

Workshop Title	Brief summary of presentation	Bio and disclosure
(Re)Evaluating advice to the parents of children who stutter	This session will present interim findings from an NSA CASE grant project to evaluate the evidence base for traditional advice to the parents of young children who stutter (CWS; e.g., slowed speech, adjusted turn-taking, changes to language style). We have used longitudinal data from a large longitudinal study of CWS to evaluate whether short- or long-term fluency outcomes relate to parents' use of such strategies. To date, none seem to influence concurrent fluency or fluency outcomes. We discuss our findings, ramifications, and future directions to improve therapy options for young CWS.	Nan Bernstein Ratner is Professor, Hearing and Speech Sciences, University of Maryland. She conducts research and writes extensively in the field of stuttering. She is an ASHA Honor's recipient, and AAAS Fellow, as well as NSA Professional of the Year (2016). Financial: Nan Bernstein Ratner's research is supported by a CASE grant award from the NSA [Evaluating the evidence base for recommendations to parents of children who stutter], as well as grant funds from the NIDCD (R01DC015494 to NBR and Brian MacWhinney [Carnegie-Mellon University]). Non-financial; None to disclose
2023 BIPOC Think Tank	The NSA understands the importance of supporting its members who exist at the intersection of underrepresented and marginalized identities. During this workshop, we will highlight organization-wide changes that have been made over the past year to represent and support diverse communities within the stuttering community. You will have an opportunity to connect with others through small and large group discussions of selected topics. An open forum will also be facilitated for attendees to share their thoughts and ideas for the upcoming year. We look forward to seeing new and familiar faces!	Angela Medina , Ph.D., CCC-SLP is an assistant professor in the Communication Sciences and Disorders Graduate Program at Florida International University. She teaches phonetics, fluency disorders, and phonological disorders. Dr. Medina is Research Chair of the National Stuttering Association. Her research interests include stuttering, culturally/linguistically diverse populations, and qualitative research methods. FINANCIAL: Dr. Medina is a paid employee of Florida International University. NON-FINANCIAL: Dr. Medina serves the NSA in the following roles: Research Chair, Secretary, and Miami Chapter Co-Leader. Christian Ting (PWS) is one of the current Marketing Coordinators for the National Stuttering Association. He has served as a chapter co-leader of the South Pasadena Chapter of the NSA since 2019. Outside of his work in the NSA, he works in Film & TV development at Made With Love Media, an production company based out of Los Angeles. Finacial; receives salary from NSA Non financial; Chapter Leader NSA, volunteer.
A Multicultural Perspective of Stuttering in the Workplace	For individuals who stutter, workplace discrimination is a known experience, and has led to a portion of the community experiencing work limitations. It has also been found that minorities face discrimination in their everyday lives (Harnois, et al. 2020); however, from findings in stuttering research, there has been limited documentation on minorities who stutter and the experiences they have had at work (Plexico, et al., 2019). In this workshop we will share findings from our research on the workplace experiences of people of color who stutter. We will facilitate a group discussion on workplace advocacy and clinical implications.	Angela Medina , Ph.D., CCC-SLP is an assistant professor in the Communication Sciences and Disorders Graduate Program at Florida International University. She teaches phonetics, fluency disorders, and phonological disorders. Dr. Medina is Research Chair of the National Stuttering Association. Her research interests include stuttering, culturally/linguistically diverse populations, and qualitative research methods. FINANCIAL: Dr. Medina is a paid employee of Florida International University. NON-FINANCIAL: Dr. Medina serves the NSA in the following roles: Research Chair, Secretary, and Miami Chapter Co-Leader. Kristina Bonfield is a second-year MS-SLP student at Florida International University. Financial; None to disclose. Nonfinancial: None to disclose. Paola Torres is a second year MS SLP student at FIU. Financial; None to disclose. Nonfinancial: None to disclose.

Stuttering and Humor	Do you have 10 minutes? I need to have a 5 minute conversation. This workshop will provide an opportunity for participants to explore humor and stuttering. Is stuttering funny? Or are the situations that stuttering sometimes put us in funny? Is there a difference? The presenter will share his own philosophy towards humor and how it helped the emotional toll of stuttering when he was younger. Participants will watch short clips and break into small groups to discuss whether or not the clip is funny. A substantial amount of time will be allotted for participants to share humorous stories related to stuttering at the end of the workshop.	Tim Flynn is very stuttery and has been apart of the NSA somewhere between forever and an eternity. He works as a speech pathologist within the public schools in Arlington, VA. Tim is the chapter leader of the Washington D.C. NSA chapter. Financial; None to disclose Non-financial; NSA Chapter Leader, volunteer.
Breaking the Ice	Whether this is your first NSA event, or you're a returning, long-time NSA'er, join us as we kick off our Annual Conference! You will hear from our past board members Sarah D'Agostino and Steve Ernst, as we welcome you to the Conference. We will go over the purpose of why we have gathered and review what the program will look like moving forward.	Sarah D'Agostino is a long time member of the NSA. She is a diehard yogi and enjoys anything outdoors. Financial; None to disclose. Nonfinancial: None to disclose. Steve Ernst has been working FOCUS, serving on the Events planning team in Denver. Long time NSA'er with extensive knowloedge putting together successful events. Financial; None to disclose. Nonfinancial: None to disclose.
Can Stuttering and Confidence Co-Exist?	Can Stuttering and Confidence Co-Exist? Drawing from his personal stuttering journey, from holding back immensely to performing on stages worldwide, Joze Piranian will share insights about confronting our speaking challenges, reframing our relationship with fear, and becoming the best version of ourselves as stutterers with confidence. Moreover, Joze will share mindset shifts and mental wellness strategies that have empowered him towards self-acceptance and ongoing personal growth. The transformational insights of this keynote will be infused with lighthearted moments of stand-up comedy.	Born and raised in Lebanon, Joze avoided speaking for more than 25 years out of the fear of being judged for being a person who stutters. Over the past few years, everything changed. Jose has won multiple public speaking competitions, delivered several TEDx talks, and performed stand-up comedy in North America, Europe, and the Middle East in English, French, Spanish, and Arabic. Financial; Received travel package from NSA Non-financial; none to disclose.
Finding strength in community: Integrating support groups into stuttering therapy	This workshop is designed to explore the role of support groups in stuttering therapy. Participants will learn about the different types of support groups available for people who stutter and how to integrate them into stuttering therapy. Panelists will share their experiences and insights on how support groups can complement traditional speech therapy, and offer strategies for integrating support groups into stuttering therapy. There will be time for group discussion to allow participants to share their own experiences and learn from each other.	Courtney Luckman Margulis is a person who stutters, speech-language pathologist, and doctoral student at New York University. She has been active in the NSA since 2011 and currently serves as the Professional Relations Chair on the Board of Directors. Financial; None to disclose Non-financial: Courtney serves on the board of the National Stuttering Association. Mandy Rodstrom : Mandy is a person who stutters and an 18-year school-based Speech Language Pathologist who is so excited to be attending her first NSA conference! After 30+ years of living as a covert person who stutters, Mandy is stepping out and has begun her journey to embrace her stutter. Mandy is a member of the ASHA special interest group for fluency disorders and recently completed her Ally of Stuttering Seal through Spero Stuttering. Financial; none to disclose Non-financial, none to disclose Andrew Bowers is a person who stutters and a school-based Speech-Language Pathologist. He has been an active member in the NSA since 2008 and is a past Adult Chapter Leader in Dallas, TX. Currently he helps lead several worldwide online support groups though Reddit (www.reddit.com/r/stutter) and Discord (discord.gg/stutter). Financial; none to disclose Non-financial; none to disclose.

Five Reactions: Language and Awareness for Self-Discovery	What are our reactions to stuttering? Avoidance. Desire. Anxiousness. Doubt. Low energy. When stuttering, we can have one or more of these reactions in just a split-second. Reactions dictate how we are, and they can overwhelm who we want to be. During this interactive workshop, through engaging personal stories, you will see how these five reactions show up for you when stuttering. Knowing and understanding our reactions holds the potential for self-discovery and self-acceptance. This awareness and understanding moved the presenter, Shawn Holmes, from covert stuttering to empowerment and self-disclosure through self-discovery.	Shawn Y. Holmes , DMD, PhD is a mindfulness meditation teacher and faculty in leadership studies at Royal Roads University. Financial; None to disclose Non-financial: None to disclose
Full Disclosure: Hands-on Self Advocacy Workshop	Self disclosure is not as simple as it seems. This workshop will present a format for successful self advocacy, based on research and real-life examples. The workshop will engage participants to explore self-advocacy through the lens of people who stutter and allies. And we will provide space to experience the do's and don'ts of disclosure through interactive role play with honest and constructive feedback. This workshop will offer foundational introduction to "why" self-advocacy matters and the practical "how to" to give participants practical knowledge and skills to improve their communication experiences - for both conversational partners.	Jennifer Scharf , M.A. CCC-SLP is a speech-language pathologist and a person who stutters. Jen is the founder of Speech Works SRQ. a private speech and stuttering therapy Leader for the Adult and Family chapters in Sarasota, FL and a cohort member and moderator for Transcending Stuttering. Financial: None to disclose /Non-financial, serves as NSA Chapter Leader. Uri Schneider , M.A. CCC-SLP is a leading clinician, educator, and researcher at Schneider Speech (personalized speech therapy) and faculty at UC Riverside School of Medicine. He's a podcaster and guide at Transcending Stuttering, passionate about empowering people to be their best selves. He's a runner, outdoors enthusiast, and enjoys family time with his wife and kids. Financial; receives salary from private practice Non-financial; none to disclose.
Genetic Discoveries and Other Health Conditions Co-occurring with Stuttering: Q and A	New genes for stuttering have just been identified for stuttering. Data mining in electronic medical records and the results of a broad-health inventory for people who stutter have also identified other health conditions statistically more prominent across the lifespan of those who stutter.	Shelly Jo Kraft is an Associate Professor of Communication Sciences and Disorders, in the College of Liberal Arts and Sciences, at Wayne State University. Her current research focuses on the biological and behavioral genetics of stuttering, autism, SLI, SSD, and hearing loss. Other research interests include neuro-anatomical and functional features of people who stutter, auditory feedback mechanisms of speech control, autism treatment strategies, new genetic analysis techniques for modeling epigenetic complexity and exploring the relationship between cognition, temperament, and stuttering severity. Financial; Receives salary from Wayne State Non-financial; none to disclose.
Invisible Courage	People who stutter are vulnerable and authentic as soon as we open our mouths to speak. Many people who do not stutter may secretly wish they could be so authentic. What are some ways to develop self confidence and courage? What value does stuttering bring to conversations? Sometimes, when we are open, it encourages others to open up about something (maybe a hidden disability.)	Dr. Saundra Russell-Smith is a lifelong learner and educator, having served students from K-12 in a variety of educational settings for 30 years. She holds a Bachelor's degree in Psychology, a Master's degree in Elementary Education, a Master's degree in Educational Leadership, and a Doctorate degree in Educational Leadership with a Superintendent's endorsement. Financial: None to disclose Non-financial; none to disclose

Life Begins Where Fear Ends; Owning your inner rockstar	What is it you have always wanted to be, or do, if you didn't stutter? What holds you back? For half her life, Pamela Mertz let shame and fear hold her back from being her true self. The person she wanted to be was always there, she just didn't see her for so long. Pam will share how her deep dive into covert stuttering shaped who she was and who she became. She will share how she found her voice, and learned that she could help others find their voice too, which became the most transformative thing in her life. Her keynote will offer insights into how talking openly about stuttering helps more people than we will often ever know.	Pamela Mertz is an active member of the global stuttering community. She is a past Board member of the National Stuttering Association, the International Stuttering Association and was the USA lead for 50 Million Voices (a global employment advocacy organization) for four years. She also currently assists with organizing the annual International Stuttering Awareness Day online conference held every year during the month of October. Financial: receive travel package, Non-financial; none to disclose
Multiply Joy and Spread it Everywhere	Joy is an emotion of delight, bliss, pleasure, and an expression of deep contentment. Joy has spiritual qualities and has shown to be an antidote to hopelessness and burnout. In our most arduous and stressful moments joy can lift us, steady our minds and quiet our hearts. Luckily, joy can be cultivated! In this fun-filled, interactive and—yes—joyful workshop we will cultivate and multiply joy. Chances are, you will leave with a smile and carry it with you throughout the rest of your day.	Shawn Y. Holmes , DMD, PhD is a mindfulness meditation teacher and faculty in leadership studies at Royal Roads University. Financial; None to disclose Non-financial: None to disclose
No One is Perfect	Trying to find out tomorrow's answers today can stifle our energy by the added pressure. The feeling that we must make the perfect decision at all times leads to guilt, burn out, and self-doubt. Sometimes we think we must be "people pleasers" for people to like or accept us. Who are we trying to prove, them or ourselves? What can we do to reverse PWS's inclination to be perfect in everything else in our lives in order to compensate for stuttering? The drive to be successful becomes a bit easier when we focus on what we are saying rather than how we are saying it.	Emily Anderson in an environmentalist in Alaska and currently serving as NSA Chapter Leader. Financial; none to disclose Non-financial; none to disclose
SLP's: Are We Helping or Hurting?	SLPs are change-makers who improve the lives of people who stutter. However, even the best SLPs can unintentionally hurt clients with harmful therapy practices and stall the process of change in therapy. How do we differentiate helpful from harmful practices? Chris Anderson, the author of "Every Waking Moment," and Chaya Goldstein-Schuff, SLP and PWS, highlight therapy practices PWS self-report as helpful versus harmful. They provide a guide to support SLPs in maintaining therapy that yields long-term changes and empowered communication. The hosts will field questions throughout the talk, and Christopher will hold a book signing afterward.	Chaya Goldstein-Schuff , MA, CCC-SLP, is a speech-language pathologist at Sisskin Stuttering Center specializing in treating stuttering across the lifespan. Chaya has worked in public and private schools and the nonprofit sector. She has involvement in the stuttering community, including leading workshops at NSA and FRIENDS; and co-hosting the StutterTalk podcast. Her primary mission is to advance the knowledge of stuttering therapy through trauma-informed practices and resilience-informed care. Disclosure Financial —no financial Disclosures Non-financial — Speech Language Pathologist at Sisskin Stuttering Center, StutterTalk co-host. Christopher Anderson is a person who stutters who self-published a memoir last year titled, " Every Waking Moment: The Journey to Take Back My Life from the Trauma and Stigma of Stuttering." He is a longtime member of stuttering self-help organizations, such as the NSA, and regularly shares his experience with speech-language pathologists. Financial; none to disclose Non-financial; none to disclose
Speech techniques: The Good, The Bad, and The Ugly	Speech modification techniques: Do you love them? Hate them? Have a love/hate relationship with them? This workshop begins with the research evidence on speech techniques and merges into an open discussion using live polls and small group discussions on this divisive but important topic.	Thales De Nardo is a speech-language pathologist and an assistant professor at Western Carolina University. He is a person who stutters and has been the chapter leader of NSA chapters in San Diego, CA; Lafayette, LA; and Cullowhee, NC. He has published and presented on research topics related to self-acceptance of stuttering, perceptions of speech techniques, and successful management of stuttering. Financial; Receives a salary from WCU Non-financial None to disclose

Trauma Informed Stuttering Therapy: What it Is and Why It Matters	<p>Can stuttering be experienced as a trauma? If so, what can we do about it? This presentation demonstrates how the experience of stuttering can be a trauma, the body's response to trauma, and how we can use trauma-informed principles to support clients in and outside the therapy room.</p> <p>Together we will explore different kinds of traumas, the fight, flee, and freeze responses, and how these responses relate to moments of stuttering. We will discuss how to move out of a cycle of stuttering trauma and onto a path of change. By the end of the presentation, you will feel empowered to support your clients to live their best lives possible.</p>	<p>Chaya Goldstein-Schuff, MA, CCC-SLP, is a speech-language pathologist at Sisskin Stuttering Center specializing in treating stuttering across the lifespan. Chaya has worked in public and private schools and the nonprofit sector. She has involvement in the stuttering community, including leading workshops at NSA and FRIENDS; and co-hosting the StutterTalk podcast. Her primary mission is to advance the knowledge of stuttering therapy through trauma-informed practices and resilience-informed care. Disclosure Financial —no financial Disclosures Non-financial — Speech Language Pathologist at Sisskin Stuttering Center, StutterTalk co-host.</p>
Us vs. Them: Intersectionality, Stigmatization, and Disability	<p>Intersectionality describes the interwoven nature of possessing multiple marginalized identities and its connection to the continuous experience of discrimination and oppression. Stigmatization is a byproduct of such experiences and its chronic exposure can lead to self-stigma. Panelists will discuss intersectional stigma with a focus on self-stigma and its contribution to PWS/stutterers utilizing assimilation as a survival mechanism, our views on disability, and the development of the "us vs. them" phenomenon in relation to general society and other marginalized groups.</p>	<p>Sulema Rodriguez is a bilingual speech-language pathologist and person who stutters/stutterer who has conducted research in various areas of stuttering, including intersectionality, physiological responses, and genetics. Her current research interests include disability perceptions and identification across multicultural and multilingual stuttering community members and how these views impact the individuals' willingness to pursue disability accommodations. Financial; none to disclose Non-financial; none to disclose. Derek Daniels is an associate professor in the Department of Communication Sciences and Disorders at Wayne State University. His research focuses on public perceptions of stuttering, psychosocial experiences, and intersectionality. Derek is a person who stutters, has presented nationally and internationally, and is widely published. Financial; Receives salary from WSU Non Financial; None to disclose.</p>
Using virtual reality as an enhanced treatment tool	<p>The focus of this workshop is to report the initial findings of virtual reality (VR) technology to promote carry-over of therapeutic gains to settings that are commonly encountered by adolescents that stutter. The aim of this study was to 1) determine the impact on stuttering and basic biological function following an at-home trial program using VR in a school-based scenario, and 2) to report on the lived experiences of adolescents that stutter following an at-home trial program using VR in a school-based scenario. Results indicate changes in stuttering, changes in biological measures, and positive experiences by adolescent participants.</p>	<p>John A. Tetnowski is the Jeanette Sias Endowed Chair in Speech Pathology at Oklahoma State University. He has over 25 years of clinical experience and is a board certified fluency specialist. This research is supported by an NSA CASE Grant awarded to Dr. John Tetnowski and Dr. J. Cecil. This research is supported by the Jeanette Sias Endowed Chair Fund at Oklahoma State University. Financial: receives salary from OKU and research is supported by NSA Grant Non-financial; none to disclose. Dr. Cecil is the is the Co-Director of the Center for Cyber Physical Systems at Oklahoma State University. His research focuses on the investigation of Information Centric Engineering (ICE) issues in several process domains including advanced manufacturing, space systems (including deep space habitats), and smart health (including design of surgical simulators). Within ICE, his work spans the triumvirate of facets involving modeling, simulation, and exchange of information. Financial; Receives salary from OKU Non Financial; None to disclose.</p>