

Foreword

The book *Dialogue without barriers: A comprehensive approach to dealing with stuttering* is the result of Norwegian-Polish cooperation undertaken in the project *LOGOLab – Dialogue without barriers*. Three partners have been involved in the production of this book, namely, the University of Silesia in Katowice, Poland, the UiT Arctic University of Norway in Tromsø, and the Agere Aude Foundation for Knowledge and Social Dialogue. The project was implemented under the Education Program financed by the EEA Grants (EEA / 19 / K1 / D1 / W / 0031). The EEA Grants represent the contribution of Iceland, Liechtenstein, and Norway towards a green, competitive, and inclusive Europe. The most important goal of the *LOGOLab* project was to raise the standards of speech-language therapy in stuttering by incorporating the principles of *Evidence-based practice*, taking into account the assumptions of inclusive education and community-based model of intervention. An essential strategy for achieving this goal has become the dissemination of reliable and up-to-date knowledge about stuttering, and the development of appropriate social attitudes towards stuttering. The improvement of the quality of academic education for speech-language therapy students and of vocational training for certified speech-language therapists should also be mentioned. An additional aim was to provide reliable information for leaders of the self-help movement, who support people with stuttering non-institutionally.

We wanted to provide comprehensive coverage of current issues in the field of stuttering, and invited an international group of specialists to write chapters for the book. The result is a collaborative effort of researchers, practitioners, and professionals, some of whom have personal experience with stuttering. In addition to authors from Norway and Poland, other experts from Australia, Belgium, Canada, United Kingdom, Greece, Germany, Lebanon, Malta and the United States have contributed. The book consists of 16 chapters, involving 25 contributing authors. Thanks to their generosity, the English version of this volume was created, which we are presenting to you herewith.

We expect the book to be useful for diverse groups worldwide. The book's authors present a holistic approach to speech therapy intervention in stuttering, taking into account the multi-faceted nature of the phenomena that concern them, and the consequences for speech therapists' work. They consider effective



prevention strategies, multi-dimensional diagnosis, and *Evidence-based treatment* methods. The book describes in detail topics related to the change of social attitudes towards stuttering and *Evidence-based practice*. The following contemporary therapeutic programs are also presented: *Camperdown Program*, *KIDS* (German title: *Kinder dürfen stottern*, which translates to: *Children should be allowed to stutter* in English), *Lexipontix Programme*, and *MIST (Multidimensional Individualized Stuttering Therapy)*. Topics such as becoming an SLT with high competence in developmental and acquired stuttering, practical aspects of group therapy, prevention of school bullying, and stuttering and multi-lingualism are also covered. Furthermore, issues such as the use of humor, creativity, and modern technologies in speech therapy interventions are included.

This is a unique book. The authors emphasize the importance of focusing on people and their experiences and implementing a community-based model of intervention. This publication intends to help its readers to see the person with a stutter, not just the stuttering itself. It enables them to fully understand that the main task of speech therapy intervention in stuttering is to improve the quality of communication, and then – the quality of their life. It is, therefore, obvious that the concept of acceptance appears repeatedly on the pages of this book. The term is not understood to be a state of passivity and withdrawal, rather it means that a person's own potential, along with his/her challenges, can be fulfilled. This, in turn, leads to the implementation of change in the process as harmonious on the person's own terms.

We are convinced that the reader will find these materials to be inspiring, reflective, and motivating. The widespread availability of the handbook on the *LOGO-Lab* and the partner institutions' websites is undoubtedly another of its advantages. We hope that the book will be positively received by teachers, SLT students, SLTs, and other specialists who deal with stuttering in their professional work or support activities. Wishing our readers pleasant reading, we also wish this work to contribute to the improvement of the quality of speech therapy not only in Poland, but also worldwide. We believe that the true success of disseminating the publication will be to change the perception of stuttering and people who stutter. It is hoped that this book will achieve useful outcomes for the many children, adolescents and adults who may experience challenges with stuttering. Our dream is for SLTs to feel more comfortable in undertaking a therapeutic intervention related to stuttering. In fact, the project will promote the rethinking of stuttering as it is experienced by individuals who stutter: while disfluency is what might distinguish them, it does not have to limit them!

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Acknowledgements

There are many individuals we would like to acknowledge. Each author has brought their extensive academic and clinical expertise to this book. We have enjoyed collaborating with them all, and have benefitted to large extent from the knowledge and experience they have in their respective areas of speech-language therapy. Finally, we have been supported by dedicated people worldwide. A special thank you to Tim Anderson (music R&D for disabled students, SKUG centre, Tromsø), who has proofread and commented on all the chapters. Furthermore, warm thanks to Marta Margiel (University of Silesia), Signhild Skogdal (University of Tromsø), Tor Gisle Lorentzen (University of Tromsø), and Elin Margrethe Ryseth (University of Tromsø). The chapter about *KIDS* was originally prepared in German, and the translators were Aleksandra Boroń, Grete Roland, and Peter Schneider. In addition to Tim Anderson's thorough work, Jessica Harasym, Henriette W. Langdon and Glen Tellis have contributed as consultants, as well as reviewers for three of the chapters.

