

ERIC SWARTZ– Texas A&M at Kingsville

- ◉ **Eric Swartz, Ph.D, CCC-SLP is an Associate Professor in the Communication Sciences and Disorders program at Texas A&M University – Kingsville (TAMUK).**
- ◉ **He teaches undergraduate and graduate courses in fluency disorders and a graduate counseling course in communication disorders.**
- ◉ **He provides clinical training in stuttering therapy to graduate students at TAMUK and at the summer a Comprehensive Stuttering Therapy Program at Texas State University.**

Website:

<https://www.tamuk.edu/artsci/departments/clhs/csdo/CSDOFacultyStaff/EricSwartz.html>

Email:eric.swartz@tamuk.edu



My Journey with Stuttering



Avoidances & Shame



College Life – Men's Hall, UNK



Traditional Speech Therapy & DAF (Farris, 1993)

UNK clinic aids speech with therapy

By DONNA FARRIS
Hub Staff Writer

KEARNEY — Twelve-year-old Derek Bailey never ordered what he really wanted to eat at a restaurant — he'd order whatever was easy to say. And 21-year-old Eric Swartz stayed away from the telephone as much as possible.

Stuttering was the roadblock that stood in their way. But through a technique of monitoring their own speech, the lines of communication are opening for them.

THE TECHNIQUE involves controlling the rate of speech with the help of a delayed auditory feedback machine, plus continuous phonation — similar to saying one long word.

Both receive speech therapy at the Speech and Hearing Clinic at the University of Nebraska at Kearney.

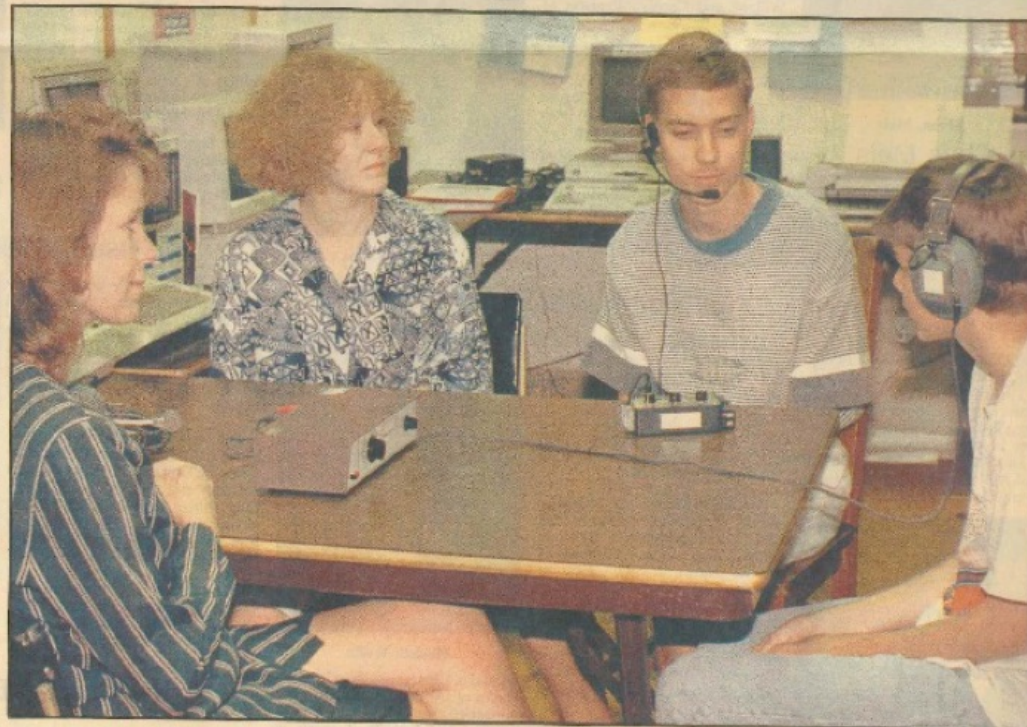
Derek Bailey of Berwyn, son of Tom and Irene Bailey, said his stuttering problem surfaced when he was in third grade.

Besides not ordering what he wanted in a restaurant, he also once skipped the chance to get autographs of some Nebraska track team players. "I knew I'd stutter."

THIS SUMMER was his first time in speech therapy. Between the first day and last day of a recent week-long workshop, "I was majorly improved."

Now, he has therapy two days each week.

Swartz, a UNK student from Beatrice, purchased his own portable delayed auditory feedback machine.



Hub photo by Donna Farris

THERAPY SESSION: From left, University of Nebraska at Kearney speech clinicians Sheri Schirmer of Ravenna and Becki Gustafson of Kearney conduct a therapy session with Eric Swartz and Derek Bailey.

He's taken speech therapy since seventh grade. But he credits the greatest improvements to DAF.

His portable machine looks somewhat like a Walkman, except that it has a microphone plus an earphone. It cost around \$300.

SWARTZ, A biology major, wears it during classes so his speech won't interfere with his asking questions.

He also relies on it for talking on the phone. "I have a lot of trouble with telephone calls, but I am making progress."

"Now that I have the machine, I call anyone I want to call. I used to stay away from the phone as much as possible."

And in a social situation, if there's something Swartz wants to say, he speaks up.

"I'm starting to get pretty good

at continuing my speech with the machine off."

WHEN SWARTZ starts to talk too fast, disfluencies crop up. So he uses his machine to get back on track.

Swartz said that without the machine, it would take a lot of mental self-discipline to slow down the normal rate of speech.

In therapy, Swartz practices his rate of speech, and practices talk-

ing on the phone and with strangers.

"Growing up with a stuttering problem was very difficult for me." He remembers feeling depressed and frustrated at not being able to say what he wanted to say.

He wishes he would have had his machine then — especially during his high school years.

"I hope I can eventually beat this thing."

Medication Experiment



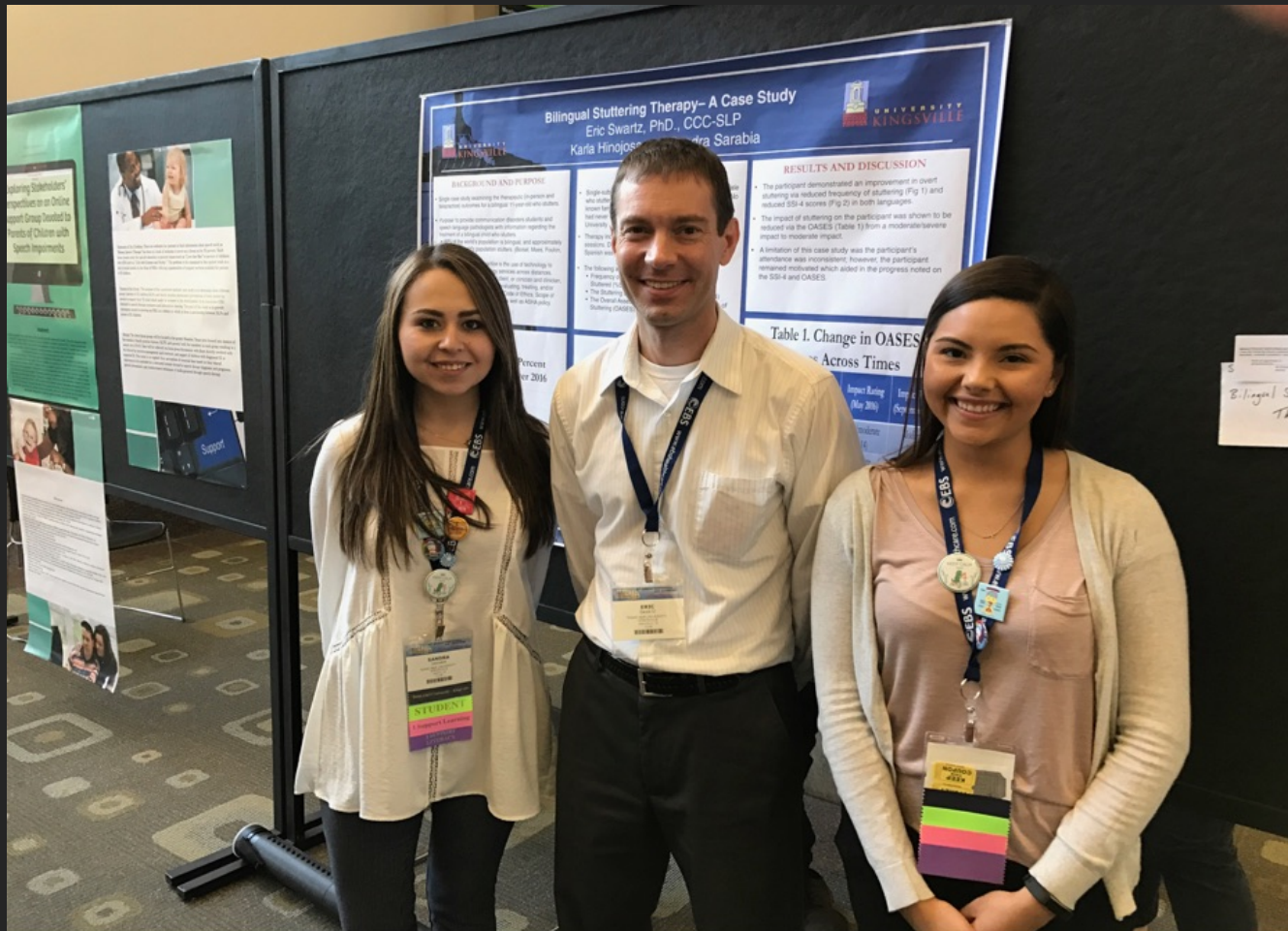
Overcoming Obstacles



Keys to my success

- ⦿ **Acceptance of Stuttering**
 - **Shift in mindset**
- ⦿ **Support**
 - **NSA**
 - **Family and Friends**
 - **Professional Counseling**
- ⦿ **Self-disclosure**
- ⦿ **Easy Stuttering - Voluntary Stuttering**

Rewarding Career



Friends and Family



Thank you

- ◎ Kent Emal
- ◎ Michael Retzinger
- ◎ Charles Healey
- ◎ John Baumgartner
- ◎ Brian Heskin
- ◎ Rod Gabel
- ◎ Kevin Eldridge
- ◎ And others...

Reference

Farris, D., (1993,
June 26, 27)
Stutterers hurdling
roadblocks,
Kearney Hub, pp.
8-C.