

Take an empathetic approach to stuttering (even if you don't stutter yourself)

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1. Goals for today (part 1)
 - a. Discuss key elements of the stuttering disorder
 - i. the nature of stuttering
 - ii. definition
 - iii. empathy
 - iv. touch on* assessment and treatment goals and principles
(*more in part 2)
 - b. Put you in your clients' shoes (as opportunities arise)
2. Is this talk “evidence based?”
3. Why do I care about empathy?
4. Issue #1: Is stuttering a “complex” disorder?
5. Issue #2: What is Stuttering?
 - a. How to define?
 - b. Why does a definition matter?
 - c. Critical elements for a definition
 - d. Definition – Bottom Line
6. Issue #2a: A couple of other considerations
 - a. “Subgroups” of stutterers

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- b. The “best” guide
 - i. The World Health Organization’s International Classification of Functioning, Disability, and Health, commonly known as the ICF
 - ii. Successful stuttering therapy involves more than just changes in observable fluency

7. Issue #3: Empathy

- a. Why empathy?
- b. A bit of history
- c. What is empathy?
- d. Do you have empathy?
- e. How do you determine if others have empathy?
- f. Building empathy – some suggestions
- g. Empathy in action

8. Summary

9. Questions?

10. Selected Resources

- Bernstein Ratner, N. (2005). Evidence-based practice in stuttering: Some questions to consider. *Journal of Fluency Disorders, 30*, 163-188.
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- Hood, S.B. (ed.) (1998). *Advice to Those Who Stutter (2nd ed.)*. Memphis, TN: Stuttering Foundation of America.
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- St. Louis, K. O. (2001). *Living with stuttering: Stories, basics, resources, and hope*. Morgantown, WV: Populore.
- Yaruss, J.S., & Quesal, R.W. (2003). Success in the schools: Bringing it all together. *Seminars in Speech and Language, 24*, 59-63.
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- Yaruss, J.S., & Quesal, R.W. (2016). *OASES: Overall Assessment of the Speaker's Experience of Stuttering*. McKinney, TX: Stuttering Therapy Resources, Inc.
- Yaruss, J.S., Coleman, C.E., & Quesal, R.W. (2012). Stuttering in School-Age Children: A Comprehensive Approach to Treatment. [Letter to the Editor]. *Language, Speech, and Hearing Services in Schools, 43*, 536-548.

1. Selected Internet Resources

- Stuttering Home Page: <http://www.stutteringhomepage.com>
- Friends: The National Association of Young People who Stutter: <http://www.friendswhostutter.org>
- National Stuttering Association: <http://www.westutter.org/>
- Stuttering Foundation of America: <http://www.stuttersfa.org/>
- Bob Quesal Talks About Stuttering: <http://www.wiu.edu/users/mfrwq/stuthome.html>