



**Acquired
Brain Injury
Network**

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Conference Presentation Abstract ~ Poster

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Title:

Benefits and Outcomes of Cognitive/Communication Therapy Offered in a Group Setting to Individuals with an Acquired Brain Injury

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Summary:

The purpose of this poster presentation is to share the experiences and examine the outcomes of a cognitive/communication activity-based group for individuals with an acquired brain injury. This group is run by Occupational Therapy and Speech-Language Pathology at the Credit Valley Rehabilitation Centre. It is clinically known that individuals who have suffered a brain injury often appear to “talk better than they communicate” (Milton Prutting & Binder, 1984). Successful community re-integration (work or leisure) after a brain injury is often hindered due to poor use of language within the social setting (pragmatic language). Within a group setting, the opportunities for participants to develop and improve cognitive and communication skills are inherent. Activities naturally generate opportunities to work on cognitive skills such as attention, concentration, frustration tolerance, planning and executing ideas. Groups also naturally create continuity of memory and activity for the individual within the group, and typically require individuals to develop problem solving skills and adaptability to others and situations.

Specifically, this research will aim to explore the following: 1) benefits of group therapy from a clinician’s perspective 2) patients’/families’ perspectives regarding benefits of group therapy 3) outcomes of group therapy (e.g. pre and post measures of compensatory strategy use, initiation of activity, increased social engagement, value of peer feedback). Based on current objective and subjective data, it is anticipated that analysis will show that group therapy (in conjunction with individual therapy) promotes an increase in initiation and use of cognitive compensatory strategies (e.g. use of a dayplanner, use of alarm/watch, awareness of time) and an increase in communicative competence (e.g. initiation of conversation, topic maintenance, eye-contact, etc.).

Outcomes/Objectives:

Explore the benefits of group therapy

Understand patients’/family perspectives regarding benefits of group therapy

Identify outcomes of group therapy in relation to use of compensatory strategies