

# WORDS OUT SPOKEN 2019 CONFERENCE

OCTOBER 19 | TORONTO, ON



*THE*  
**absolutely TRAGIC**  
**⇒ totally ⇐ Uplifting**  
**severely DEFLATING**  
**magical & wondrous**  
**GIFT of STUTTERING**

Thanks to our Sponsors:



## SCHEDULE

**8:30am to 9:00am**

Sign-In/Register, Meet & Mingle (coffee and snacks)

**9:00am to 9:10am**

**AUDITORIUM**

Welcome and Introductions, *Casey Dumaresq*

**9:15am to 10:15am Workshops:**

**AUDITORIUM**

The Tales of a Successful Journalist Who Stutters,  
*Ryan Cowley*

**ROOM 312**

Overcoming Your Stutter, *Shaun Ghulam*

**ROOM 223**

Parenting a Person who Stutters - You Are Not Alone!  
(Part 1), *Eeva Stierwalt*

**CAFÉ**

Speed Friending - Young Adult and Teen Meet & Greet, *Alexandra D'Agostino*

SHORT BREAK

**10:25am to 11:25am**

**AUDITORIUM**

Keynote, *David Stones*

**11:25am to 12:25pm**

**LOBBY AND CAFÉ**

Lunch provided

(remember to buy your 50/50 tickets!)

**12:25pm to 1:25pm Workshops:**

**AUDITORIUM**

New Updates in the Pharmacologic Treatment of Stuttering, *Gerald A. Maguire, MD*

**ROOM 312**

More than Fluency: Conflicting Ideas and Opinions in Stuttering Treatment, *Lisa Wilder*

**ROOM 223**

Parenting a Person who Stutters - You Are Not Alone!  
(Part 2), *Eeva Stierwalt*

**CAFÉ**

The Fun in Letting Go: Improv for Beginners,  
*Samuel Dunsiger*

**1:35pm to 2:50pm**

**AUDITORIUM**

Screening of "When I Stutter"

**3:00pm to 3:50pm**

**AUDITORIUM**

Open Mic

**4:00pm to 5:00pm Workshops:**

**AUDITORIUM**

Stuttering: The Journey to Vulnerability,  
*Robert O'Brien*

**ROOM 312**

Forgiving You, Forgiving Me, *Mary Wood*

**ROOM 223**

Stuttering at School: The Challenges, *Audrey Bigras*

**CAFÉ**

SLPs Connect, *Carla Di Domenicantonio*

**5:05pm to 5:15pm**

**AUDITORIUM**

50/50 Draw and Closing Remarks -  
*Casey Dumaresq and Eeva Stierwalt*

REMEMBER  
TO GET YOUR  
50/50  
TICKETS!

## Thank you for attending the 2019 CSA Conference.

We are interested in your feedback so please let us know what you think of the event! All comments and suggestions are welcome. You will soon be emailed an online survey to kindly fill out!

## CSA VOLUNTEER CONFERENCE COMMITTEE

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## Workshop Descriptions and Presenter Bios

9:15am to 10:15am

### AUDITORIUM The Tales of a Successful Journalist Who Stutters

#### Ryan Cowley

Ryan will tell stories from his career as a sports journalist, including when he stopped using his stuttering as a deterrent and an excuse, and started using it to his advantage. He will discuss the methods he uses to adapt and conduct interviews as a journalist who stutters. Ryan will also show photos of himself interviewing NHL Commissioner Gary Bettman in November 2018, and will play audio excerpts of his interviews.

**BIO:** Ryan Cowley is a longtime sports writer who has written for publications such as CBC, TennisViewMag.com and Toronto Standard. He's even run his own site, [www.makeway-forthekings.net](http://www.makeway-forthekings.net), about the NHL's Los Angeles Kings. Ryan lives in Toronto and enjoys telling stories of his accomplishments in spite of his stuttering.

### ROOM 312 Overcoming Your Stutter

#### Shaun Ghulam

During this interactive presentation, Shaun will provide details on how to operate a successful business, tips on how to live your best life, and earn respect in your community.

**BIO:** Shaun Ghulam has turned his stutter into his success. This "2018 Small & Mighty Young Professional of the Year" is an influential and inspirational entrepreneur, with extensive experience in the digital media world. Today he is CEO of DMINDED, founder of Brampton Proud, and a motivational speaker.

### ROOM 223 Parenting a Person who Stutters - You Are Not Alone!

#### Eeva Stierwalt

As a parent, you may be concerned about the difficulties your child will experience with their stuttering, both socially and academically, and you are not alone in these thoughts. In this two-part workshop, parents of people who stutter (of all ages) will come together to offer support by sharing each other's parenting journeys. Parents will learn from each other, and will have the opportunity to seek guidance and hear first-hand experience from a mother of a young adult who stutters. This workshop is suited to first-timers and conference veterans.

**BIO:** Eeva Stierwalt is the CSA National Coordinator and Chair. She is also the mother and supporter of Alexandra D'Agostino, a young adult who stutters who is the Social Media Coordinator of the CSA and who has also been heavily involved with the NSA (National Stuttering Association, US). Eeva has led workshops for parents at both the CSA and the NSA conferences over the years. Eeva is an IT professional at the London Public Library and is Past-Chair of the Innovative Users Group with over 1,000 library members worldwide.

### CAFE Speed Friending - Young Adult and Teen Meet & Greet

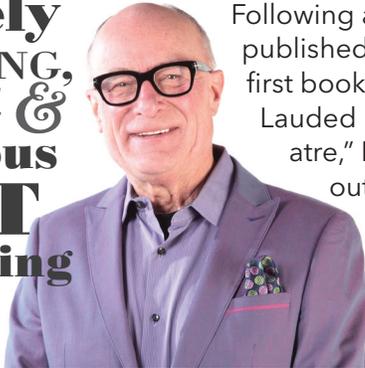
#### Alexandra D'Agostino

3, 2, 1, GO! Are you usually too shy to go up and introduce yourself? Have you wondered what it would feel like to relieve the pressures of your stutter by learning how to self-disclose while in a safe space? Do you want to meet other young adults and teens who stutter? Look no further than this workshop!

**BIO:** Alexandra D'Agostino is 26 and recently graduated from Nipissing University's Post-Graduate Nursing Scholar Practitioner Program in Toronto. She has stuttered since she was seven, and is on the CSA's Board of Directors as the Social Media Coordinator. She has also been involved with the National Stuttering Association in the United States since 2011.

10:25am to 11:25am

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**AUDITORIUM KEYNOTE SPEECH**

**David Stones**

David Stones is a mostly retired marketing, communications and business executive, poet, performer, spoken word artist, and life long stutterer. His keynote speech is entitled, "The Absolutely Tragic, Totally Uplifting, Severely Deflating, Magical and Wondrous Gift Of Stuttering."

Following a highly successful business career, David's poetry has now been published nationally and internationally to great acclaim. He transformed his first book, *Infinite Sequels*, into a one man show, complete with live violin.

Lauded by the London Free Press as "a brilliant and beautiful piece of theatre," David continues to perform it to appreciative audiences throughout southern Ontario, including Hamilton Fringe 2019 and the 2019 Stratford Writer's Festival. Soon to be published is his latest poetry collection, *As Words Will Bend To Prayer*.

David served on the CSA Board from 2010-2018, proudly leading its strategic planning initiative and helping forge a progressive blueprint for a resurrected CSA.

11:25pm to 12:25pm **LUNCH PROVIDED**

12:25pm to 1:25pm

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**AUDITORIUM New Updates in the Pharmacologic Treatment of Stuttering**

**Gerald A. Maguire, MD**

Stuttering has occurred throughout recorded history and every language has a word for the condition. In spite of such, no medical treatments exist, approved by any country, for reducing its severity. Newer medications are being investigated for stuttering and the latest data will be presented.

**BIO:** Gerald A. Maguire, MD is Professor and Chair of Psychiatry at the University of California, Riverside School of Medicine and serves as Chair of the National Stuttering Association. A person who stutters himself, Dr. Maguire has focused his academic life to investigating the biologic basis of stuttering toward developing novel medical strategies to treat stuttering.

**ROOM 312 More than Fluency: Conflicting Ideas and Opinions in Stuttering Treatment**

**Lisa Wilder**

"More Than Fluency" is a collection of professional papers compiled in response to conflicting opinions between speech language pathologists. As well as briefly summarizing the book, Lisa will explore some of the debates that have arisen between practitioners in the field of stuttering treatment and look at the history of the practice. Is it fair to say one treatment is better than the other? If there is a "best" approach to therapy, what is it?

**BIO:** Lisa Wilder has been involved with the CSA for twelve years as a web manager, graphic designer, editor and writer. She works freelance as a graphic, web, and media content creator, as well as a copywriter.

**ROOM 223 Parenting a Person who Stutters - Part 2**

**CAFE The Fun in Letting Go: Improv for Beginners**

**Samuel Dunsiger**

Have you rehearsed what you're going to order at a restaurant? Have you ever written a script on what you're going to say before making a phone call? As people who stutter, it's overwhelming to having to think about what we're going to say, while being concerned about how we're saying it. This improv workshop is for anyone who wants to put aside the planning and find out how fun living in the moment can be. We're going to explore how improv can benefit us as people who stutter. Everyone is welcome. The only requirements are to be supportive of each other and be willing to have a good time.

**BIO:** Samuel Dunsiger is a professional writer, marketer and stutterer. He's an improviser and now stand-up comedian, who has performed at Comedy Bar, Free Times Cafe, Hawaii Bar, Bad Dog Theatre and The Social Capital Theatre. He credits improv with having benefits for both his anxieties and stuttering. Plus, it's so darn fun. He loves his cat Morrissey more than most humans.

1:35pm to 2:50pm

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**AUDITORIUM** Screening of "When I Stutter"

Directed by John Gomez

WHEN I STUTTER is a documentary that reveals the humanity that exists within an often mysterious malady. Over the course of 4.5 years, 19 people shared stories about how stuttering has impacted their lives. These stories run the gamut of human emotion - some are dark, some are funny, and others are triumphant!

3:00pm to 3:50pm

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**AUDITORIUM** Open Mic

4:00pm to 5:00pm

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**AUDITORIUM** Stuttering: The Journey to Vulnerability

Robert O'Brien

This interactive workshop will discuss vulnerability as the courage to be fully seen in life and how having a stutter is an access to this. With humor and hindsight, Robert will share his own journey to vulnerability by touching on my need for fluent speech, running away to acting school, and finally seeing his father's love for him with a race car on a trailer. The workshop will be a space for the audience to embrace these conversations and share their own. By showing who we really are and with nothing to fix, we can transform our relationship with our speech.

**BIO:** Robert is an author and educator. Originally from Ireland, he has been living in Canada for the last decade. He struggled with his stutter for most of his life and tried various speech therapies, going as far as studying acting in Vancouver. Realizing there is nothing to fix, Robert is now committed to sharing his experiences to help inspire others to live their fullest lives.

**ROOM 312** Forgiving You, Forgiving Me

Mary Wood

Forgiveness is one of our most important lessons because it can end the anger, shame, guilt and fear that we feel through our judgments of ourselves and others. Forgiveness is our willingness to let go of a hurtful past. Jerry Jampolsky, author of *Forgiveness: The Greatest Healer of All* writes, "To forgive is our prescription for happiness. To not forgive is our prescription to suffer." I invite you to join me as we discuss and learn how these words might change our lives.

**BIO:** Mary Wood has been a dynamic, insightful, and loving presence in the stuttering community since first attending a conference for PWS in Ottawa in 1993 where she presented a workshop on self-esteem. Since then, Mary has touched many lives through her careful and deep scrutiny of stuttering and its impact on the person, and inspired people at conferences world-wide.

**ROOM 223** Stuttering at School

Audrey Bigras

Are you a student? Do you stutter? You are in the right place! This workshop is a safe place to discuss and share our stories, success, and issues about challenges related to stuttering in the school environment at any level (secondary school, college, or university).

**BIO:** Audrey Bigras is a member of the Board of Directors of the ABC (Association des bègues du Canada), a francophone association for helping adults who stutter, based in Montreal. She has been involved in the stuttering community since 2015. She also currently works as a research professional in the Public College Network. This is Audrey's fifth CSA conference.

**CAFE** SLPs Connect

Carla Di Domenicantonio

This session provides an opportunity for Speech-Language Pathologists attending the Conference to meet, and share information and experiences in working with children and adults who stutter. Some discussion will take place on what SLPs would like to see included for them at future Conferences. Grab a coffee, and let's talk! Speech-Language Pathology students are also welcome.

**BIO:** Carla Di Domenicantonio is a Registered Speech-Language Pathologist who has had a career-long interest in stuttering and related fluency disorders. She has worked in hospital and university settings, and currently practices in a private office in Burlington. Carla is SLP Liaison on the CSA Board of Directors, and the Canadian representative for the International Cluttering Association.

5:05 to 5:15pm **CLOSING REMARKS & 50/50 DRAW RESULTS!**

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Join us at a nearby restaurant TBA after the conference!

Opinions expressed in workshops and speeches are those of the presenter and not necessarily of the Canadian Stuttering Association.

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