

# The Specialist in stuttering

November 2004

The Stuttering Foundation Workshop for Specialists Newsletter

## “Watching Over Us... with a Big Smile”

By Carolyn Gregory and Kathleen Gregory Huddleston.

### International Authority on Stuttering Therapy

#### HUGO H. GREGORY, 76

Hugo Harris Gregory Jr., international expert in the field of speech and language pathology, and expert on the treatment of stuttering and fluency disorders passed away on October 11 of a stroke and meningitis, following surgery at Johns Hopkins Hospital in Baltimore Maryland.

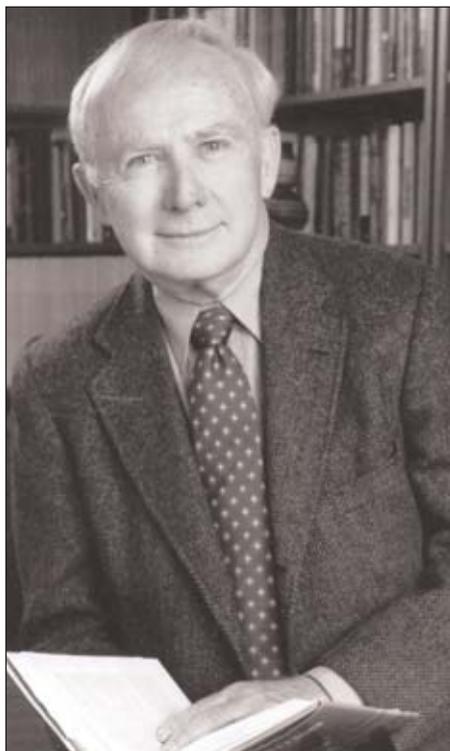
Born in Texarkana, Texas, the son of Hugo and Lola Brewer Gregory, on July 11, 1928, he grew up in Portland, Arkansas, a small town of 500 people. He was devoted to his home town, friends, and relatives from Arkansas and always said that this small community and its people contributed importantly to his self-concept.

Dr. Gregory received three degrees (Ph. D., 1959) from Northwestern University, majoring in speech and language pathology. While a student he met his wife, Carolyn Booth Gregory. Carolyn is also a speech pathologist, and they became life long partners in clinical work, research, and writing about the problem of stuttering.

The Gregorys have two children, Kathleen, of Beaverton, OR. and Warren of St. Paul, MN. There are also two grandchildren, Carolyn Gregory of St. Paul and Karen Huddleston of Beaverton. All came together in Hawaii in 2002 to celebrate Hugo and Carolyn's 50th Wedding Anniversary.

Dr. Gregory was Professor of Speech and Language Pathology at Northwestern University in Evanston, IL, from 1962-1993. At his retirement he was named professor emeritus.

He authored or edited six books on stuttering. The edited book, *Controversies About Stuttering Therapy* (1979) contributed toward resolving heated conflicts regarding approaches to therapy at the time. His most recent textbook, *Stuttering Therapy: Rationale and Procedures*



(2003), focused on the relationships among theory, research findings, and clinical procedures in treating stuttering.

He has been recognized with numerous awards at the state, national and international levels including as the first recipient of the Malcolm Fraser Award (Stuttering Foundation of America), Honorary Degree (Universidade Camilo Castelo Branco, San Paulo, Brazil), and the Honors of the American Speech-Language-Hearing Association (the highest honor of the Association).

One of his proudest accomplishments was his directorship of an annual two-week professional workshop, “Stuttering Therapy: Workshop for Specialists,” held each summer at Northwestern from 1985 to 2001. The workshop was limited to 20 participants a year, and over time he and his staff enhanced the training of more than 255 clinicians from the U. S. and Canada and more than 75 clinicians from other

countries representing all continents. Participants developed professional skills which they carried to programs throughout the world, and also formed lasting friendships.

Jane Fraser, president of the Stuttering Foundation, who sponsored the workshop, has said, “I can think of no one who has done more to promote and help carry out specialization in the field of stuttering than Hugo Gregory, not only in this country, but also around the world.”

At Northwestern he mentored hundreds of undergraduate and graduate students, including the direction of 15 doctoral dissertations. Many of his former students are now leaders in the profession of communicative disorders in capacities such as clinicians, researchers, and educators. He shared his knowledge and problem solving skills serving on many departmental, School of Speech, and campus wide committees, and in addition, he was Head of the Speech and Language Pathology Program for seven years. He also served on professional committees of the American Speech-Language-Hearing Association and the International Association of Logopedics and Phoniatrics. He had a particular interest in international affairs in his field and he and his wife Carolyn traveled widely, presenting short courses on four continents.

His friends, colleagues and family will remember forever his smile, relaxed style of speaking, and twinkle in the eye. He knew how to listen, and was a natural clinician and wise counselor.

Memorial services will be held at the Alice Millar Chapel, Northwestern University, 1870 Sheridan Rd, Evanston, IL, Saturday, November 13, at 1 p.m., and on Sunday, November 14, at the First Methodist Church of Baraboo, WI at 1 p.m. Private burial services will be at the First Methodist Church of Portland, AR. at a later date.

Memorial gifts may be made to the Stuttering Foundation of America, 3100 Walnut Grove Rd. Suite 603, Memphis TN, 38111; or to the First United Methodist Church, 615 Broadway, Baraboo, WI., 53913.

# Remembrances

Hugo Gregory, a man of Southern charm, of integrity, or education. Ah, the memories—so many, so diverse, so powerful. They make me weep and smile simultaneously, and feel such gratitude for having him in my life for so many years.

I met Hugo at an in-service in 1968 when I was working in the public school system; he became my advisor in graduate school; and his faith in my interpersonal, diagnostic, and treatment skills contributed to me joining Northwestern's faculty. For the next 23 years, Diane Hill, Hugo and I developed a wonderful interactive learning relationship. Hugo wanted us all to support the grand scope of fluency and stuttering disorders; to support how differential evaluation leads to differential treatment strategies; and perhaps especially to support fostering positive interpersonal relationships with our clients, parents, students, and professionals. He modeled for and reinforced in me the essence of being kind and gentle; of being open-minded, but not easily swayed from guiding principles; about dealing with negative feelings in a constructive manner; about effective instructional techniques; about being a teacher among teachers; and about how to have others discover their own strengths and weaknesses.

This kind and gentle and firm spirit of Hugo will be with me throughout the rest of my professional and personal life. I have a sense that he is watching over all of us... with a big smile.

June Campbell



It does not seem possible that Hugo will no longer be a presence in our lives. He provided a model of kindness,

perseverance, inclusiveness, and humility. Hugo helped put things in perspective. He was always searching for ways to improve the way we teach students and serve clients. He was a great mentor who always gave credit to those who contributed to the field. He encouraged dialogue. Hugo's heart was big and his arms reached around the world to learn from and share with professionals with many different views.

We will miss Hugo's wise counsel, his steadiness when controversies arise and his support to continue solve problems and do the best we possibly can to make a difference for people who stutter and their families. He will be remembered for his leadership in pursuing specialty recognition and in helping those with divergent views communicate and find areas of agreement as well as show respect for each other.

I feel truly blessed to have known Hugo during many stages of my life journey. He was my teacher, mentor, colleague and friend. Hugo and Carolyn practiced gracious hospitality, and I feel truly blessed to have had them both as a significant influence in my life.

Diane Hill

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**"I have a sense that he is watching over all of us... with a big smile."**

June Campbell

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Dear Hugo, thank you, dear friend, teacher, and mentor.

Thank you for your lifelong commitment to the promotion and growth of professionals who assess and treat children and adults who stutter. Through this investment in others, you have made a positive difference in the lives of innumerable individuals who stutter. Your work embraced Malcolm Fraser's dream of a nationwide network of speech pathologists who are specialists in stuttering. Your direction of 15 doctoral theses and participation on as many dissertation committees reflected your belief in our future and in the profession.

Thank you for modeling an attitude of respect, cooperation, and commitment to improved communication. Your work reflected what you learned in your own therapy as well as what you learned from working with others in our field,



including Bloodstein, Johnson, Van Riper, Sheehan, Williams, Luper, Perkins, and Ryan. In addition, you valued and integrated the work of experts in other fields, including Gertrude Wyatt, Albert Bandura and George Wischner. You were committed to sifting through people's experiences and ideas, highlighting common thoughts, and emphasizing areas of agreement. Moreover, you strived to increase our understanding and acceptance of divergent viewpoints. Through tolerance and respect, you believed communication improves and progress in understanding the complexities of stuttering is made.

Thank you for your unique skill in integrating theory, research, and clinical practice. In both your teaching and practice, you never separated research and therapy and endorsed the basic philosophy that clinicians should move back and forth between these constructs. This link was not always obvious and your efforts to clarify these relationships are appreciated.

Throughout your clinical work, you modeled the principles and practices that you taught in the classroom—always practicing what you preached. It was through this practice that we learned of the power of a model.

Thank you for your international perspective in your work and practice. Through your international workshops, hosting of clinicians from other countries, and leadership roles in international associations, you reminded us of the importance of communicating across borders. Your international activities

were frequent, and began long before the internet was a common tool and well before “globalization” became a popular term used by institutions. Your connections to the international community enhanced our field and benefited each of us in unique and meaningful ways. You were eager for your friends and colleagues across the world to know and appreciate each other. Thank you for being our ambassador.

Thank you for reminding us that relationships are central to all that we are and do. You modeled this precept with your clients, your students, and your colleagues. You lived this precept with your soul mate, Carolyn, your children, Kathie and Warren, and your grandgirls, Carolyn and Karen. As a result, many of us enjoyed years of knowing and growing with you. Your gentle smile and sweet nature saw promise in each of us. We are grateful for your good humor; your ability to laugh—even at yourself—came easily and with joy.

Whether you were fielding a question at a professional meeting or talking with a parent of child who stutters, you were gentle, diplomatic, sincere, thoughtful, and forthright. You have had a profound influence on the past, present and future of our field. We celebrate you and your contributions to this world, Dr. Gregory. We are better clinicians, professionals, and, most of all, people because you were in our lives. We will miss you.

Jennifer Watson

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**“We were neophytes sitting at the feet of masters.”**

Jeanna and Glyn Riley

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The first time we met Hugo in person was in 1969 in Monterey, California. It was a conference featuring the giants in the field of stuttering. We were neophytes sitting at the feet of the masters. We were eager to share our “new ideas” about stuttering. Hugo was always in the lead and looking at the broad picture. He listened to and respected our ideas and we were encouraged to pursue them.

An example of his leadership in research was in the examination of the Ortin-Travis cerebral dominance theory. His team found supporting evidence using dichotic listening. These findings have since been replicated by newer technologies such as EEG studies and brain scans of people who stutter during fluent and stuttered speech.

A story about Hugo, which we’re

sure has been repeated with many different people: a psychologist, who is a friend, was telling us about a time in the 1980s when she lived in Chicago. Her young son had begun to stutter and she was very concerned, so she was directed to the known expert in stuttering at Northwestern, Dr. Gregory. Hugo generously gave of his time and expertise, reassuring the mother about her son. She still remembers how kind and helpful he was.

Jeanna and Glyn Riley



I just logged on to find the message about Hugo’s death. I have thought about him so often during the last few days. I consider myself so fortunate to have had Hugo as my mentor both while at Northwestern and beyond. Over the years his help was just a call away and I sought his advice often.

Judy Martin

On October 12, 2004, 512 years ago to the day Columbus made landfall in the New World, I learned with shock and great sadness that Dr. Hugo Gregory, after a prolonged illness, had died.

The date that I heard this news was a very poignant one. For, to my mind, although Dr. Gregory’s exploratory vehicles involved the clinic, classroom and laboratory, rather than a wooden ship, Hugo was not unlike Columbus in that both were an explorer of new worlds, one geographic, the other intellectual. Clearly, the field of speech-language pathology, in general, and the sub-discipline of stuttering, in specific, has lost a great human being. We will not see his like again.

His intelligence, drive and people skills naturally, ineluctably, led him into higher learning, namely Northwestern

University where he earned all three of his degrees from the bachelor’s through doctorate in the 1950s.

One of my fondest recollections is of Carolyn and Hugo opening their home in Evanston and their Thanksgiving table to students, making their first Thanksgiving away much brighter and less lonely.

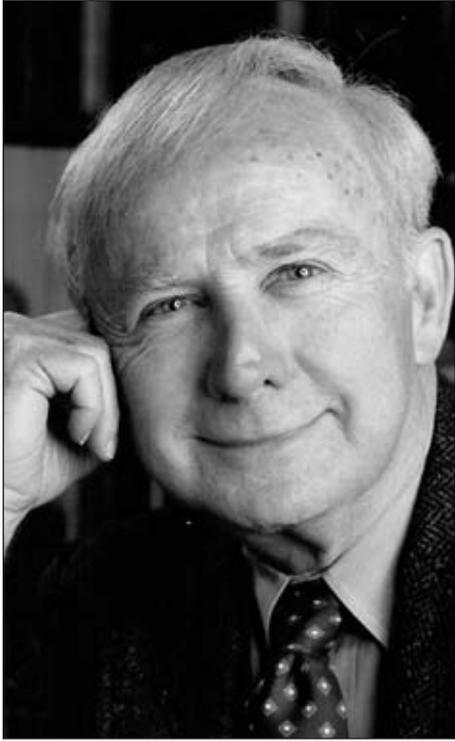
It was, however, one of Hugo’s non-professional “explorations” that this writer remembers best.

Sometime around 1990, we found

ourselves together on a sailing vessel, enjoying a day off from a very labor-intensive conference. As we were sailing back to our hotel’s dock, the ship’s crew broke out a variety of libations. Not wanting to hurt the feelings of the crew, we naturally agree to partake in their liquid refreshments.

Now, it just so happened, that this ship was sailing in and around the places that Columbus had navigated nearly 500 years ago. Hugo, recognizing that fact, and upon arising amidstships from a stairway below, cast a long, meaningful glance at the islands gliding





**"Thank you, Hugo, for your example, your caring and for your heart for those who stutter."**

Mark Power, 1996

by, and with one long, captain-like sweep of his hand, said to his well-lubricated colleagues, "I think I'll call this America..."

He loved to laugh, and make us laugh, and he did that day, at that moment, and it will be moment that I will always remember when I remember Hugo. And long remember him we will, Dr. Hugo Gregory, mentor, clinician, teacher, scholar, and human being, extraordinaire.

Ed Conture

Hugo was a man committed to valuing the contributions of the clinician as well as the researcher in treating those who stutter. He provided the bridge for us to integrate our knowledge, compassion, and insights with research to become the talented clinicians he so desired to develop. As he crossed that bridge with us in the summer SFA workshops at Northwestern, he introduced us to colleagues who became life long friends as well. I think he knew that would happen! How fortunate we are to have had that special time in our lives to know him and to learn from him.

Maureen Tardelli

I would like to acknowledge how much Hugo Gregory gave to me both personally and professionally. I learned volumes from Hugo about stuttering therapy. His instruction began with me first via articles and then in person at the 1985 workshop. His instruction continued with me from that point forward, because he always welcomed me to call him with any question or issue I might have. I made a concerted effort not to usurp his time, because I knew how busy he was; yet it was always so reassuring to know he was genuinely there for me. I think he made everyone feel this way.

Personally, his gifts to me have been plentiful over the past 19 years: his encouragement and belief in me, his model of listening, his ability to remember things about my life, his warmth, his perspective on the world, his efforts to stay in touch with those who crossed his path, his wonderful knowing smile, and his tip to "talk" when someone takes your picture because it makes you look more natural! I consider myself fortunate to have had five excellent teachers in my life. I consider myself blessed to have had Hugo Gregory (and Carolyn) in my professional and personal life.

Kathleen Chase, 1985

I was so sad to hear that Hugo died. I will always remember that wonderful two weeks at Northwestern for the stuttering workshop and the many friends I met there!

Julie Reville, 1985

Upon reading the sad news about the memorial service for Hugo at Northwestern, I thought that we should in some way honor his memory here in Europe, bringing together all those workshopppers and others whose native tongue is French, from Belgium, France, and Switzerland

The idea would be to organize a day-long conference, "journée scientifique," in honor and in memory of Hugo. We would present what we learned from him, some of his writings and bring in our personal remembrances of time spent with him at conferences here in Paris, Prague, Seattle, Chicago, Amsterdam, Nyborg...the list goes on and on.

The idea is to pay homage simply and openly...a gathering together in his honor and memory.

Marie-Claude Monfrais Pfauwadel, 1988

**"Thank you, Hugo. You have changed us all... for good"**

Kristin Chmela, 1990

In 1988, I attended the SFA workshop and met Hugo for the first time. The experience changed my life and Hugo was instrumental in that change.

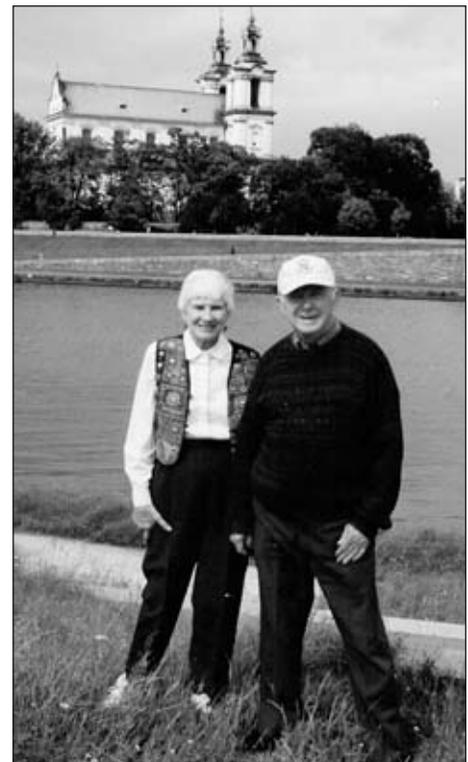
My clinical approach at the time was firmly rooted in motor retraining and I was convinced that motor retraining was "the key" to successful fluency therapy. Hugo helped me to understand that there was much more to stuttering than what happens at the level of the vocal tract. And so, after being a practicing clinician for 12 years, and attending the SFA workshop and meeting Hugo, I began my journey toward a more holistic and integrated understanding of stuttering and the person who stutters.

Hugo was a wonderful teacher, my inspiration for making a profound shift in my clinical work and a joy to know. I feel very fortunate to have known him and will miss him very much.

Adriana DiGrande, 1988

And the world stopped at the message. After a while it will start again.

Anders Lundberg, 1988



I am so very saddened to learn of Hugo's passing. I agree with Susan that he was so generous in offering himself, his professionalism, and his love to everyone with whom he came in contact. I still, and will always, respect his courage and generosity in opening his clinical practice for the world to observe and critique so that we could learn and grow together as one profession across the globe. He will be missed dearly.

David Shapiro, 1988

I was blessed with being at Hugo's side when he peacefully passed away. I felt such sorrow at his passing and yet such joy at remembering the impact and contributions he made in helping those who stuttered in his time on this earth. He was a gentle, kind man who offered me hope with my stuttering at age 18. As a client of both Carolyn and his, he inspired me to strive to become a better than average communicator. As a student of Hugo's, I learned, as many others did, the importance of understanding each client's personal experience, and of dealing with the "two sides of the coin" of stuttering. As a mentor, Hugo guided, listened, and created the right path at the right time for all of us to succeed. As a friend and a second father, Hugo, very simply put, was what he wanted all who knew him to become. Not only did he stress the importance of being a great communicator; he was one. In university classrooms and therapy rooms here and across the globe, those of us touched by this wonderful man will be I am sure forever grateful. Thank you, Hugo. You have changed us all...for good.

Kristin Chmela, 1990

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**"...and the world stopped at the message. After a while it will start again."**

Anders Lundberg, 1988

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I am in a state of shock, anger, and denial... all part of the grieving cycle, so I can't imagine what Carolyn is going through. It is that horrible feeling of losing someone you love. It seems that when we lose someone we care about, that wound is opened again. My deepest sympathies.

Lily Ostafychuk, 1990

Please pray for Hugo's speedy travel to his final resting place.

What a gift we have had. What joy we have shared. We will never forget his face, his love and his willingness to share. We will honor his memory in the way we live our lives and conduct ourselves personally and professionally.

Susan Cochrane, 1991, from Hugo's bedside at Johns Hopkins Hospital



I feel very sad... at this moment we are together again on his memory.

Beatriz Biain de Touzet, 1991

Thank you very much for letting us know about this terrible loss. I will be forever grateful to him for all that he taught and shared with us, and for the way that he did so. I will also always cherish the weekend he spent with my family as our houseguest a few years ago, when he came to New York. He was a powerful presence at so many gatherings, and a magnet to the many lives he touched.

Isabella Reichel, 1991

Since I began my academic journey, courses gave me a tremendous background in theory, differential diagnosis, and the neurology of speech and disfluency. However, I learned little about actual treatment procedures.

I turned to the literature of clinical methods, beginning with the works of masters Charles Van Riper, Wendell Johnson, Hugo Gregory, Oliver Bloodstein, and Dean Williams. I encountered those fortunate students studying at Northwestern University and the University of Iowa, the meccas of stuttering treatment, and I borrowed their classnotes. So I further gained insight into stuttering therapy by Hugo's graduate classes, albeit secondhand.

I met Hugo Gregory in person in

1992 when I was an assistant professor at the University of New Hampshire. I applied to the Northwestern Workshop for Specialists and explained that I had gained much from the contributions of Hugo Gregory, and that I hoped to work with him through the 10-day workshop. I finally met and became friends with one of my heroes.

Certainly I have learned much from Hugo, including that the level of tension in stuttering must be modified in a way that can be easily transferred to daily living. He reinforced my belief that one's approach to communication and self-concept is equally important as the development of a modified speech pattern. But well-beyond the factual information I gained from Hugo, I enjoyed his concern for clients and students. I admired and continue to admire his commitment to the field of fluency disorders.

In 1996, Sheryl Gottwald, Maureen Tardelli and I began the SFA New England Workshop, the first of the five-day regional workshops. We based the workshop largely upon Hugo's Northwestern Workshop, determined to expand his work and the educational model to more clinicians.

We will all miss Hugo, the Southern gentleman and the friend. However, Hugo will live through us in his contributions to stuttering treatment, through the SFA workshops which continue to honor him, and through the stuttering passion that we all share.

Susan Dietrich, 1993

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**"Everybody who has met him will keep a piece of Hugo."**

Peter Tonev, 1996

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I was extremely sorry to hear that our good friend Dr. Hugo Gregory so suddenly passed away at John Hopkins. My deep sympathy is with all of you who were close to him. He was so closely related to SFA, stuttering and the education of specialists, and he was a very friendly colleague I will miss.

Steen Fibiger, 1993

Hugo was a leader in the field of stuttering who had devoted an immense amount of energy toward training school speech/language pathologists to become specialists in the area of stuttering therapy. This weekend, I spent time with Hugo's wife, Carolyn, at their home in Merrimac, Wisconsin.

This is a time when she truly needs an outpouring of our love—any and all would surely provide comfort to Carolyn during this time of grief.

Erin Dyer Olson, 1993

**W**e have lost a mentor and friend. Due to his and Carolyn's generosity of spirit, we are able to share his legacy with others, and for that, we are thankful.

Kevin C. Johnson, 1994

**H**ugo Gregory—the master clinician with a heart of gold. You have mentored many of us who have learned from one of the fathers of our specialization. My prayers are with you, Carolyn. Thank you, Hugo, for your example, your caring and for your heart for those who stutter.

Mark Power, 1996

**W**ith deep pain I got a message that Hugo has passed away. It is a great loss for the world. I sorrow over the death of Hugo. I cannot believe that I cannot meet anymore the sunny face of my great and unforgettable teacher and friend. Everybody who has met him will keep a piece of Hugo.

Peter Tonev, 1996

**I**am completely sad. I am so sorry. I am sending right now an email to Carolyn. Thank you for bringing this to my attention. I love the Stuttering Foundation letters and news. They make me feel close to you all.

Claudia Regina Furquim de Andrade, 1997

**W**ell, Hugo was just wonderful. He was warmth, knowledge, a lovely bit of orneriness, and a lot of fun all wrapped up in one incredible human being, and he always made me feel so proud to be me. I think he must have been an angel down here on earth.

Susan Hamilton, 1997

**W**henever I think of Hugo Gregory, one word always comes to mind: "modeling." Hugo was passionate about the importance of modeling and this passion was always evident. His emphasis on modeling has played an important role in my own career—not just with the clients I see or speech pathologists I meet through continuing education, but also with students and colleagues.

During the Northwestern Workshop,



**'I will remember Hugo forever with this very nice smile!' Hugo with Doby Georgieva, 2001.**

Hugo talked with us at length about our own ability to model the behaviors and attitudes we wanted to instill in clients and used guided practice sessions as a means for achieving this goal.

Once, when I had finished an ASHA presentation describing a treatment experience I'd had with a client, Hugo came up to me and asked whether I felt that my modeling had played a role in the client's success. I was both amused that he felt it was important to ask me this question, as well as flattered to realize he'd noticed that I was modeling.

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**"When I think of Hugo, one word always comes to mind: modeling."**

Lisa Scott Trautman, 1998

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Finally, when Kristin Chmela and I decided to start a five-day workshop of our own in 2001, one of the components we felt most strongly about including was the guided practice sessions. We relied on Hugo's model from our Northwestern experience to guide us in the content and emphasis areas for our own workshop.

Hugo's belief that modeling the behaviors you want another person to learn has been his most lasting influence on me. When I want students to believe they are capable, I model for them my own belief that they are. When I want a student clinician to be less afraid of a new clinical situation, I model enthusiasm, interest in the client, and that it's ok not to have all the answers. When I want clients to view their communication skills differently, I model different thoughts and feelings from their past

reactions to communication.

But what I most like to model for others is the joy that Hugo found in his profession, his love of and respect for the importance of our interactions with others, and his belief that good work can only be accomplished when attention has been paid first to the relationship itself. Hugo modeled not just how to do stuttering therapy or how to conduct a quality continuing education experience, but more fundamentally that if we want to accomplish something meaningful, we must create a genuine relationship with another person first. I am so grateful to Hugo for the many gifts he has given me.

Lisa Scott Trautman, 1998

**I**am very sorry to hear the bad news of Dr. Gregory passing way. May God bless his soul. Our deepest condolences not only to his family but also to us, the speech and stuttering therapists, and in particular the NU workshopers.

Abdelrahim Attieh, 1999

**S**o sorry about the terrible news concerning Hugo Gregory! We loved him very much here in Bulgaria and in my South West University. I was from the last Gregory class, 2001, and may say that he was one of the loveliest teachers in stuttering I had. I would like to say that I will remember Hugo for forever with this nice smile!

Doby Georgieva, 2001

**I**n the early 1980s, Hugo came to Dad and me, with the idea of starting a two-week workshop to train specialists in the field of stuttering. He wanted the Stuttering Foundation to sponsor it with Northwestern University. We were very enthusiastic because we felt there was always such a glaring need for specialists who could deal with the unique challenges of this disorder. We had experimented with this idea in the past; In the 1970s, the foundation had supported the training of one specialist, Carl Dell, with Charles Van Riper. But training one person wasn't nearly enough, and we were thrilled when Hugo took charge of the effort to train many more specialists. The result is that there are now 632 graduates from our specialist workshops who are helping an untold number of people. It's a testament to Hugo's far-reaching force around the world for improving the lives of so many who stutter.

Jane Fraser