1

Sign In!

- If you are joining as a group, each individual MUST sign in separately from their own account to receive CEU credit.
- You do not need to stay signed in; please join for a few minutes in order for the system to log you as an attendee.

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Financial Disclosure

Anna Reeve is an employee of Lingraphica and thereby receives financial compensation from the Lingraphica Company.

Carole Starr is the author of the book mentioned in this course (*To Root & To Rise: Accepting Brain Injury*) and manages the website https://starrspeakerauthor.com

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Learning Objectives

- Discuss the importance of conversations about grief and acceptance with survivors of brain injury, stroke, and/or neurodegenerative conditions.
- Identify 4 possible stages of grief and statements associated with each.
- Define the SLP's role in identifying communication supports that facilitate conversations related to both grief and acceptance.
- State 3 clinical resources available to assist an AAC device user to discuss their current and/or past feelings about their rehabilitation journey.

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TT0

Agenda

- Meet Carole Starr
- A long-term survivor's perspective on accepting brain injury
- What might acceptance look like?
- Discuss the SLP's role in facilitating conversation about acceptance and grief
- Impacts of grief on moving forward with life and use of communication supports
- Navigating through stages of grief and barriers to acceptance
- Conclusion — Q & A

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Slide 6

TT0 Shorten 6th bullet to "Navigating through stages of grief and barriers to acceptance"
Teresa Thompson, 2023-01-18T18:25:18.573

CM0 0 agree
Caitlin Mueller, 2023-01-19T22:45:33.789

Carole J Starr, MS

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Carole's Brain Injury Journey from Surviving to Thriving

- From loss of self to embracing new identity
- From grieving the losses to celebrating progress
- From looking backward (what was) to looking forward (what is)
- From feeling useless to finding a new purpose

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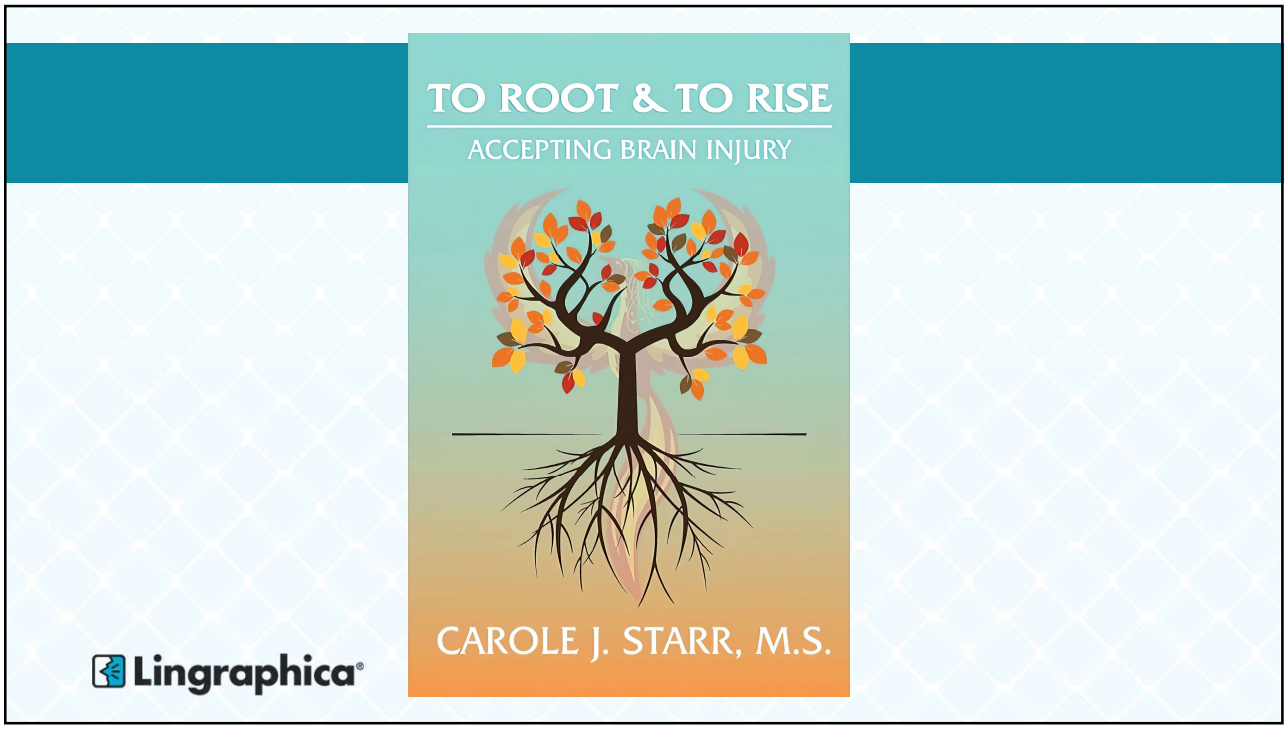

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A Long–Term Survivor's Perspective on Acceptance

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"Acceptance is acknowledging the reality of a situation. It's about recognizing the difference between what can be changed and what cannot."
– Carole Starr

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To Root & To Rise: Accepting Brain Injury, p. 1

11

Misconceptions About Acceptance

- Giving up or resigning
- "The end of the road"
- Things will always be this way
- I'm OK with the way things are

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Adapted from *To Root & To Rise: Accepting Brain Injury*, p. 2

12

Acceptance Is...

- Not a one-time event
- Not agreeing with or liking what's happened
- Knowing that this injury has changed the person forever
- Working with limitations, not fighting them
- Recognizing the need for help
- Letting go of control
- Understanding life is different, not over

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Adapted from *To Root & To Rise: Accepting Brain Injury*, p. 2-3

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The Spiral Path
Moving Toward Accepting Brain Injury

- Denial & lack of awareness
- Feeling lost & confused
- Sadness, anger, & loss
- Growing toward acceptance

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To Root & To Rise: Accepting Brain Injury, p. 23

14

Denial & Lack of Awareness

What it looks like

- "This can't be real"
- Magical thinking — tomorrow I'll wake up "normal"
- Unwillingness to listen to family, friends, medical professionals
- Refusal to use strategies
- Push to return to "old life," certainty about recovery

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JS0

Denial

Psychological Denial vs Organic Denial

- You may observe:
  - Overestimating abilities
  - Unwillingness to use strategies despite effectiveness
  - Pushing Forward — headstrong despite negative effects
  - Pushing Back — resistance to change or acceptance
  - Minimizing symptoms or condition
  - Embarrassment or shame

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Slide 16

JS0 This was very helpful to me as a clinician. I had seen those types of denial in practice but hadn't been able to define them quite like this. Very impactful.
Jen Stanley, 2023-01-25T21:07:09.133

"Awareness of the issue is the first step in overcoming denial. You have to work your way through it, at your own pace and in your own time."
– Carole Starr

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To Root & To Rise: Accepting Brain Injury, p. 33

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Feeling Lost & Confused

What it looks like:

- Awareness of failures
- Sense of self crumbles
- Uncertainty about the future
- Grief

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GU0

Sadness, Anger, & Loss

What it looks like:

- Drowning in painful emotions
- Comparing new self to old self
- Frustrated by limitations
- Doubting that life can ever be happy, meaningful, or productive again

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Growing Toward Acceptance

What it looks like:

- Finding activities the new self can succeed at
- Embracing strategies
- Believing that a life changed is not a life ruined
- Looking for silver linings
- Choosing gratitude
- Letting go

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Slide 19

GU0 This is Carole--I noticed that all the people pictures are of white people. What about adding more diversity?
Guest User, 2023-02-01T14:31:17.025

"I couldn't control the brain injury, but I did have some control over how I thought about it."

– Carole Starr

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To Root & To Rise: Accepting Brain Injury, p. 57

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5 Mindsets that Can Help to Move Forward

1. Stop comparing.
2. Recognize and celebrate my progress.
3. Be gentle with myself in times of failure.
4. Find & focus on what I'm good at.
5. Trust that my life can still be good.

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Adapted from *To Root & To Rise: Accepting Brain Injury*, p. 57-58

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The SLP's Role

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Identify and Address Barriers

- Start the conversation
  - Inquire about identity, feelings about communication changes
  - Depression screening
  - Visual aids
  - Motivational interviewing
  - Build “therapeutic alliance”
- Referrals
- Resources
- Fatigue

Ackerman & Hilsenroth, 2003

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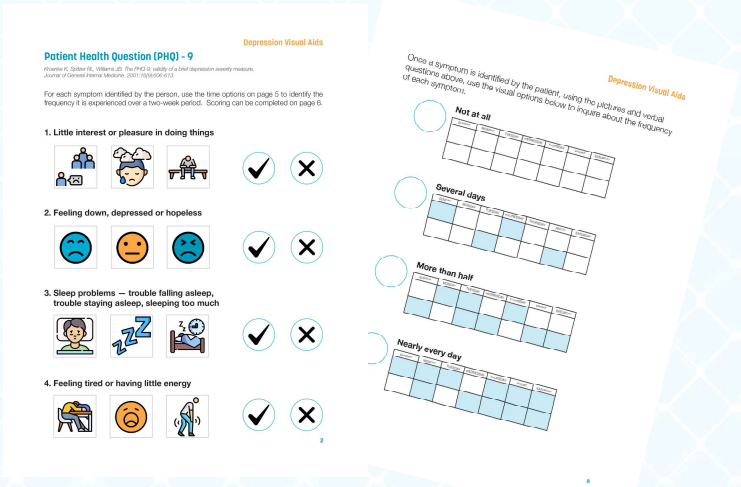
Depression Visual Aids



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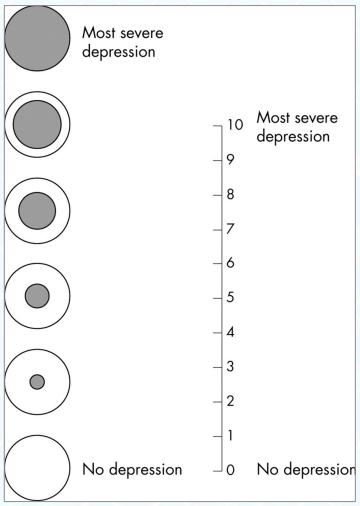
Depression Intensity Scale Circles



The Numbered Graphic Rating Scale (NGRS) and the Depression Intensity Scale Circles (DISCs) are displayed on separate laminated cards.

L Turner-Stokes et al. J Neurol Neurosurg Psychiatry 2005;76:1273-1278

JNNP

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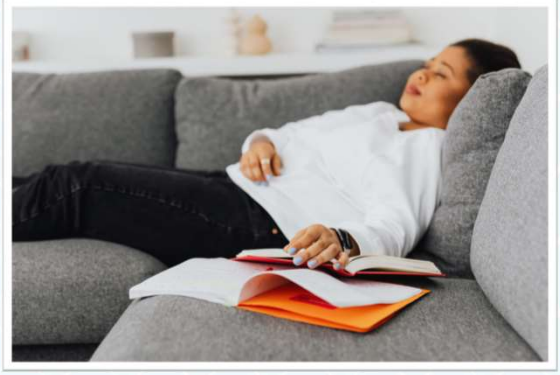
The Role of Fatigue



- Depression vs fatigue
- Tracking symptoms and triggers
  - *Aphasia friendly monitoring*
- Routines
- Communication strategies and tools help the person:
  - Set boundaries
  - Self-advocate
  - Plan ahead

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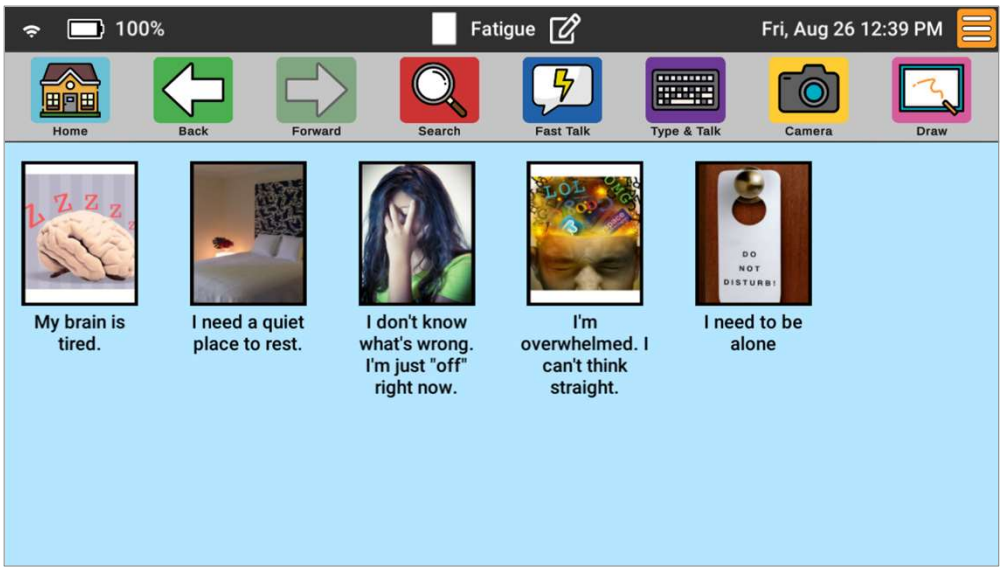

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Grief: Impacts on Life & AAC

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What might grief look like?

- Low motivation
- Depression
- Denial
- Isolation
- Anger
- Frustration
- Resistance
- Rigidity

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AAC Resistance & Device Abandonment

- Unfamiliarity
- Denial
- Poor understanding of AAC benefits
  - Progress
  - Improved communication
  - Increased social interactions
- Not enough training or support (Crema, 2009)
- Not involved in decision making, goal setting
- Lack experience with using device in conversation for **connection**

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Considerations for AAC users

- Collaborative treatment and programming
- Adding positive statements and "truths" about acceptance to their device
- Providing choices can increase expression and discussion of feelings
- Closely observe their reactions and responses for opportunities for
  - Elaboration
  - Personalized statements
  - Triggers

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AAC Supports for Clinical Conversations

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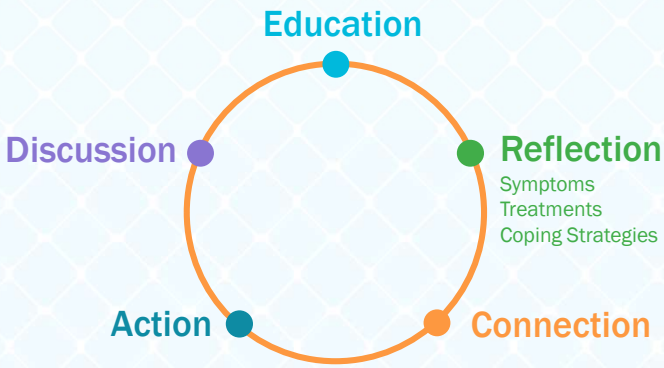
A Clinician's Guide to Facilitating Conversations About Acceptance and Grief



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Clinical Conversations

Example: How do they feel about these statements?

- Acceptance means I'm giving up on my brain
- Acceptance means, how I am now is how I will ALWAYS be
- Acceptance means that this stroke has ruined my life FOREVER
- Acceptance means I like what has happened to me

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Suggested Activities

- Practice words/phrases
- Add high priority phrases to their device
- Develop scripts and stories
- Locate support or conversation groups
- Provide light tech note cards
- Search for photos in magazines or the internet
- Help them plan & break down steps toward long-term goals

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Denial

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Growing Towards Acceptance

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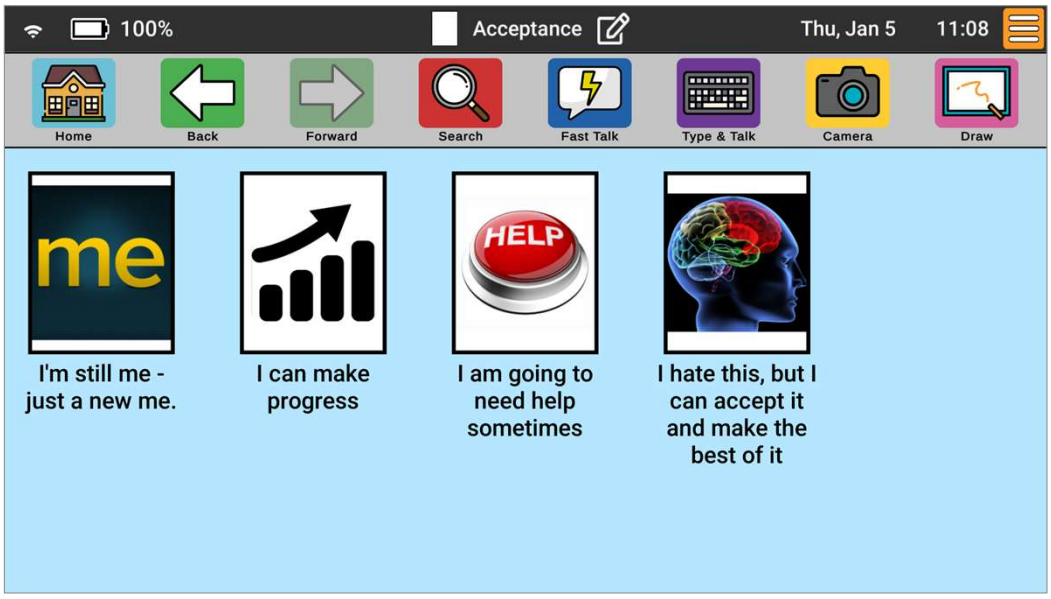

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Acceptance

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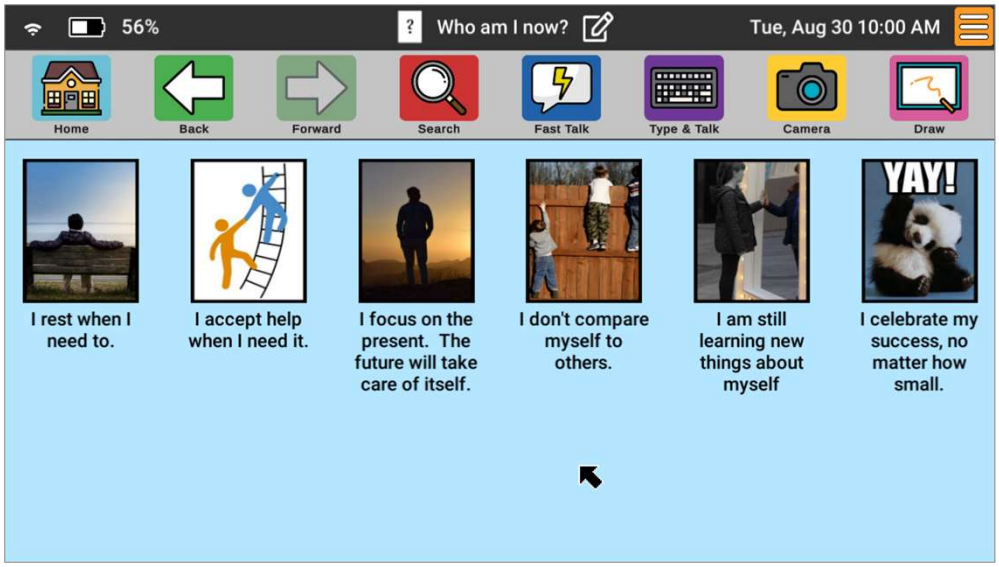

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Who am I now?

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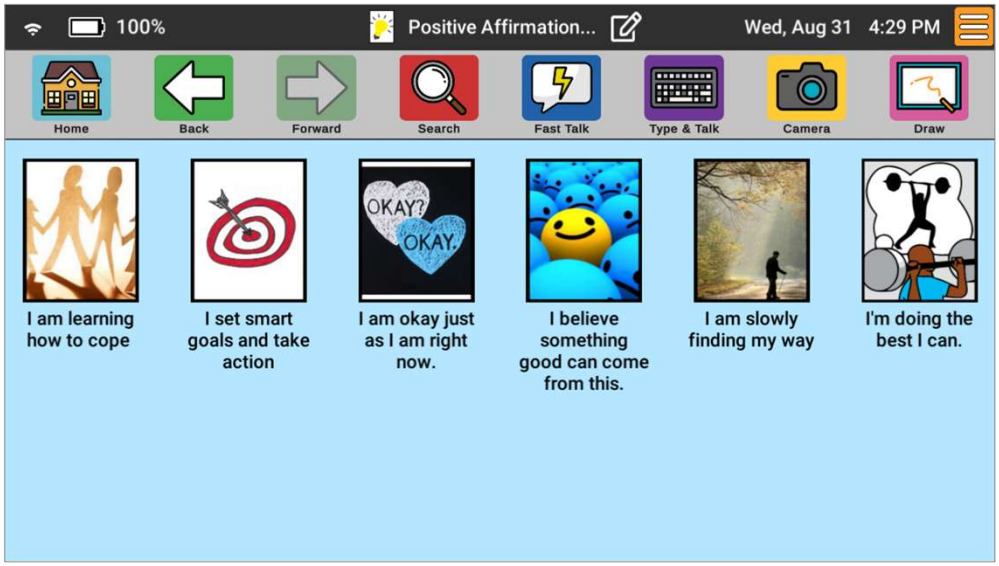

The Power of Positive Words

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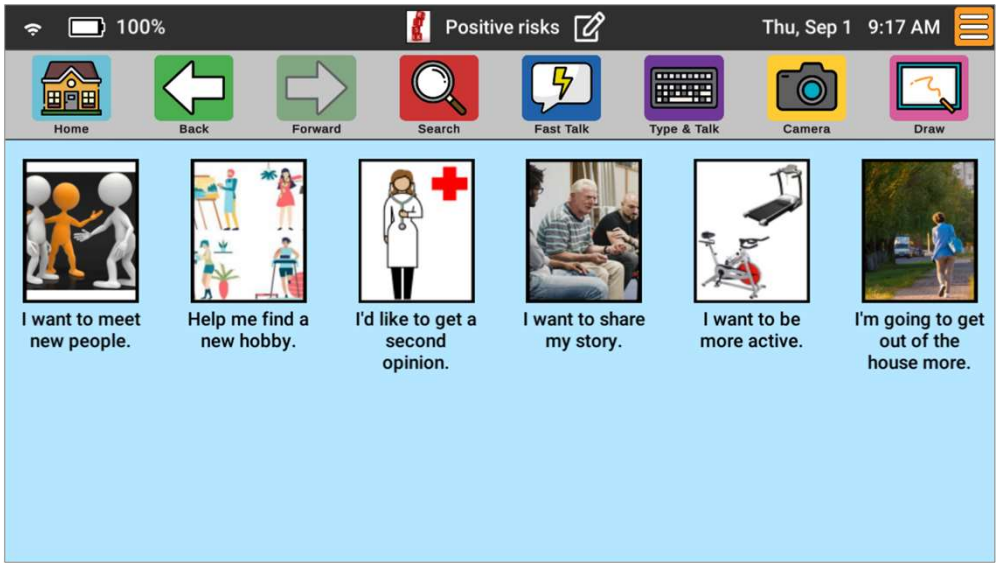

Exploring Positive Risks

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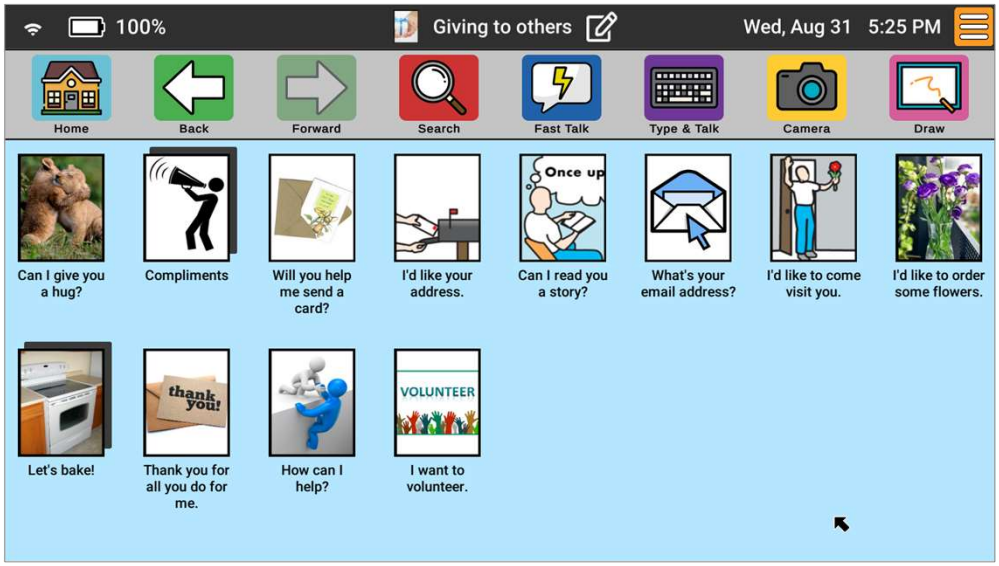

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Giving to Others

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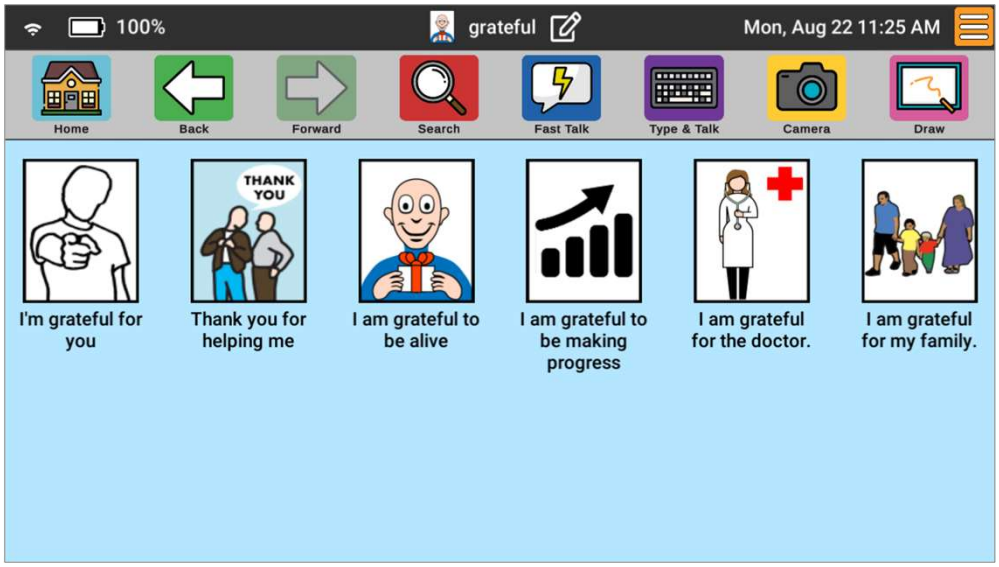

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Gratitude

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Things I'm Proud of

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Recovery

Medical model of rehabilitation and recovery
- Active process
- Time sensitive to maximize outcomes
- Therapists push to motivate

SLPs can guide in both as communication specialists

Mental recovery
- Is different
- Cannot be ignored
- Can take years
- Individual pushes themselves for change

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Conclusion

We've discussed

- The SLP's role in facilitating conversation about acceptance and grief
- Impacts of grief on moving forward with life and use of communication supports
- What might acceptance look like?
- A long-term survivor's perspective on accepting brain injury
- Navigating through stages of grief and barriers to acceptance

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Next Steps

- Visit starrspeakerauthor.com
  - Get your copy of *To Root & To Rise- Accepting Brain Injury* for your clinic!
- Register for the live course: **Tackling the Psychosocial Impacts of Aphasia: The SLPs Role**
  - 2/16 10:00 am ET
  - 2/22 3:00 pm ET
  - 2/28 7:00 pm ET

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Next Steps

Schedule a device demo
www.lingraphica.com/clinical-aac-device-demo/

Start a trial
www.lingraphica.com/start-trial/

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Earn CEUs for Today's Course

- Return to learn.aphasia.com
- Go to your learning center
- Look in the "current" tab and find this course
- Launch post-work (learning assessment and course eval)
- When finished, it will show in "completed" tab
- Please complete within 48 hours

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Questions & Answers

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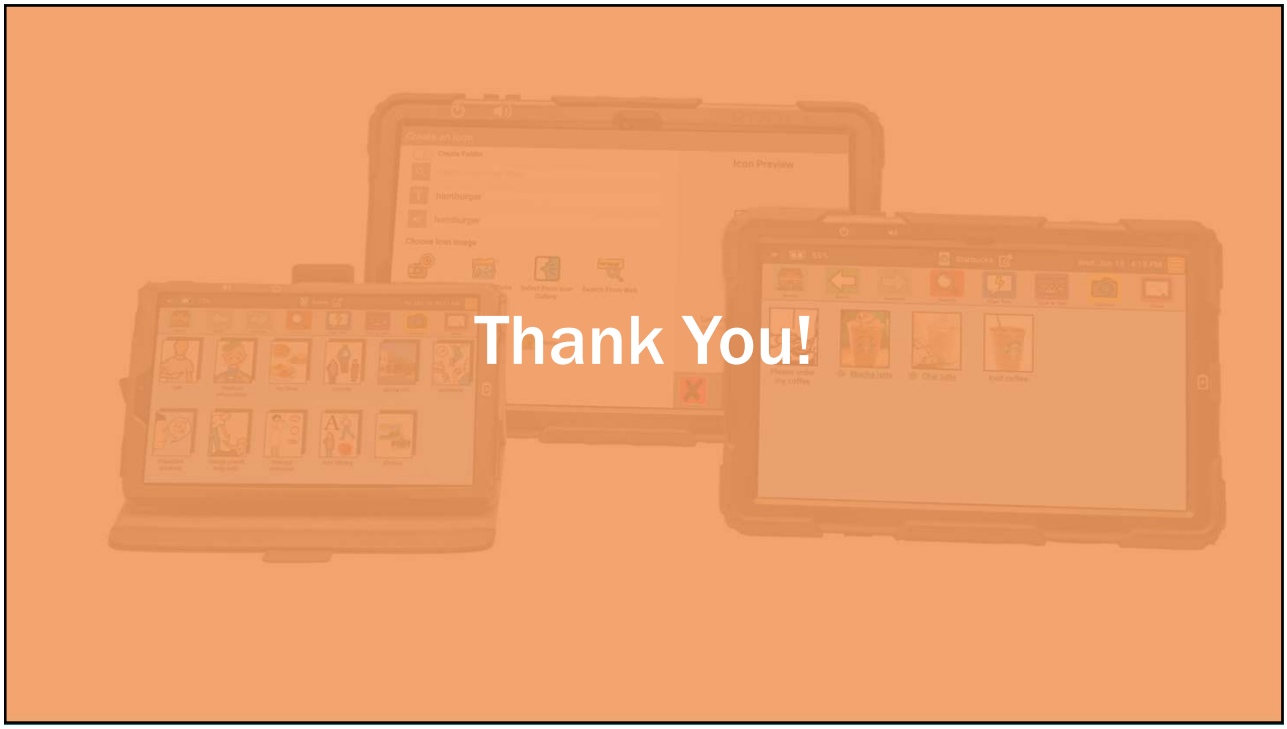

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