

Intensive Aphasia Program Helps Stroke Survivors Take Back Their Lives

Dr. Renato Parungao was a successful surgeon. He also traveled to the Philippines to repair cleft palates and treat thyroid conditions among some of the poorest residents on the southern end of the island.

Then on New Year's Eve in 2003 a blood vessel in his brain burst and he became one of the 700,000 Americans who have strokes each year. For him it meant losing his speech and partial paralysis.

"I was forced to retire. It is very frustrating because all the medical knowledge is intact up here," he said pointing to his head.

Thanks to an innovative therapy program at the UCF Communication Disorder's Clinic, Parungao is making progress in his recovery. He has been attending the clinic for more than three years, but this summer he was able to participate in a program that provided patients

with opportunities in the community to practice what they've been learning.

"Empowering our clients to communicate in different environments with unfamiliar listeners is a very important part of our clients' rehabilitation," said Clinical Instructors Janet Whiteside and Jane Hostetler.

The participants ordered coffee and lunch at dining facilities on campus. They also toured UCF's arboretum, bookstore and stadium, as well as visited the library and Institute of Simulation and Training in the Central Florida Research Park. The goal was to get them engaged and speaking.

"It's helped me a lot," said the reserved Parungao. "I am very grateful."

"Community re-entry" was part of an "Intensive Aphasia Program" offered by the clinic this



Photo by Thomas Alan Smilie

Hostetler uses a touch pad to adjust a view of the therapy session on a monitor in an ancillary room, where students can learn while observing.

summer. Research says traditional therapy — short sessions over a long period of time — is necessary to help people regain skills after a stroke. But recent research suggests patients may increase their benefit and maintain their improvement with more intensive sessions over a shorter period of time. And a critical piece is re-integrating them back into the community.

Whiteside, founder of the pilot program, said isolation is a major problem for stroke survivors. She's amazed at the progress many of the patients are making.

"It's not always easy," Whiteside said. "People aren't always patient when they don't see an obvious disability."

Fellow participant, Uriah Nelson — a former professional soccer player, is equally thankful and smiles every time he pronounces a word. "I couldn't talk at all. I used to never go out to the store or to eat," Nelson said about the first six months after his stroke in 2006. "People weren't patient. It was embarrassing. Now I go to store. The therapist here, they do good."

(continued on p. 2)



Hostetler (left) and Whiteside (right) continue to work with Nelson (second from right) this fall. Graduate student Tammy Tran (second from left) assisted them during this October therapy session at the Communication Disorders Clinic.

Aphasia Program *(continued from p. 1)*

The Communication Disorders Clinic is staffed with clinical educators and graduate students who treat a variety of disorders. It is the clinical centerpiece of the undergraduate and graduate programs in the Department of Communication Sciences and Disorders and provides high-quality speech, language and hearing services to the local community.

During the Intensive Aphasia Program, Whiteside, Hostetler and five graduate students worked with members of the community throughout the summer. The stroke survivors received individual and group therapy Monday through Thursday, three hours a day, for an entire month. Goals were based on assessed needs and the individual's perceived communication needs. One day a week they took a field trip to a facility on the UCF campus to practice what they learned and confront what they might encounter in their everyday lives.

"This gives our graduate students good experience that bridges what they learn in the classroom with what they will experience in clinical settings," Whiteside and Hostetler said.

Graduate student Deidre Mears, of Altamonte Springs, Fla., agreed. She worked with Nelson in the summer. "In the clinic you see your client and what they are going through in that environment," Mears said. "But then you see them like this, in real life, in action, and it really tells you what they need and how effective strategies are or are not."

People of all ages participated in the summer program. They included former CEOs, doctors, housewives, engineers and everything in between. It reflects the simple fact that the third-leading cause of death in the nation doesn't discriminate. About one-third of all cases are among people 65-years-old or younger.

"It can happen to anyone," Whiteside said. "It really can, but we can help a lot of our community take back their lives. That's what we are all about."

Center Hosts Another Successful "Technology in the FAAST Lane" Summer Camp

Once again, the FAAST Atlantic Region Assistive Technology Demonstration Center hosted a day camp for children with augmentative and alternative communication (AAC) needs in June 2008. This year's camp focused on the needs of young children (ages 3 to 7 years) and their parents and was offered in collaboration with the Assistive Technology Educational Network, the Down Syndrome Association of Central Florida, Kiwanis Club of Oviedo–Winter Springs and Disney Helping Kids Shine Program. The "Pirates and Princesses"—themed camp offered parents of participating children the opportunity to learn techniques to facilitate their children's communication and emergent literacy skills using AAC.

Jennifer Kent-Walsh, assistant professor and director of the FAAST Center, served as the camp's director and collaborated with the following team members to develop and offer the program: Barbaralyn Harden (speech-language pathologist), Vanessa Harrison (undergraduate student assistant), Matthew Press (occupational therapist), Julia Quevedo (graduate student assistant) and Sandra Osborn (educator).

Kent-Walsh also collaborated with Cathy Binger, an assistant professor at the University of New Mexico, on the research component of the program, which was funded by the American Speech-Language-Hearing Association Special Interest Division 1 (Language, Learning and Education).



The investigation was a continuation of Kent-Walsh and Binger's line of research targeting the skills of communication partners of children using AAC. Specifically, this study documented the parent acquisition of a defined interaction strategy during storybook reading activities via group instruction and resulting effects on the children's communicative turn-taking, including production of two-word messages using AAC.

Finally, 15 undergraduate speech-language pathology students enrolled in Kent-Walsh's AAC class (SPA 4559) participated as interns throughout the camp. These students developed communication activities and games for participating children and worked with the children on these activities while parents attended training sessions.

The two-week camp concluded with a field trip to Disney's Magic Kingdom, where the Pirates and Princesses' theme came to life. The children used AAC to communicate while taking part in select fantasy-themed attractions throughout the park.

The children also enjoyed participating in a treasure hunt at the Magic Kingdom. One highlight of the field trip occurred when several of the children were selected to participate in a storytelling activity with Princess Belle at a stage show.

Preliminary analyses of the data for the camp study reveal positive





increases in parent strategy implementation and notable improvements in the children's communication patterns. Complete results from this investigation will be presented at the Annual Convention of the American Speech-Language-Hearing Association in Chicago in November 2008 and at the Annual Conference of the Assistive Technology Industry Association in Orlando in January 2009.

In addition to positive research outcomes, Technology in the FFAST Lane received overwhelmingly positive reviews from participating student interns and families.

One parent summed up the value of the experience when she stated: "I really don't know if you are aware of the deep and profound effect the FFAST summer program had on me . . . This opportunity had many light bulb moments for me and I will now be able to understand and make necessary accommodations for future communication and reading endeavors. Once again, thank you for allowing us to participate in your program. It was life altering. Some things I learned from [the program] have changed how my husband and I interact with our child."

The FFAST Center staff enjoyed the opportunity to work with the families during this intensive program and look forward to continuing program development in future years.

— *Julia Quevedo*

"I really don't know if you are aware of the deep and profound effect the FFAST summer program had on me . . . It was life altering."

— *From a parent review*



Voice Clinic Serves the Community, Reaches Out During World Voice Day 2008

In one episode of the television show *Hannah Montana*, the singer loses her voice. She's told to keep quiet so her vocal folds can rest. By the end of the episode, she's ready to perform again.

It's not always that easy for actresses, politicians, teachers or students who struggle with hoarse voices. That's why the Department of Communication Sciences and Disorders and a local ear, nose and throat physician run a Voice Clinic that diagnoses and treats a wide range of voice problems.

At the Voice Clinic, which is housed in the UCF Communication Disorders Clinic, Jeffrey Lehman, M.D., and Associate Professor Bari Hoffman Ruddy evaluate and treat clients with laryngitis, vocal nodules and other more complex medical problems, such as laryngeal cancer. Any resident in the community can visit the clinic.

This spring, graduate students led by Hoffman Ruddy recognized World Voice Day on April 16 by giving vocal-health-care presentations at local high schools. The UCF students gave high school students in choirs, speech teams, cheerleading squads and drama clubs a crash course on healthy vocal use.

The UCF students also made presentations to local support groups for Parkinson's and Huntington's diseases, ALS and multiple sclerosis.

And at UCF, the students provided free voice screenings and discussed vocal health prevention on UCF's radio station.

The Voice Clinic maintains a close partnership with UCF's Department of Music. Each year, voice majors are checked out by the clinic staff to make sure their vocal folds are in tip-top shape.

The exam includes a look inside each student's throat. A small camera is inserted into the throat, and the images are projected onto monitors in the clinic. Lehman, along with clinicians and graduate students, evaluates the

patient and makes recommendations.

"People don't realize how prevalent voice problems can be," Hoffman Ruddy said. "I see a variety of professional voice users from lawyers to classroom teachers to singers. The ability to speak is more important than ever at school, in the workplace and socially. But most of us don't really know how to take care of our voice."

The National Institute on Deafness and Other Communication Disorders estimates that more than 7.5 million people have a voice disorder. Smoking, drinking alcohol, shouting and poor speaking techniques can harm the mechanisms that make the voice work.

Hoffman Ruddy is passionate about educating people about preventative care because failing to recognize symptoms that something is wrong can lead to serious trouble.

"Drinking water; eliminating harmful substances, such as smoking; treatment for reflux or allergy irritation; warming up your voice before prolonged use . . . there are a host of things you can do to keep your voice healthy," Hoffman Ruddy said.

► Learn more about World Voice Day at www.entnet.org/AboutUs/worldVoiceDay.cfm.

Hearing Services at UCF



Thomas Alan Smille

Associate Professor Emeritus Thomas Mullin is now providing clinical audiology services at the UCF Communication Disorders Clinic.

He brings years of practical experience to the clinic and is available to conduct hearing evaluations in children and adults and to dispense hearing aids. For an appointment, contact the clinic at 407-882-0468 or ucfcommclinic@mail.ucf.edu.

Master's Degree Program in Speech-Language Pathology Reaccredited Until 2016

In August, the Department of Communication Sciences and Disorders learned that the Council on Academic Accreditation Board of the American Speech-Language-Hearing Association reaccredited UCF's master's degree program in speech-language pathology until 2016.

Accompanying this wonderful news, said department Chair Jane Lieberman, was praise for two program innovations and their significant contributions to student learning. The site visit team reported that both of the following innovations "provide students with examples of clinical practice that are within the forefront of the profession":



Lieberman

Thomas Alan Smille

- At the FAAST Atlantic Region Assistive Technology Demonstration Center, housed at the UCF Communication Disorders Clinic, students participating in center activities experience unique opportunities to acquire advanced knowledge and skills in managing clients with augmentative and alternative communication needs in 10 counties. The center is funded by the Florida Alliance for Assistive Services and Technology and serves individuals across the lifespan with a range of disabilities.
- The U.S. Department of Education personnel-preparation grant entitled, "Preparing Speech-Language Pathologists (SLPs) for New Educational Roles in Language and Literacy," funded at \$784,000 and in its third year of operation, provides 68 students with partial funding to seek dual certification in speech-language impairment and reading and to develop competencies highly sought after in educational employment settings.

Other program strengths highlighted in the site visit report include:

- Exceptional departmental leadership
- Highly dedicated faculty and staff members committed to the advancement of the

program and students

- High regard and support for the program by college and university administrators
- Robust mechanisms in place to educate large numbers of students efficiently and effectively
- High student praise for the program and its faculty
- Satisfaction of employers with UCF graduates
- Student success on the PRAXIS Examination in Speech-Language Pathology
- Student success in finding employment
- High degree of integration across academic and clinical faculty and programming
- Strong externship program tailored to individual student needs
- Departmental cohesion and collegiality
- Nationally recognized faculty scholarship
- Strong professional staff support for advisement activities
- Regular review of program outcome measures and strategic plan for achieving well-articulated vision
- Collaborative Ph.D. in language and literacy that advances the culture of scholarship and paves the way for other programs of advanced study
- Alumni pride in program improvements and accomplishments

In the Media Highlights

► In May, Professor **Martine Vanryckeghem** provided a 30-minute interview on behavior assessment for school-age children who stutter for MSHA radio (listen at www.blogtalkradio.com/msharadio). Vanryckeghem's expertise in fluency disorders was also featured in a two-page article, "Take Control of Stuttering," published July 8 in the *Orlando Sentinel*.

► In April, Associate Professor **Barry Hoffman Ruddy** shared her expertise on voice care in a radio interview syndicated to 280 news outlets (visit www.wptv.com and search under "Ruddy" to read an interview transcript). "SHHH! Give it a Rest," an article published April 29 in the *Orlando Sentinel*, also showcased Hoffman Ruddy's expertise.

► An interview with Professor **Jack Ryalls** about Foreign Accent Syndrome was featured in episode 2, "Losing Myself," of a documentary series, *My Strange Brain*, that aired in Britain earlier this fall.

► Courtesy Clinical Professor **Larry Schutz** discussed advancements in traumatic brain injury rehabilitation on UCF TV's *For Your Health* show. Watch the segment at www.cohpa.ucf.edu/comdis/news.cfm.

► Clinical Instructor **Charlotte Harvey** described new technology and expanded services for children with speech problems on the *UCF Profiles* show. Watch the segment at www.youtube.com/watch?v=kWZrdd22d_Q.

Communication Sciences and Disorders' Graduate Program Ranks in Top 100

America's Best Graduate Schools, 2009 Edition, published this spring by *U.S. News and World Report*, ranks five graduate programs at UCF in the top 100 in the nation. Among them is the master's degree program in communication sciences and disorders (speech-language pathology), which ranks 87.

"We are genuinely proud of this accomplishment," said department Chair Jane Lieberman. "Most programs ranked above UCF's have well-established doctoral programs and master's programs

in speech-language pathology and audiology. They receive their ranking based on the reputation of their broad-based educational programming. To be ranked with a strong master's program in speech-language pathology only and a fledgling doctoral program in language and literacy is indeed an honor."



Disney Grant Supports Early Language and Literacy Projects

Central Florida children with disabilities are benefitting from two programs run through the FAAST Atlantic Region Assistive Technology Demonstration Center at the UCF Communication Disorders Clinic thanks to a

grant awarded in late spring by Walt Disney World's Helping Kids Shine Grants Program.

Disney donated \$19,000 to the FAAST Center to implement "Project TELL: Targeting Early Language and Literacy for Children with Disabilities and from At-Risk Environments," said Assistant Professor Jennifer Kent-Walsh, director of both the center and TELL grant.

Funding from the Disney grant helped support this year's "Technology in the FAAST Lane" summer camp (see p. 2).

The grant will also support a program slated for next spring. Like the summer camp, the spring program will be designed to improve the early communication, language and literacy skills of young children in Central Florida. It will also be conducted by highly qualified speech-language pathologists, educators and occupational therapists.

Kent-Walsh accepted the grant on behalf of the FAAST Center at a ceremony held by Walt Disney World on May 23 at the Osecola County School for the Arts.

"It was a fun ceremony — and very different from most grant-award ceremonies because of the presence of the Disney characters and performers," Kent-Walsh noted.



Kent-Walsh (holding trophy) at the Disney grant award ceremony

Research Team to Incorporate Modeling Techniques in Lung Cancer Radiotherapy

Oncologists have long found that the ability to precisely deliver a beam of radiation to a lung tumor during radiotherapy is hampered by the movement of lung tissue during breathing. They also know that if the tumor is not completely ablated, the remaining cancerous cells can metastasize and form tumors in other tissues.

Armed with advancements in medical simulation and modeling, an interdisciplinary research team at UCF, which includes faculty members from the College of Optics and Photonics and the College of Engineering and Computer Sciences, along with Communication Sciences and Disorders' own Bari Hoffman Ruddy, is collaborating with clinicians at M.D. Anderson Cancer Center in Orlando to improve the accuracy of lung cancer radiotherapy.

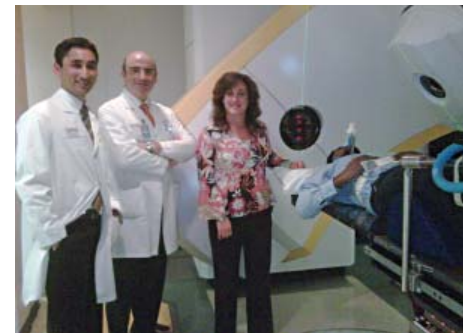
During a two-year project, the researchers will use computed tomography and physiological data from 24 patients with non-small cell lung cancer to develop a patient-specific model that predicts tumor movement during a single breathing cycle.

Co-investigator Hoffman Ruddy will contribute her expertise in pulmonary function testing to create the model. Her contributions will include measuring each patient's air volume and flow volume loop using spirometry. Working with her to analyze the data will be Graduate Research Assistant Suzanne King.

Once validated, the model will be used to guide radiation therapy in real time. "For the first time, oncologists will be able to visually see radiation doses depositing during the process of radiotherapy," according to the project proposal.

The project is funded with a \$662,358 grant from the James and Esther King Biomedical Research Program, a statewide program that supports research on the prevention, diagnosis, treatment and cure of tobacco-related diseases.

The research team also secured \$331,179 in matching funds for the project from the Florida High-Tech Corridor (or "I-4") Industry Matching Research Program, which is administered by the UCF Office of Research and Commercialization.



(Left to right) Medical physicist Amish Shah, Ph.D., and radiation oncologist Patrick Kupelian, M.D., both from the M.D. Anderson Cancer Center, with Hoffman Ruddy and UCF research scientist and test participant Anad Santhanam, Ph.D., on the radiation bed, at the center's radiation suite

Researchers Seek New Opportunities to Use Virtual and Mixed Reality

UCF faculty members seeking new opportunities to use virtual and mixed reality in their research recently gathered at a meeting hosted by the Department of Communication Sciences and Disorders.

The brown-bag lunch meeting drew faculty researchers from diverse areas, including simulation and training, experiential learning, speech-language pathology, social work and health informatics. The participants learned about the types of research conducted by UCF's Institute of Simulation and Training and Media Convergence Lab, ways to initiate collaborative projects, and research areas that interest granting agencies.

"The luncheon provided us with good ideas and starting points for interdisciplinary and intercollege translational research investigations," said Professor Martine Vanryckeghem. "Many of us share an

ultimate goal — the use of virtual or mixed reality for clinical training, client services and outreach."

Communication sciences and disorders' faculty members engaged in research using virtual or mixed reality include Vanryckeghem, Assistant Professor Jennifer Kent-Walsh, Associate Professor Bari Hoffman Ruddy and Clinical Instructor Janet Whiteside.



Thomas Alan Smille

Top right: Vanryckeghem (in striped shirt) led the brown-bag lunch meeting.

Right: Dr. Renato Parungao, a patient at the UCF Communication Disorders Clinic, volunteered for a demonstration of a head mounted device that allows you to see a created virtual world during a tour of the Institute of Simulation and Training earlier this year.



Jacques Brunel

UCF Take Honors at the 2008 FLASHA Convention

Faculty members and students from the Department of Communication Sciences and Disorders were among those honored at the Annual Convention of the Florida Association of Speech-Language Pathologists and Audiologists (FLASHA), held May 22-25, 2008, in Orlando.

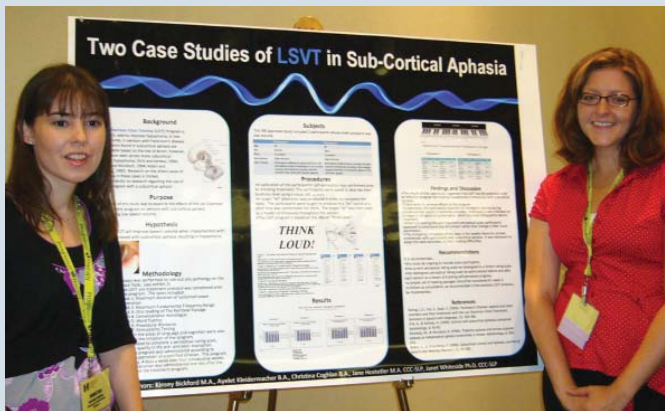
- Associate Professor **Kenyatta Rivers** was chosen by his peers to receive the Honors of the Association Award. His award plaque reads, "In Recognition of Outstanding Service and Contribution to the Profession and to the Association."
- Graduate Student **Damany Phifer** received the Larry Director Graduate Student Fellowship (\$1,000).
- A team comprising alumna **Kinsey Bickford** (M.A., '07), graduate students **Ayelet Kleidermacher** and **Christina Coghlan**, and Clinical Instructors **Janet Whiteside** and **Jane Hostetler** received the Third Place Poster Session Award for their presentation titled, "Two Case Studies of LSVT [Lee Silverman Voice Treatment] in Sub-Cortical Aphasia."



Rivers (right) received his award from Sue Snover (left), president of FLASHA.



Phifer



Coghlan (left) and Kleidermacher (right) with the team's award-winning poster



Honors and Awards

Professor **Martine Vanryckeghem**, an expert in fluency disorders, was elected Fellow of the American Speech-Language-Hearing Association. The status of Fellow recognizes professional or scientific achievement and is given to members who have made outstanding contributions to the profession. The award is one of the highest honors that ASHA can bestow and is retained for life.



Thomas Alan Smilie

Professor **Barbara Ehren**, director of the doctoral program, was selected to receive the 2008 Strategic Instruction Model (SIM) Award by more than 1,000 SIM-certified instructors nationwide.



Thomas Alan Smilie

The award recognizes her contributions as “an outstanding leader in bringing about significant changes in the field of education on behalf of children and adolescents who are academically at risk.”

► Learn more about the Strategic Instruction Model at www.ku-crl.org/sim/.

Welcome

Pamela Resnick was hired this summer as the assistant regional coordinator of the FFAST Center and a full-time clinical instructor in the UCF Communication Disorders Clinic. She works with Assistant Professor Jennifer Kent-Walsh to provide augmentative and alternative communication services to constituents in 10 counties in the region and oversees student work with the constituents. Resnick previously worked as an independent contractor with United Cerebral Palsy of Central Florida. She holds a Master of Arts in Speech-Language Pathology from New York University and a Certificate of Clinical Competence in the field.



Thomas Alan Smilie

Report of Gifts July 1, 2007 – June 30, 2008

The Department of Communication Sciences and Disorders appreciates the generous financial contributions of the following individuals and organizations:

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- Maria E. McCarthy

These names were compiled as donors to the department from July 1, 2007, to June 30, 2008. If you made a contribution during this time and your name has been inadvertently omitted, we apologize. Please contact us at kkorkosz@mail.ucf.edu so we can report your gift in the next issue.

Make a Gift

Every gift plays a vital role by enabling the department to improve facilities, enhance academic programming, and provide greater support to students, faculty members and the community. We invite you to join us in achieving our mission of preparing superbly qualified speech-language pathologists.

Ways to Give

- **Scholarships and Fellowships** – To recruit and retain the best and brightest students to Central Florida to pursue a degree in speech-language pathology
- **Faculty** – To recruit and retain the best faculty members to educate the next generation of speech-language pathologists and perform vital research in speech, language, hearing and associated disorders
- **Clinic** – To ensure that the clinic continues to flourish in teaching, research and service. Each semester, the clinic provides speech, language and hearing services to approximately 350 children and adults from the greater Orlando area.

For more information or to make a gift, please contact Carlee Thomas, director of development, at 407-823-2723 or carleeth@mail.ucf.edu.

For Communication Sciences and Disorders Alumni

Are You Interested in Starting an Alumni Chapter?

The Department of Communication Sciences and Disorders would like to become more involved with its alumni and wants to know if you are interested in helping to start a Communication Sciences and Disorders Alumni Chapter at UCF. If so, please contact Katie Korkosz, assistant director of development and alumni relations, at 407-823-1600 or cohpa@ucfalumni.com for information on upcoming interest sessions.

Class Notes in Spring 2009

The next “Class Notes” section of *Communique* will be published in the spring 2009 issue. If you would like us to include your information in this issue, visit www.cohpa.ucf.edu/alumni/stay_connected.cfm.



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