Stuttering Therapy:
Empowering SLP’s to Overcome the Impossible in Treating Negative Beliefs and Feelings

REFERENCES & OTHER HANDOUTS

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REFERENCES


ORGANIZATIONS/RESOURCES

**Friends The Association of Young People Who Stutter**
Directors: Lee Caggiano/ John Ahlbach
145 Hayrick Lane, Commack, NY  11725-1520
Phone #: 1-866-866-8335
E-mail: Lcaggiano@aol.com
Website: www.friendswhostutter.org

**National Stuttering Association**
119 W. 40th Street, 14th Floor
New York, NY  10018
Phone #: 1-800-937-8888
E-mail: info@WeStutter.org
Website: www.WeStutter.org

**Stuttering Foundation of America**
Director: Jane Fraser
3100 Walnut Grove Rd., Suite 603
P.O Box 11749
Memphis, Tennessee  38111-0749
Phone #: 1-800-992-9392
Website: www.stutteringhelp.org

**Resources on the INTERNET**
www.stutteringhomepage.com  {Excellent resources for stuttering}
http://www.mnsu.edu/comdis/kuster/schools/SID4page2.html  {Internet resources for working with preschoolers}
www.mnsu.edu/comdis/kuster4/part60.html   {Contains a list of many resources for kids and teens who stutter}
http://www.mnsu.edu/comdis/kuster/isadarchive/onlineconference.html  {International Stuttering Awareness Day}
Marilee Fini’s Website:  www.mlf-speech-therapy.com
The Iceberg Analogy of Stuttering

Stuttering

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Fear
Shame
Guilt
Anxiety
Hopelessness
Isolation
Denial

www.russhicks.com/iceberg
ART ACTIVITY

DIRECTIONS: Draw a picture of how it feels to be in the moment of stuttering
STUTTERING: WRITING TOPICS

1. What are my thoughts about starting speech therapy?

2. How do I feel about my current speech?

3. How would I like my speech to be? What would I change in my speech?

4. What are my thoughts while in the stuttering moment?

5. What scares me most about stuttering?

6. What is most embarrassing about stuttering?

7. What aspects of stuttering anger me?

8. What are my thoughts about a particular feared speaking situation?

9. In what ways do I hide my stuttering? Why do I hide my stuttering?

10. What aspects of stuttering cause me discomfort
Role-Playing Activities

Play #1

Child: I want a n----ew mouth.

Mom: Why?

Child: My mouth doesn’t doesn’t work; it gets st-st-st-uck.

Mom: O, it does, that must feel bad.

Child: Yes, it does…

Mom: Sometimes when kids are learning to talk they go through bumpy times with their speech. It will get better.

Child: Other kids do this too?

Mom: O, yes and it’s OK to have bumpy…You’re just learning to talk.

Child: It is???

Mom: O, yes…

Play #2

Mom: Come on Billy, it is time to go to school.

Billy: I am am am not going.

Dad: Billy, come on you have to go to school.

Billy: I AM NOT GOING TODAY!

Julie: O, scared to go to school because you talk so funny….

Dad: That’s enough Julie. Your brother sometimes stutters.

Julie: It sounds funny and kids tease him all the time. Yesterday, there was a bunch of kids laughing at him while he was reading aloud.
Mom: Billy, is this true?

Billy: Y…….es

Mom: Why didn’t you tell us?

Billy: I didn’t want anyone to know.

Mom: Why not?

Billy: I hate how I ta-ta-talk. It sounds so funny and I am not like the other kids.

Mom: It must be hard to talk differently than everyone else.

Billy: It It It is.

Mom: Just because sometimes you stutter, doesn’t mean you can’t talk. You have such great things to tell us, it just might take a little longer.

Billy: But, k-k-kids don’t th-th-think so.

Mom: I am going to call the teacher and we are going to stop this teasing. You need to go to school because you have so much to give and share with everyone. You tell such funny jokes…..

Billy: OK, I’ll get dressed.
WHAT’S WORKING IN MY SPEECH?
Being O.K. Despite STUTTERING!!!!!
By: Marilee L. Fini, M.A. CCC/SLP

As a child who stuttered I just wanted to be told that I was going to be O.K. in life. I was always worried about what my life would be like with this thing called “stuttering.” Would I be able to have a job? Would I be able to get married? Would I be able to be a productive member of society? I wanted to be told that I was O.K. just like I was, stuttering and all. I never felt that way until I was much older. As a child who stuttered I believed that my speech was going to hold me back from the life that I wanted. I didn’t understand that I was in charge. I believed what others said that it would be hard to find a job and I could not have the life that I so yearned for because of my stuttering. None of this came true. I had a job before anyone else did in my class and I got married to a wonderful man! My life has surpassed my dreams as a child who stuttered. I have been blessed with so many opportunities and have been given the chance to touch people’s lives in such a real way through my speaking. I am O.K.! I ask you to reassure kids who stutter that they will be O.K. in life. Their stuttering doesn’t define them or who they will be but it is simply a challenge that they can choose to embrace and be able to have the life they so desire!
Mailing List

In signing up for this mailing list, I am giving permission to receive an E-mail newsletter by Marilee Fini about stuttering as well as any mailings related to stuttering events.

Name ___________________________________________________________

Address _________________________________________________________

City/State/Zip ___________________________________________________

E-mail __________________________________________________________

Phone # ________________________________

Check all that apply:

☐ School SLP ☐ SLP-other setting
☐ Teacher ☐ School psychologist
☐ Counselor ☐ Social Worker
☐ Parent of child who stutters
☐ Other ______________

Feedback Form

Provide a 2-3 sentences about what you thought about the workshop and the speaker.

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

May we use your comments that you have written above as well as your name, title and city/state in future promotional materials concerning Marilee Fini’s speaking.

___ YES
___ NO