



# Summer 2017 Seattle Stuttering Camp for Teens

## Workshop Participant Eligibility:

Teens, aged 13-17, who have received a diagnosis of stuttering or have been exhibiting signs of stuttering since childhood. Enrollment limited to 5-6 participants for Summer 2017. All candidates who apply will be contacted individually by phone to help determine their commitment and availability or be notified of their waitlist status.

## Workshop Description:

The Summer Intensive Stuttering Workshop for Teens will take place over 5 consecutive days at the University of Washington Speech and Hearing Clinic. Through a combination of individual treatment sessions and group activities, teen participants will learn stuttering management and fluency-enhancing techniques, and work to transfer those skills into their real-life environments. Teens will work alongside their peers who also stutter to develop healthy attitudes and emotional responses to their stuttering. Parents of teens are also expected to participate during scheduled portions of the workshop including: a parent interview; a SLP-facilitated parent education discussion; a panel presentation with adults who stutter; and a final group presentation on the last day of the Workshop.

Following the 5-day camp, teen participants will be encouraged to continue their therapy sessions with a speech-language pathologist (either school-based or community-based) in order to continue treatment goals begun during the workshop and to address individual functional goals.

This workshop will be led by two ASHA certified speech-language pathologists who have collectively been working with children, adolescents, and adults who stutter for 21 years. **Elyse Lambeth, MS CCC SLP, BCS-F** works as a speech-language pathologist at Seattle Children's Hospital and coordinates a fluency clinic there. Ms. Lambeth became ASHA certified in 2007, completed her Board Certification process through the American Board of Fluency and Fluency Disorders in 2017, and has worked in private practice and outpatient clinic settings. She has a particular interest in working with children and teens who stutter, and continually seeks out new research and approaches for working with them. **Melissa Kokaly, MS CCC SLP** is currently Clinical Supervisor and Lecturer for the Stuttering/Fluency Practicum at the University of Washington Speech and Hearing Clinic. Since becoming ASHA Certified in 1998, Ms. Kokaly has been working with people of all ages who stutter in outpatient clinics and private practice. She has accrued over 130 hours of professional continuing education in the evaluation and treatment of stuttering and other disorders of fluency. In accordance with the joint aim of increasing student clinicians' proficiency in working with clients who stutter, graduate student clinicians will carry out assessment and treatment activities under the direct supervision of state-licensed and nationally certified speech-language pathologists Elyse Lambeth and Melissa Kokaly.

## Program Objectives:

1. Reduce severity of stuttering in teen participants
2. Support the development of healthy cognitive and emotional responses to stuttering
3. Improve participants' functional communication skills with peers and adults, allowing them to say what they want to say, when they want to say it
4. Create partnerships with local speech-language pathologists for follow-up with teens in the program

## Location:

University of Washington Speech and Hearing Clinic, located at 4131 15<sup>th</sup> Avenue NE, Seattle WA 98105.

## Workshop Dates and Times:

Monday, June 26th -Friday, June 30th, 2017

Participants arrive at clinic: 9:25 am daily

Participants leave clinic: 3:30 pm daily

## Cost:

A grant application is pending with the Children's Communications Center. Candidates will be updated about the status of this application. A \$100

participation fee will be requested with a needs-based fee waiver available. If you have any questions or concerns contact Elyse Lambeth at [elyse.lambeth@seattlechildrens.org](mailto:elyse.lambeth@seattlechildrens.org) or 206-987-5630.



## Schedule of Activities:

Day 1: Assessing stuttering severity and contributing factors, including current cognitive beliefs and emotional responses surrounding stuttering; education about speech mechanism; and exploration of stuttering. **Parents required to be present from: 10am-12:30pm**

Day 2: Desensitization to stuttering moments, including discussion of potential fears and avoidance behaviors, and training in reducing these behaviors. **Parents required to be present from: 2:30-3:30pm**

Day 3: Teaching and practicing stuttering management techniques.

Day 4: Teaching and practicing fluency-enhancement techniques. **Parents required to be present from: 1:30pm-3:30pm**

Day 5: Assessing participant progress; reflecting on skills learned and ways to promote carryover of skills; creating individualized follow-up programs for school-based or community-based SLPs and continued home practice. **Parents are required to be present from: 1:30-3:30pm**



# Application for Summer 2017 Seattle Stuttering Camp for Teens

Applicant's full name: \_\_\_\_\_

Male  Female

Date of birth: \_\_\_\_\_

Home address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_

Email: \_\_\_\_\_

Parent/guardian 1 name: \_\_\_\_\_

Work or cell phone: \_\_\_\_\_

Parent/guardian 2 name: \_\_\_\_\_

Work or cell phone: \_\_\_\_\_

Parent Email: \_\_\_\_\_

Current grade: \_\_\_\_\_  Regular education  Special education

Name of school: \_\_\_\_\_

Phone: \_\_\_\_\_

What type of techniques are you currently utilizing to decrease your stuttering?

Are you currently receiving speech-language therapy and, if so, where and what are you currently working on in therapy?

Do you have any other speech, language, or learning difficulties?

Please check how severe you believe your stuttering to be:

- Very Mild     Mild-Moderate     Moderate     Moderate-Severe  
 Severe     Very Severe

Please check interactions you feel are negatively impacted by your stuttering:

- Participating in class                       Talking with friends                       Meeting new people  
 Saying your name                               Talking on the phone                       Dating  
 Doing presentations                           Talking a group                               Ordering at a restaurant  
 Talking with family                           Job interviews                                 Reading aloud  
 Other:

Please check how interested you are in working on your stuttering: \_\_\_\_\_

- Very Interested     Interested     Somewhat Interested     Not Interested

What would you like to gain from the Summer Stuttering Intensive Workshop?

**Would you have any transportation issues or schedule conflicts that might cause you or your parent to be late or absent on any day of the workshop including the parent participation portions of the workshop?**     Yes     No

***Application Due Date: April 15, 2017***

Applications may be returned via email, fax, or mail by April 15, 2017, and an e-mail or phone call to ensure the application has been received is recommended.

Please return applications to:

**Elyse R. Lambeth, MS, CCC-SLP**  
**Speech-Language Pathologist | Fluency Clinic**  
**Seattle Children's Hospital**  
**OB.8.620 PO Box 5371**  
**Seattle, WA 98105**  
**Email: [elyse.lambeth@seattlechildrens.org](mailto:elyse.lambeth@seattlechildrens.org)**  
**Phone: 206-987-5630**  
**Fax: 206-987-2409**

Accepted applicants will be notified via phone call or email by May 1, 2017.  
Please call 206-987-5630 with any questions.