



National Stammering CEN Study Day 7th February 2024

Date: 7/2/24

Time: 9:15-16:15

Venue: ZOOM - Live streamed

Speakers: Heather Robinson (am) and Chaya Goldstein-Schuff (pm)

Registration: Book online via our website

Please note: The afternoon session only will be recorded

Information about our speakers:

Heather Robinson, BA, PG-Dip CCS, MSc is the Clinical Lead for Adult stammering service in Sussex Community Foundation NHS Trust (SCFT). She is also a Team Lead for a community Speech & Language Therapy team within SCFT, who work with people who have swallowing and communication disorders as a result of an acquired neurological disorder. Heather completed an MSc in Clinical Neuroscience in 2023 and was awarded a Distinction. Her research focused on the neuroscience field of mind-body-breath integration, and clinical application to people experiencing functional stuttering as part of a Functional Neurological Symptom Disorder diagnosis. Heather is fascinated with the field of psychoneuroimmunology and the intricate connections between mind, body and breath. Her passion lies in integrating the insights from this field of neuroscience with speech and language therapy practice to enhance therapy experience and outcomes for the people she works with.

Chaya Goldstein-Schuff, MA, CCC-SLP, is a speech-language pathologist at the Siskin Stuttering Center, specializing in trauma-informed stuttering therapy across the lifespan. Chaya applies trauma-informed principles with ARTS[®] (Avoidance Reduction Therapy for Stuttering) to help her clients feel safe in their bodies so they can stutter openly and increase their confidence as a communicator. Chaya draws heavily from psychology and neurobiology to make sense of the experience of stuttering and support her clients in achieving their goals.

Chaya has worked in public and private schools and the nonprofit sector and has taught graduate courses in stuttering. As a person who stutters, Chaya is passionate about stuttering education and advocacy. She co-hosts the StutterTalk podcast, leads workshops at national and international conferences, and loves learning, teaching, and growing in her knowledge of the lived experience of stuttering.



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Mind-body-breath exercise intervention with people who have a functional stutter as part of a FND diagnosis

Date: 7/2/24

Time: 9.15-12.30

Venue: ZOOM - Live streamed

Speaker: Heather Robinson

Registration: Book online via our website. Please note this presentation will not be recorded.

Overview of the study day:

Discussion will be focused on the research Heather undertook for the MSc in Clinical Neuroscience, which was:

‘The impact of a mind-body-breath exercise intervention with people who have functional stutter as part of a FND diagnosis. A retrospective case analysis of pre and post intervention outcomes from a community SNH SLT stammering service’. Dissertation for MSc in Clinical Neuroscience

- 1. Understanding FND:** The first part of the morning will begin with an in-depth look into FND, defining subtypes and phenotypes. This segment will provide a comprehensive overview of FND, including the latest insights into the potential underlying neurological mechanisms that contribute to the disorder. A special focus will be placed on disruptions of the neural networks involved in interoception, pain/threat detection, and the brain’s attention spotlight and how these relate to the manifestation of FND symptoms.
- 2. Functional stuttering as part of FND:** The second part of the session will focus on functional stuttering. I will present findings from the research study, including the common speech characteristics and challenges associated with functional stuttering drawn from the case analyses.
- 3. Exploring a mind-body-breath intervention:** The final part of the session will introduce and present the mind-body-breath intervention used in the study. This part will cover the theoretical framework underpinning treatments including the importance of psychoeducation, reducing avoidance and management of symptoms. There will also be demonstration and opportunity to practice core breathing exercises backed up by the neuroscience literature: The physiological sigh, cadence breathing, long exhalations, box breathing. As part of this segment, the results of the case analyses will be highlighted, as well as the strengths and limitations of the study.



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Trauma Informed Stuttering Therapy

Date: 7/2/24

Time: 13:00-16.00

Venue: ZOOM - Live streamed

Speaker: Chaya Goldstein-Schuff

Registration: Book online via our website

Overview of the study day:

The lived experience of stuttering has long been misunderstood and defined by the listener's ear rather than the lived experience of people who stutter. In recent years, through collaborative research with the stuttering community, stuttering is now understood more accurately. The experience now includes a loss of control, a sensation of being stuck, and an adverse impact on a person who stutters sense of self and identity. These definitions line up with the language and literature of those who've experienced trauma, drawing a link between stuttering and trauma. Accordingly, therapists gain much value when understanding stuttering as trauma and applying trauma-informed principles, trauma-informed care, and resilience-informed practices.

In this presentation, we will demonstrate how, for many, stuttering is a trauma, the body's response to trauma, and how trauma-informed principles and care support clients in taking empowered steps for change as a communicator who stutters. It will include exploring the six principles of trauma-informed therapy, identifying a client stuck in a vortex of trauma, and learning how to move out of that vortex. We will increase our understanding of resilience-informed practices, drawing from the principles of psychoeducation, reducing concealment, and showing stuttering.





Timetable for the day

9:15 Registration

9.20 Welcome

9:30 Presentation: Heather Robinson

11:00 Coffee break

11:15 Presentation: Heather

12.30-13:00 Lunch

13:00 Presentation: Chaya Goldstein-Schuff

14:30 Coffee Break

14:45 Presentation: Chaya

16:00-16:15 Evaluation/Feedback form

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.

