

**The Fundamentals of Neurorehabilitation for the Speech and
Language Pathologist: From A to Z**

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Abulia	The neurologically based inability to initiate a verbal or motoric response on command – it is not always a question of motivation.
Boundaries	Sometimes difficult to do but essential – your personal life can be compromised.
Compensatory Strategies	Early, early, early and lots of them – the patient will get more bang for their buck.
Duration vs. Frequency	Don't be afraid to stretch out the time between your sessions to get the most from their insurance benefits – creative home programs should begin on day one.
Executive Functions	Follow the cognitive pyramid – work on attention first.
Functional Goals	Identify specific skill sets – throw away the cookie cutter
Game Plan vs Goal Oriented	Help your patient to understand the “why” aspect of therapy – they need to know there is a long-term goal too.
Hydration	Offer liquid refreshment during every therapy session – promote optimal levels of alertness
Individualize	Resist the urge to use the same therapy materials for every one of your patients – there are great websites out there that will allow you to do this easily and they are free.
Journaling	Can be verbal (dictation) or written or even through art work – a way for both you and your patient to monitor and see progress.
Knowledge	Make the time for relevant and interesting continuing education – don't just rack up the hours
Laughter/Humor	Powerful medicine in a therapy session – it releases the happy hormones.
Mahalo	A Hawaiian word for respect – admire their courage; listen to them and respond with respect.
Naturally Thickened Liquids	Put the Thick-It back on the shelf – there are very simple ways to use natural products to thicken our patients' liquids.

Observation	Realize the power in looking and just watching them do a task – put your data sheet aside and see what the actual barriers to recovery really look like.
Pain Management	Yes, this is in our wheelhouse – recognize the less subtle signs of pain and respond accordingly as no one, including us, can focus and think clearly when they are in pain.
Quotes/Scripting	Teaching and reinforcing language scripts early on in the process can be very empowering – self advocacy!
Repetition	The brain craves repetition during neuro recovery – keep your therapy approach and activities constant in the early days for optimal working memory and retention.
Symbiotic	Language and cognition go hand in hand – they can not be isolated and will always impact one another.
Therapy	Has to be relevant and meaningful – and the patient has to be able to see that it is.
Unconventional	Dare to try something different – think outside of your comfortable sandbox.
Validate	Acknowledge and validate all of their emotions – even the uncomfortable ones.
Well Done	A personal pet peeve – “good job or good work” always sounded impersonal to me.
Xenagogue	To act as a guide – guiding someone to their personal goals.
Yield	When it is safe to do so, let them win – giving them some control is empowering.
Zen	End the session on a positive, peaceful note.

NOTES
