am ET

July 2021

- **FRIENDS Annual Convention 2021** held July 15-17 (Thursday through Saturday) in Denver Colorado. The convention is always an amazing three-days of laughter, education, tears, support, hugs, and friendship for kids who stutter, parents, siblings, and SLP's. This year, more than 200 people attended including more than 100 NEW families and friends. Here is a reflection from someone who was able to attend the FRIENDS convention because of scholarship funds:

"I'm so grateful to have had the opportunity to go to the Friends Convention. As soon as I got there I felt welcomed. There's not a place in the world where I feel more comfortable to be myself and just stutter than at Friends Conventions.

At the convention I learned that it's far more productive to focus on being comfortable with stuttering than trying to get rid of my stutter with speech tools. Being confident with stuttering reminds me of the power of my voice. I left the convention feeling like the world was mine and I could do anything and not have to change or hide anything about myself.

Friends inspired me to be confident and go out into the world and just stutter openly, it's a part of who I am so the world needs to see it."

August 2021

- **FRIENDS Kids Group** - Saturday, Aug 7 @ 10 am ET
- **FRIENDS Teens Group** - Thursday, Aug 5 @ 7:30 pm ET
- **FRIENDS 20-30's Adult Group** - Wednesday, August 25 @ 7:30 pm ET

Also, links to all of the FRIENDS virtual programs - Kids, Teens, Adults, and Parents Groups – can be found here: <http://www.friendswhostutter.org/virtual/>

The **Stuttering Foundation of America (SFA)** (www.stutteringhelp.org) continues its mission to provide the highest quality resources and learning opportunities to help clinicians increase their knowledge base, clinical skills, comfort, and competency, in order to best serve individuals who stutter.

The SFA has launched, "Virtual Learning by Stuttering Foundation", a free online series of monthly interactive workshops with a variety of offerings for

speech-language pathologists, parents, and individuals who stutter. Here is a list of those offered from May through August of 2021. Past sessions, are now available for a small fee on the SFA's Streaming Video Library (www.stutteringhelp.org/streaming).

- May 6, 2021: **"Choose the Career you Love OR Love the Career you Choose"** by Vivian Sisskin.
- June 23, 2021: **"Titles or Testimonies? A Mindset for Counseling Persons Who Stutter"** by Dr. Anthony DiLollo.
- July 20, 2021: **"Spontaneous Stuttering"** by Dr. Chris Constantino
- August 11, 2021: **"Supporting Children Who Stutter: A Back to School Panel Discussion"**

Stuttering Foundation Podcast: The third season of podcasts, a great mix of clinical discussions, research updates, and special segments, began in April 2021. Podcasts can be accessed through: Apple Podcast, Spotify, Stitcher, or directly through our website: www.stutteringhelp.org/podcast.

- May podcast was **"Desensitization with Parents of Children who Stutter"** with Ali Berquez.
- June podcast was **"Research Update: Neural Processes Underlying Nonword Rhyme Differentiate Eventual Stuttering Persistence and Recovery"** with Dr. Mandy Hampton-Wray.
- July podcast was **"Stuttering in the Schools: Recommitting to Best Practices in School-Age Stuttering Therapy"** with Robert Dellinger.

The SFA co-sponsored, along with Boston University, their Eastern Workshop, *Using Cognitive Approaches with People Who Stutter*, June 7 – 11, 2021. It was a virtual event this year. The workshop is a 5 day program that includes training in Cognitive Behavioral Therapy, Solution Focused Brief Therapy, and Palin PCT (Parent-Child Interactive Therapy). It was attended by 18 speech-language pathologists from 5 countries.

The following SFA videos have been re-registered to be offered through 2026:

- Using Williams' Normal Talking Approach to Help Children Make Speech Change
- Stuttering: A Clinical Review of the Evidence
- Helping Children Change Thoughts & Feelings About Communication
- Scoring Dysfluencies
- Implementing CBT with School-age Children
- ADHD & Children Who Stutter
- EBP & PBE: Closing the Gap
- Avoidance Reduction Therapy in a Group Setting
- Stuttering: An Integration of Contemporary Therapies
- Sharpening Counseling Skills
- Desensitization With Parents

HELP PROMOTE BOARD CERTIFICATION IN FLUENCY DISORDERS

The Board would like to invite all individuals who are creating a Powerpoint Presentation in the area of Fluency Disorders, to include one of 4 different slides the Board has created which promote board certification in fluency disorders. In an attempt to increase the number of board-certified specialists in fluency disorders, this is one way for the Board to increase awareness of the specialty certification, hopefully sparking interest in individuals who might consider looking into the process. These slides can be found here:

- <https://www.stutteringspecialists.org/ABFFD-Promo-Slides/>

Thank you for helping to promote specialty certification in fluency disorders!

ABOUT THE AMERICAN BOARD OF FLUENCY AND FLUENCY DISORDERS

The American Board of Fluency and Fluency Disorders was the first clinical specialty program approved by the American Speech-Language-Hearing Association in 1998. The idea of a specialty program was driven by the need to give consumers access to professionals with advanced knowledge and skills, and to educate and recognize expert clinicians. The specialty program, initially known as the Specialty Board on Fluency Disorders, came into being through the efforts of both professionals and consumers. It was championed by ASHA's Special Interest Division 4, Fluency and Fluency Disorders, with support from the National Stuttering Association and the Stuttering Foundation of America.

FACEBOOK PAGE

Please visit the [ABFFD Facebook page](#). Send Risa Battino, M.S., CCC-SLP, BCS-F, Social Media Director (rbattino@gmail.com) information regarding upcoming presentations, publications, events, or accomplishments so that we can keep our members informed!

[Unsubscribe](#)

