

# S. L. HUNTER SPEECHWORKS GROUP OPPORTUNITIES

		Conversation Connection	Healthy Minds	Social Thinking ® <sup>1</sup>	Aphasia Gym
SET UP OF GROUP	Time	<ul style="list-style-type: none"> <li>• 60 minutes</li> <li>• biweekly</li> </ul>	<ul style="list-style-type: none"> <li>• 90 minutes</li> <li>• monthly</li> </ul>	<ul style="list-style-type: none"> <li>• 60 minutes</li> <li>• 6 week program</li> </ul>	<ul style="list-style-type: none"> <li>• 75 minutes</li> <li>• weekly</li> </ul>
	Size	<ul style="list-style-type: none"> <li>• 3-6 participants</li> </ul>	<ul style="list-style-type: none"> <li>• 3-7 participants</li> </ul>	<ul style="list-style-type: none"> <li>• 3-4 participants</li> </ul>	<ul style="list-style-type: none"> <li>• 4-10 participants</li> </ul>
	Ages	<ul style="list-style-type: none"> <li>• adolescents &amp; young and mature adults</li> </ul>	<ul style="list-style-type: none"> <li>• adolescents &amp; young and mature adults</li> </ul>	<ul style="list-style-type: none"> <li>• groups available for children through adults</li> </ul>	<ul style="list-style-type: none"> <li>• adults of all ages with communication barriers<sup>2</sup></li> </ul>
	Format	<ul style="list-style-type: none"> <li>• Practice of conversation and social skills in an informal group setting</li> <li>• Communication goals are addressed through shared experience and fun activities</li> </ul>	<ul style="list-style-type: none"> <li>• Practice of cognitive-communication and conversation skills</li> <li>• Goals are addressed through Structured &amp; informal tasks</li> </ul>	<ul style="list-style-type: none"> <li>• Structured lessons and roleplays pertaining to a variety of the concepts of Social Thinking ®</li> </ul>	<ul style="list-style-type: none"> <li>• Participation in group conversation on a variety of current events and topics of mutual interest</li> <li>• Focus on expression and understanding is facilitated through use of visual and written supports (SCA™)<sup>3</sup></li> </ul>
BENEFITS OF GROUP PARTICIPATION	Social	<ul style="list-style-type: none"> <li>• Social skills and interactions</li> <li>• Community integration</li> <li>• Relating to others with similar challenges</li> </ul>	<ul style="list-style-type: none"> <li>• Social skills and interactions</li> <li>• Community integration</li> <li>• Relating to others with similar challenges</li> </ul>	<ul style="list-style-type: none"> <li>• Social skills and interactions</li> <li>• Building friendships</li> <li>• Conversation skills</li> </ul>	<ul style="list-style-type: none"> <li>• Provides those with communication barriers<sup>2</sup> an opportunity to express thoughts and understand others</li> </ul>
	Feedback	<ul style="list-style-type: none"> <li>• Indirect feedback through facilitation of communication skills and behaviours during group</li> </ul>	<ul style="list-style-type: none"> <li>• Direct and indirect feedback on cognitive-communication skills and behaviours during the group</li> </ul>	<ul style="list-style-type: none"> <li>• Direct feedback provided to client or caregiver at the end of each session</li> </ul>	<ul style="list-style-type: none"> <li>• Indirect feedback may be provided</li> </ul>
	Education	<ul style="list-style-type: none"> <li>• New learning based on client interests (e.g. current events, hobbies, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Education related to cognitive-communication difficulties</li> </ul>	<ul style="list-style-type: none"> <li>• Learning new concepts and vocabulary related to Social Thinking ® to help enhance client's social abilities</li> </ul>	<ul style="list-style-type: none"> <li>• Education can be provided to families through participation as desired</li> </ul>
	Support	<ul style="list-style-type: none"> <li>• Supportive camaraderie with peers with shared difficulties</li> </ul>	<ul style="list-style-type: none"> <li>• Group problem solving and emotional support through discussion of problematic life situations and challenges</li> </ul>	<ul style="list-style-type: none"> <li>• Opportunity to grow in a comfortable and relaxed environment surrounded by peers that share the same struggles</li> </ul>	<ul style="list-style-type: none"> <li>• Emotional support and camaraderie from interacting with adults experiencing similar communication barriers</li> </ul>
	Insight	<ul style="list-style-type: none"> <li>• Building insight through observation of personal and peer successes and challenges</li> </ul>	<ul style="list-style-type: none"> <li>• Facilitated insight-building through direct discussion of difficulties experienced</li> </ul>	<ul style="list-style-type: none"> <li>• Develop increased awareness of challenges and of the skills necessary for change</li> </ul>	<ul style="list-style-type: none"> <li>• Building insight an communication challenges through real-life feedback from peers</li> </ul>

<sup>1</sup> Social Thinking ® is based on the work of Michelle Garcia-Winner ([www.socialthinking.com](http://www.socialthinking.com))

<sup>2</sup> We welcome all clients wanting to work on basic communication skills including those with aphasia, Parkinson's Disease, Multiple Sclerosis, ALS, and early dementia

<sup>3</sup> Supported Conversation for Adults with Aphasia™ was developed by the Aphasia Institute ([www.aphasia.ca](http://www.aphasia.ca))



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	Conversation Connection	Healthy Minds	Social Thinking ® <sup>1</sup>	Aphasia Gym
POSSIBLE CLIENT GOALS	<ul style="list-style-type: none"> <li>● participating in a conversation</li> <li>● taking turns in a conversation</li> <li>● maintaining eye contact</li> <li>● asking questions and keeping others involved in the conversation</li> <li>● making oneself understood with more detail or elaboration</li> <li>● making oneself understood more clearly and concisely</li> <li>● speaking at an appropriate pitch, loudness or rate</li> <li>● speaking with confidence</li> <li>● staying on topic</li> <li>● using the right words to convey your meaning</li> <li>● using the right language for the situation</li> <li>● using the right body language</li> <li>● transitioning topics smoothly</li> <li>● generating conversation topics</li> </ul>	<ul style="list-style-type: none"> <li>● learning about one's communication difficulties</li> <li>● processing information in a fast-paced environment</li> <li>● speaking with confidence</li> <li>● arguing a point of view effectively and appropriately</li> <li>● improving use of memory strategies in real-life conversation</li> <li>● making oneself understood more clearly and concisely</li> <li>● using the right words to convey your meaning</li> <li>● expressing emotions accurately and effectively</li> <li>● taking other people's perspectives</li> <li>● speaking at an appropriate pitch, loudness or rate</li> <li>● improving verbal reasoning skills</li> <li>● making oneself understood with more detail or elaboration</li> </ul>	<ul style="list-style-type: none"> <li>● thinking with your eyes</li> <li>● expected and unexpected behaviours and how these can impact "good thoughts" or "uncomfortable thoughts"</li> <li>● moving from just ME to thinking of others</li> <li>● flexible thinking/brain</li> <li>● learning conversational starters and keeping it going</li> <li>● building people/friend files</li> <li>● learning to add thoughts and comments</li> <li>● making "smart guesses" about others' intentions</li> <li>● keeping brain and body in the group</li> </ul>	<ul style="list-style-type: none"> <li>● participating in a conversation</li> <li>● discussing current events</li> <li>● asking and answering questions</li> <li>● making thoughts and opinions known to others through various modes of communication (speech, gesture, writing, drawing, etc.)</li> <li>● improving communication confidence</li> <li>● making social connections</li> </ul>

