



## Supporting Stutterers to Achieve Efficiency and Comfort in Communication: A piece of the ARTS® pie Professor Vivian Sisskin

**Date:** Thursday 5th October 2023

**Time:** 12:45 - 17:00 (GMT)

**Venue:** ZOOM Live streamed

**Speaker:** Professor Vivian Sisskin

**Registration:** Book online via our website ([www.nationalstammeringcen.co.uk](http://www.nationalstammeringcen.co.uk))

### Overview of the study day:

Avoidance Reduction Therapy for Stuttering (ARTS®) is a stuttering-affirming approach that supports stutterers to achieve outcomes in the areas of efficiency, comfort, confidence, and spontaneity/joy of communication. The therapy journey involves affirming one's identity as a person who stutters as well as CHANGE. Why change? Why not embrace ALL forms of disfluency as part of the lived experience of stuttering?

Overt struggle can interfere with efficient and comfortable stuttering, and for some, has been learned and habituated because of its former power to suppress or conceal stuttering. Many on their therapy journey report being frustrated with old behaviors that contribute to physical struggle and no longer want to maintain aspects of their stuttering pattern that represent a time in their lives when stuttering was not "okay". Efficient and comfortable stuttering can be both valued and desired by those involved in stuttering-affirming therapy.

Drawing from ARTS® concepts and therapy activities, Vivian Sisskin will describe how speech and socio-emotional change work in concert to achieve ARTS® outcomes. The focus of this study day is on speech change - reducing escape, struggle, and effort in the stuttering pattern while maintaining spontaneity in communication. No tools or techniques required!



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### Information about our speaker:

Vivian Sisskin is a Clinical Professor Emerita at the University of Maryland (USA), an ASHA Fellow, and a Board Certified Specialist in Fluency Disorders (BCS-F). She served as Chair of ASHA's Council for Clinical Certification in Audiology and Speech-Language Pathology, received ASHA's Media Champion Award and was named Speech-Language Pathologist of the Year by the National Stuttering Association. She and her associates created the YouTube Channel "Open Stutter" to serve as a resource for identity affirmation and change for stutters and their communities. Sisskin owns the Sisskin Stuttering Center in the Washington DC area.

[www.sisskinstutteringcenter.com](http://www.sisskinstutteringcenter.com)

<https://hesp.umd.edu/facultyprofile/sisskin/vivian>

[www.youtube.com/openstutter](http://www.youtube.com/openstutter)

### **Timetable for the day:**

**12:45-13:00** Registration

**13:00 - 13:30** Welcome and AGM

**13:30 - 15:00** Vivian Sisskin Presentation

**15:00 - 15:15** Break

**15:15 - 16:45** Vivian Sisskin Presentation

**16:45 - 17:00** Evaluation and Close

### **CEN Membership:**

You are able to access this study day (as well as a host of other benefits such as video recordings, Signal magazine, Facebook Group membership and further study days) by becoming a member of the National Stammering CEN with a 12mth subscription. You can purchase a subscription via the membership page on our website. The cost of attending the study day is included in your membership subscription. Bookings for the study day are made via our website on the events/news - study day page.



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