

Session title	Presenters	Session Summary
(APP-104) Why be so hard on yourself? The potential benefits of Self Compassion for PWS.	Ben Farmer Jack Garfield	Ben and Jack will talk about how cultivating self-compassion may be a helpful approach for people to manage the impact of stammering. They will start by discussing their personal journeys with self-compassion and their stammer and how this inspired their research projects on self-compassion. The findings and implications of the research projects will then be outlined. Finally, Ben and Jack will run a short self-compassion workshop with some evidence-based exercises that can be self-administered.
(APP-114) Back to the future: How We Humanize Stuttering in 2022	Uri Schneider	For thousands of years, stuttering has been part of human life. And yet, stuttering is still enigmatic, stigmatic and challenging for people who stutter, parents and clinicians. Now, we can harness the latest research and innovations to humanize the experience of stuttering - and how we treat it. This blended session will include (a) presentation of research-based framework, (b) contributions from people who stutter and SLPs from around the world (c) interactive opportunities for participants to engage and be part of redefining the experience - and the future.
(APP-092) Stammering pride and prejudice: Difference not defect	Patrick Campbell Sam Simpson	This workshop will introduce people to the concepts of stammering pride and prejudice and the new meanings being created about what it is to stammer. It is aimed for people who are less familiar with these ideas and are interested in learning more. It will introduce participants gently to the field of disability studies and the idea of ableism, encouraging conversation and personal reflection on these concepts.
(APP-109) Brains that stammer: A very accessible overview	Michel Belyk	What makes some brain's stammer, and what makes some stammers different than others? This public lecture is aimed at everyone and doesn't assume any prior knowledge. The lecture will aim to give an accessible overview of some of the basic principles of neuroscience and how we can use them to understand stammering.
(APP-073) Bringing Warmth to Reframe Stammering Icebergs & Celebrate Hidden Beauty Workshop & Photos	Wendy Ronaldson Christine Handsley	Bringing Warmth to Reframe Stammering Icebergs & Celebrate Hidden Beauty A presentation, creative workshop and photographic exhibition to explore visual representations of stammering and its contexts, as alternatives to the familiar iceberg analogy, collaboratively led by Wendy Ronaldson (artist, and person who stammers) and Christine Handsley (retired Speech and Language Therapist). An opportunity to just ponder, share, or develop into the future, but definitely have fun alongside heartfelt exploration. Materials provided. Minimal skills required.
(APP-072) Acceptance and Change You have a choice	Ben Goldstein Neil Christian Nic Brow Vivian Sisskin	ACCEPTANCE & CHANGE-what are they? An oxymoron? Reluctant companions? Supportive soul mates? For stutters embarking on an acceptance-based therapy journey there are questions and contradictions: If stuttering is OK, shouldn't all forms of stuttering be OK? How can I accept my stuttering and at the same time change it? In this presentation, Vivian will describe the ambivalent relationship between acceptance and change. Neil, Ben and Nic will relate personal perspectives of embracing identify and letting go of relics of an earlier life of masking and suppression.
(APP-108) Expanding our comfort zones with virtual reality	Gareth Walkom	Our comfort zones are delicate. Speaking situations are unpredictable, difficult to control, and clouded by our negative past experiences. All individuals should be able to speak freely whenever they like, no matter their difference. However, stammering is still stigmatized, making it harder for people who stammer to expand their comfort zones. Fortunately, virtual reality has proven to be a safe space to speak for people who

		stammer where speaking situations can be customised. This session will explore how people who stammer are using virtual reality to expand their comfort zones today.
(APP-0111) Gareth Walkom Walkom Jurgen de Jong	Gareth Walkom Jurgen de Jong Marc Van Kralingen	We explore 'online community building' through three topics: 1) How to involve everyone in hybrid meetings (including a demo of a Kandao), 2) How to create a supportive community that keeps an eye on each other, 3) How to ensure safety through regulation and moderation. After brief presentations, we interact with the participants via a panel discussion.
(APP-099) Spirituality and Stammering: How ancient wisdom helps us today	Calum Burke Deborah Mason John Evans	Spirituality and Stammering: How ancient wisdom helps us today Stammering is something that can affect us right in the core of our being in the deepest, spiritual part of ourselves. That is an encouragement for us to look to spirituality to find freedom and strength for daily life. This session is open to those of all faiths or none. It will indicate ways to follow up the ideas presented. The leaders are Reverend Calum Burke, a Christian priest who stammers, and Deborah Mason, an Interfaith-inspired SLT. John Evans TSSF, a Franciscan who stammers, will facilitate.
(APP-056) Unspoken: a video of a theatrical performance	Trudy Stewart	Unspoken: a play depicting the experiences of stammering. This is a video of play filmed during performances in Leeds and London. The play received praise for its depiction and hard hitting messages about stammering.
(APP-069) Stuttering Workplaces - Stories from Africa	Emmanuel Makokha	A presentation about experiences and stories from PWS from Africa in the workplace. I will share about my journey as a PWS in the workplace, but feature in stories - short video clips - from other PWS across Africa (Kenya, Ghana, Nigeria, Gambia, Zambia and South Africa).
(APP-105) The Power of Body Language	Dave Van Burik Sybren Bouwsma	Our communication consists to a large degree of non-verbal signals, aka Body Language. Body language sends signals to our communication partners and vice versa. It has great impact on how we are perceived and how we perceive others. Body language can also cause emotions within ourselves. It can make us insecure or confident, weak or powerful, insecure or convincing. In this workshop, facilitated by a body language expert who stutters, you will observe, discuss and practice easy-to-apply body language skills. You'll will feel more confident, and in control, to meet your communication goals.
Jane		
ISA AGM		