

SEPTEMBER 2025

N U C A S L L

Northwestern | COMMUNICATION

Center for Audiology, Speech,
Language, and Learning

NEWS

Monthly updates from the
Northwestern University Center for
Audiology, Speech, Language, and
Learning



Cognitive Fitness: Last chance to register!

Join our 6-week virtual program starting **October 8** to strengthen memory, focus, and everyday cognitive skills.

Led by:

- Leigh Cohen, MA, SLP – Assistant Clinical Professor
- Elizabeth Meyer, AuD, CCC-A – Assistant Clinical

And featuring:

- Bruce Wexler, MD – Yale University (Neuroplasticity)
- Andrea Graham, PhD – Northwestern University (Stress)
- Jenna Sheftel, PsyD – Evanston Anxiety Clinic (Stress)
- Dr. Mitch Greene, PhD – Greenepsych (Exercise)
- Ariella Wilson, MS, CNS, LDN – Licensed Dietitian Nutritionist (Diet)
- Dr. Pam Souza, PhD, CCC-A – Northwestern University (Hearing)

Call or email to register. [More info](#)

Upcoming Events and Programs

Cognitive Fitness: Boost Your Brain

Join us to learn evidence-based lifestyle modifications you can make for a healthy brain across your lifespan.

October 8, 15, 22, 29,
November 5, 12
via Zoom

Break the Blocks

Did you know that improv can help with stuttering? Tweens and teens who stutter can register for this free workshop series.

Oct 6, 20, 27, Nov 3, 10

Spots are limited!

[Learn more about these events and check out our full event calendar.](#)

Navigating the Road to Recovery After Concussion

Perhaps you bumped your head getting out of the car. Maybe you experienced a blow when you tripped on the uneven sidewalk, or you were playing your favorite sport and your head got knocked around. Any of these scenarios may result in a concussion. According to the Center for Disease Control and Prevention (CDC), nearly 29% of all adults and up to 14% of youth in the United States have experienced a concussion in their lifetime.¹ Most people's concussion symptoms resolve quickly without treatment. For those who experience persisting symptoms, seeing a speech-language pathologist (SLP) like Dr. Karen Kinderman may help.²

Persisting concussion symptoms can involve physical effects—like headache, dizziness, or sleep disruption—as well as cognitive changes in attention, memory, concentration, or word finding.³ These cognitive, or “hidden,” symptoms often have a significant impact on interactions at home, school, and work.

Dr. Kinderman takes a holistic approach to symptom management and works with clients to prioritize their goals. She teaches strategies to support reintegration in school, work, and social environments. Depending on a client's needs, she may work with them on increasing efficiency or developing tools to support task completion. With other clients, Dr. Kinderman may use NUCASLL's Virtual Sound Room to address attention and working memory in noisy environments by mimicking conversation in a busy cafe.



By giving clients an opportunity to practice strategy use in therapy sessions and receive individualized feedback, Dr. Kinderman establishes strong connections and helps clients build new habits outside the therapy room.

If you or someone you know is experiencing the impact of cognitive-communication impairments as a result of persisting concussion symptoms, contact NUCASLL to request an appointment with Dr. Karen Kinderman.

Written by Dr. Karen Kinderman, speech-language pathologist at NUCASLL, who specializes in treating adults with acquired neurogenic disorders.

References

¹Daugherty, J., Peterson, A., Black, L., & Waltzman, D. (2025). Summary of the CDC's Self-Reported Traumatic Brain Injury Survey Efforts. [Journal of Head Trauma Rehabilitation](#).

²O'Brien, K. H., Wallace, T., Kemp, A. M., & Pei, Y. (2022). Cognitive-communication complaints and referrals for speech-language pathology services following concussion. [American Journal of Speech-Language Pathology](#).

³Dachtyl, S. A., & Morales, P. (2017). A collaborative model for return to academics after concussion: Athletic training and speech-language pathology. [American Journal of Speech-Language Pathology](#).

Welcome to our new clinicians!



Vanessa Hernandez, MS, CCC-SLP — Pediatric Bilingual Spanish-English Speech-Language Pathologist

Vanessa Hernandez is a licensed, ASHA-certified pediatric bilingual speech-language pathologist with over a decade of experience serving diverse Spanish- and English-speaking pediatric populations. At Northwestern University's Department of Communication Sciences and Disorders, she provides clinical services, mentorship, and education with a focus on culturally responsive care for multilingual children and their families. As a certified bilingual clinician, she is committed to preparing the next generation of clinicians to deliver evidence-based, compassionate care to bilingual and multicultural communities.



Elizabeth Lidov, MA, CCC-SLP — Visiting Assistant Clinical Professor

Elizabeth Lidov is a pediatric speech-language pathologist with extensive experience in private practice and speech-language research settings. Inspired by her experience as the sibling of an older brother with disabilities, she is passionate about translating research into everyday clinical practice while guiding the next generation of clinicians to deliver culturally responsive, compassionate care that empowers families and strengthens communities.

Learn more about them and our entire clinical team [here](#).

Join the Communication Research Registry

Our clinic, NUCASLL, is partnering with Northwestern University's [Communication Research Registry](#) (CRR; STU00070769) to support research on the cause and treatment of conditions related to communication, learning, and development. The purpose of the CRR is to provide NUCASLL patients with valuable opportunities to participate in research studies related to communication, learning, and development at Northwestern University.

Interested in helping support research by participating? Adults can register by clicking this short [link](#) or by scanning the QR code below, which will direct you to a registration page. If you are a parent or caregiver who would like to register your child, please contact us.

commresearchregistry@northwestern.edu
(855) 354-3273.

