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Five Fresh Perspectives on Applying LPAA Principles to Treatment for Neurogenic Communication Disorders

Guest Editor: Audrey Holland,
PhD, CCC-SLP, BC-ANCCS

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Incorporating LPAA in Your Practice to Support Identity through Personal Narratives

Katie Strong, PhD, CCC-SLP

Moderated by:
Amy Natho, MS, CCC-SLP, CEU Administrator, SpeechPathology.com

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Incorporating LPAA in Your Practice to Support Identity through Personal Narratives

Katie A. Strong, Ph.D., CCC-SLP

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Central Michigan University

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Disclosures

- Financial Disclosures:
 - Employed as Assistant Professor at Central Michigan University.
 - Owner, Strong Speech Consulting, Inc.
 - Received honorarium for today's presentation.
- Nonfinancial Disclosures:
 - Member Aphasia Access Conversations Podcast Committee

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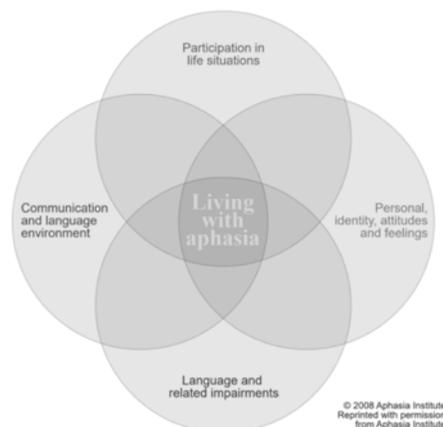
Learning Outcomes

After this course, participants will be able to:

- Describe the components of the LPAA framework and the A-FROM domains.
- Describe the relationship between narrative and identity, and how both may be affected by a communication disorder.
- Identify methods for incorporating narrative practices in treatment to support identity reconstruction in persons with aphasia.

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Living with Aphasia: Framework for Outcome Measurement (A-FROM)



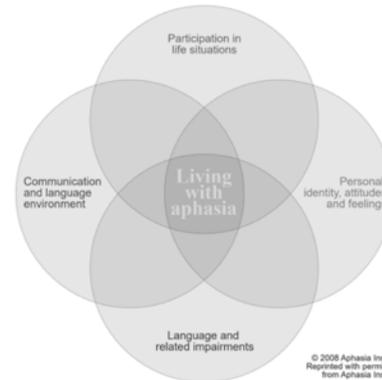
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Identity and LPAA

- Within the LPAA movement, the recognition of the importance of supporting identity has become more prevalent (Shadden, 2005; Shadden, Hagstrom, & Koski, 2008; Simmons-Mackie, 2008; Simmons-Mackie & Elman, 2011)
- Living with Aphasia: Framework for Outcome Measurement (Kagen et. al, 2007)
 - Includes identity as core component
 - the future
 - your view of yourself
 - aphasia and who you are

Living with Aphasia: Framework for Outcome Measurement (A-FROM)



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Kagan, A., Simmons-Mackie, N., Rowland, A., Huijbregts, M., Stumway, E., McEwen, W., Threats, T., & Sharp, S. (2007). Counting what counts: A framework for capturing real-life outcomes of aphasia intervention. *Aphasiology*, 22(3), 258-280.

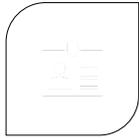
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Negative Impact of Aphasia (Simmons-Mackie, 2018)

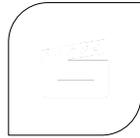
- Adverse impact on quality of life
- Negative impact on community engagement
- Depression
- Sense of helplessness
- Reduced participation in former activities
- Reduced, limited, or no friends

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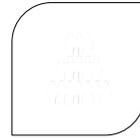
Key concepts and terms



IDENTITY



NARRATIVE



CO-CONSTRUCTION

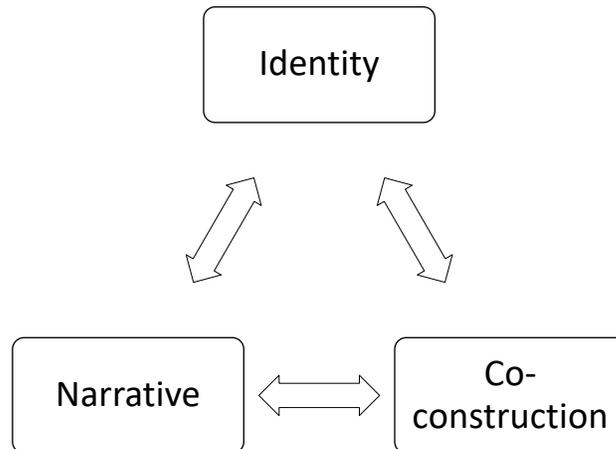
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Where do we begin talking about the impact of aphasia?

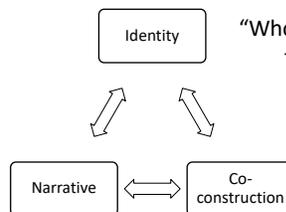
- *With identity/self?*
- *With the personal narrative/story?*
- *With the social co-construction process that is mediated by language?*

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Interrelation of Key Concepts



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“Who we are, where we are coming from, and where we are going”
(Taylor, 1994, p. 36)

- Grounded, coherent sense of self at core of psychosocial well-being
- Many elements come together to define “me”
 - Roles, relationships/interactions, biographic particulars, place within culture
- Can't always explain but know what it is and feels like (That's not like me!)
- Identity evolves constantly as we move through life
 - At heart of our life story and vulnerable to impact of significant life events

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Identity is mediated by language & communication

- We choose which pieces of our selves we share-based on audience, context, roles
- The sharing is then socially mediated by “talk-as-tool” in everyday conversations (Bamberg, 2010)
- Forums for self-narration
- Require give-and-take
- “Opportunities for restorying at everyday life crossroads” (Holstein & Gubrium, 2000)
- The “stories” we share are building blocks used to convey who we believe ourselves to be to others

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What do we mean by the term narrative?

- Narrative in SLP lingo- story telling –language & discourse form/functions
- Personal narratives can be:
 - Small stories of events we have experienced, often in conversational context (Cruice, 2018)
 - Part of process of reconstructing the past and imagining the future in ongoing narrative which provides sense of continuity in...
- Grand Narrative or Life Story (McAdams, 2008)
 - Autobiography but used in psychology to refer to elements we choose to highlight and **meanings** we attribute to that life story as we tell it
 - Narrative identities are **the stories we live by**

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CONTINUED

Narrative and life change

- Major life changes (e.g., illness and/or loss) disrupt our life stories (“biographic particulars”) – can lead to “biographic disruption”
- The more event is seen as central to life story, the more it begins to control person’s view of self
- When change occurs, we begin to alter our stories to make sense out of what has transpired, to create new meanings
- Once again, we depend on the social validation of others for acceptance of our revised visions of our self/identity
- Illness creates a demand for stories – hence narrative medicine and illness narratives

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Storytelling here!

- Identity is socially co-constructed –just doesn’t happen
 - We may use explicit words – I am a teacher, SLP, widow, etc.
 - We may selectively share stories – narratives big or small – as exemplars of who we are
 - Always, we wait for the social validation – or rejection – or even confusion
 - Our sense of self changes as others respond
- We are dependent on others for recognition of the “who” we present and for validation
- We are what we say we are and it is our story that other people hear and evaluate

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And then
comes
Aphasia:
A kind of
identity theft

- Aphasia strikes at core of who we are – our sense of *identity and self*
- It disrupts continuity of our life story
- Making sense of life change and its impact is usually negotiated through sharing of revised *stories* but...
- Aphasia damages critical communication tool we use in this process

(Shadden, 2005)

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The identity of others is
also at risk

- Aphasia changes life stories and identities of all who care - family, friends
- These “significant others” (SOs) must learn how to support revised narratives of the person with aphasia while also needing support and validation for their own changes **AND REMEMBER**
- The person with aphasia has been the holder and validator of the personal narrative and life stories of these SOs with whom they share a life story moving forward

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Evidence Based Narrative Methods

And the Role of the SLP

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CONTINUED

Identity is developed through language- based narratives that are socially constructed

Aphasia alters language and identity

Requires a process of reconstruction or renegotiation of identity

SLPs can support identity work through support for personal narratives

How SLPs play a role in narrative processes and identity reconstruction

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Challenge for SLPs

May not be fully aware of power of
narrative in reformulating identity
Hinckley (2008)

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CONTINUED

Online survey of 113 SLPs View of Identity and Their Role in Supporting Identity in
Aphasia
(Strong & Nelson, 2012)

We asked: Do SLPs...

- view aphasia as having an impact on identity?
- report a role for themselves in supporting the reconstruction of identity?
- report targeting identity as an explicit goal?
- report using personal narratives in treatment?

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CONTINUED

Online survey of 113 SLPs View of Identity and Their Role in Supporting Identity in Aphasia
(Strong & Nelson, 2012)

SLPs answered...

- view aphasia as having an impact on identity? Yes (100%)
- report a role for themselves in supporting the reconstruction of identity? Yes (96%)
- report targeting identity as an explicit goal? No (75%)
- report using personal narratives in treatment? No (65%)

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Interventions that Use Narratives to Support Identity

- Guided Self-Determination
- Biographic Narrative Intervention
- Guided Autobiography (writing group)
- Your Life Looking Back, Moving Forward
- 'My Story' Project

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Guided Self-Determination

Bronken et al, 2012; Kirkevold et al 2014

Method in which storytelling is utilized as a means of supporting identity changes following stroke with the overall goal of improved psychosocial wellbeing.

6 month intervention beginning 4-6 weeks post stroke

Emphasized the importance of differentiating persons with and without language problems when delivering this intervention, specifically, individualize sessions over group and the co-constructive partnership in telling a story for persons with aphasia.

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Biographic Narrative Intervention

Corsten et al, 2013, 2015

10-week interdisciplinary intervention that combined individual life story interviews with group therapy to target improved health outcomes for people with aphasia.

- Individual sessions found beneficial to persons with aphasia
- Caution of too many supports to not allow the person with aphasia's message to be heard
- Caution of ensuring that ownership of the story, while supported by the clinician, belongs to the client

Semistructured interviews with 27 participants to explore the experience with the intervention process and associated feelings, along with probes of identity change.

- Main themes related to identity issues
 - Agency
 - Control
 - Disease concept
 - Doing things

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Guided Autobiography (Birren et al. 1996) Adapted to writing group

Keegan (2013) adapted Birren's guided autobiography technique to stroke survivors

- Manual, Writing about Life after Stroke, A Guided Autobiography Workshop for Stroke Survivors

Keegan's 6 storytelling themes

- Life before your stroke; The experience of having a stroke; Reactions of the people in your life; Re-entering your life after critical care; Inventing a new normal; What's next for you? (hopes, dreams, the future).

Richman & Hartman (2013) adapted this process for people with aphasia

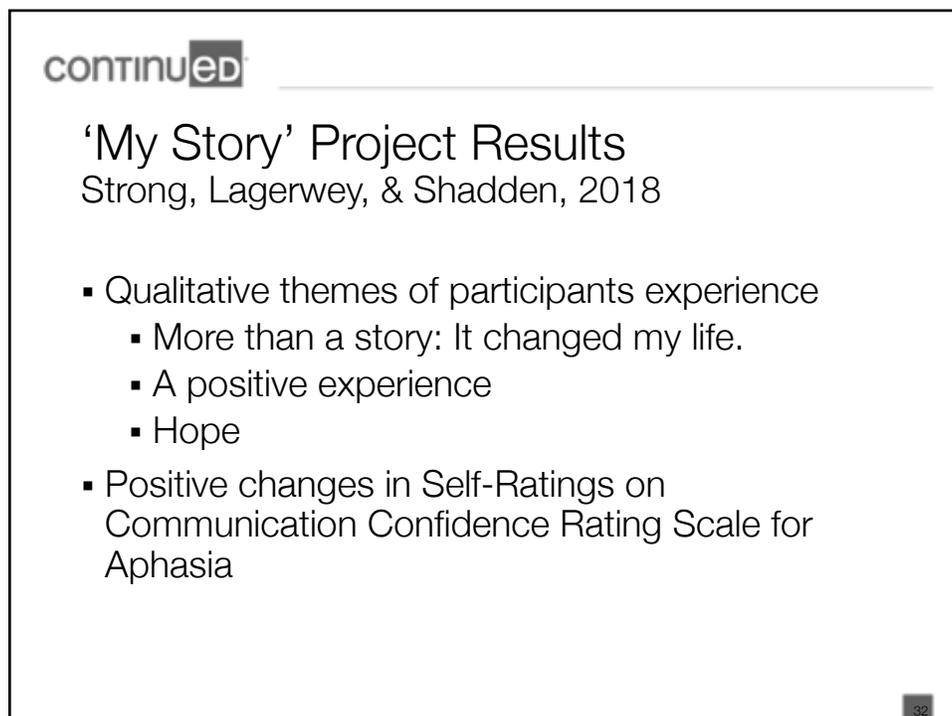
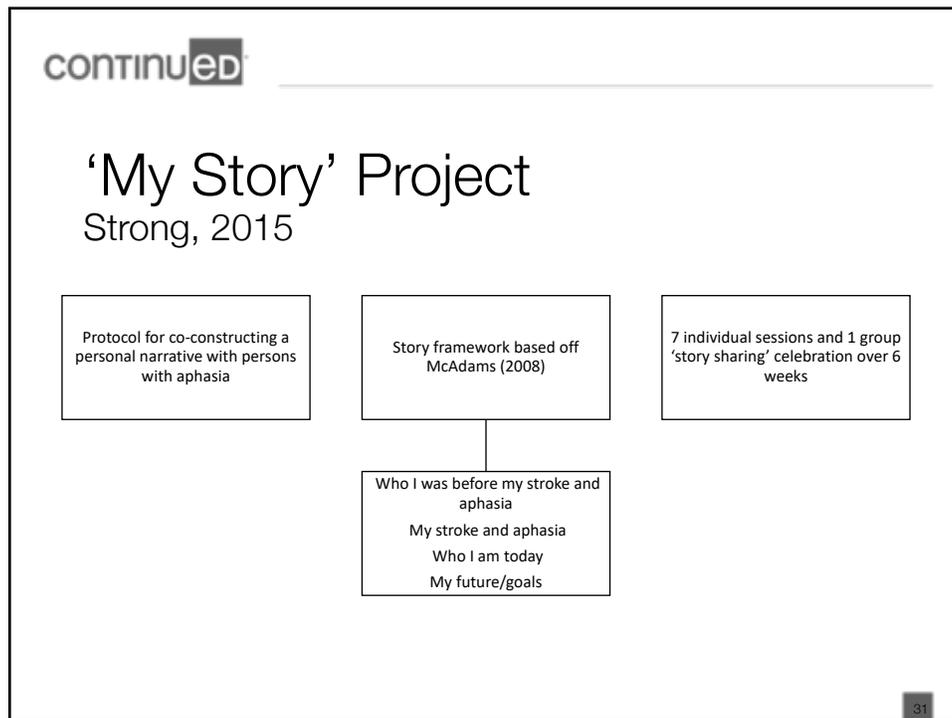
- 9 week group intervention
- Qualitative results indicated participants enjoyment in intervention; Language measures (WAB-R unchanged)

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Your Life looking
back, Moving
Forward
(Sinden, 2015)

- A pictographic resource designed to enable the storyteller to share their story with a listener who is equipped to successfully support the conversation, bear witness to the story, and co-create the storyteller's life.
- Available at www.aphasia.ca

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Reflections from a 'My Story' Participant

- 'Make me more jumping up from...made more proud of myself. You know not not just speeching [speaking] but just make me prouder of myself.'

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CONTINUED

Reflections from a 'My Story' Participant

- "I was stoked to do it. Yeah I didn't know it would be a be a choice my [XXX] my words. It did. It really did it came out great. You know? I loved. The whole thing just blows my mind it's an amazing story. Not the story, just the whole, not the story, my story is just a story, my life. But the whole the whole thing we did here, it changed my life. It really did. It's amazing."

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Concluding Thoughts

- Narrative and Identity are interrelated
- Aphasia disrupts a person's ability to use language to tell and re-tell stories which may in turn impact identity negatively
- SLPs may contribute to a person with aphasia's identity renegotiation through the use of evidence-based interventions for personal narrative co-construction

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