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| **SLP TECHNIQUES** | **CLIENT TECHNIQUES** |
| 1. Tell the client what TO DO, never what NOT to do. | 1. Assume the posture of a listener as you truly listen. |
| 2. Work the syllabary. | 2. Think with your brain, not your lips. |
| 3. Ensure the client overcomes learned helplessness in an intensive, ongoing program. | 3. Demand an intensive program that is ongoing. |
| 4. Minute-by-minute, day-by-day, use formative assessment. | 4. Become a person recovering from aphasia as you overcome learned helplessness and inattention. |
| 5. Take all responses to a conversational dyad as you revolve everything around conversation. | 5. Establish and maintain eye contact when talking. |
| 6. Recognize it’s what the client is THINKING, not saying. | 6. You cannot make a mistake: what you are thinking is what you will say; we need to fix how you think. |
| **\*\*ASHA BONUS\*\***  7. Ensure the client: KNOWS > THINKS > PLANS > DOES > FEELS/PROCESSES. | **\*\*ASHA BONUS\*\***  7. Always use calm repair as you release the effects of stress. |

***Consult with or refer your client to an expert in neuroplastic aphasia treatment and recovery!***

***Exploiting Neuroplasticity and Mindfulness in Maximizing Aphasia Recovery***

Despite the remarkable scientific advances in neuroplasticity, insufficient attention has been given to developing innovative tools and techniques to take optimal advantage of neural plasticity in the treatment of aphasia (Helm-Estabrooks, 2011; Kirkland, 2004; Robbins, 2011; Varley, 2011; Marcotte et al., 2012; Kiran, ISHA convention 2016).

We have applied mindful, neuroplastic philosophies in our everyday practice, whether it be with individual clients of varying ages and severity levels, in a group setting, via telepractice, or within the context of intensive aphasia and apraxia treatment programs. This involves efficiently and effectively maximizing recovery of functional communication and cognitive skills by replacing learned: non-use, inattention, and helplessness with propositional thought and communication in treatment driven by formative assessment (Connors, 2009; Kirkland, 2010; Page 2012; Pulvermüller, 2008).

The discovery of mindfulness, in particular its ability to mitigate aphasia stress, has been a crucial element in aphasia and apraxia recovery. Mindfulness is different for everyone. We now know that it plays havoc with attention and mental resource allocation (McNeil, Odell, & Tseng, 1991). We have learned a lot about the power of being mindful and how it has quickly made operative changes in our clients’ recovery from aphasia and acquired apraxia.