

# CPT and me

Working with people with brain injury

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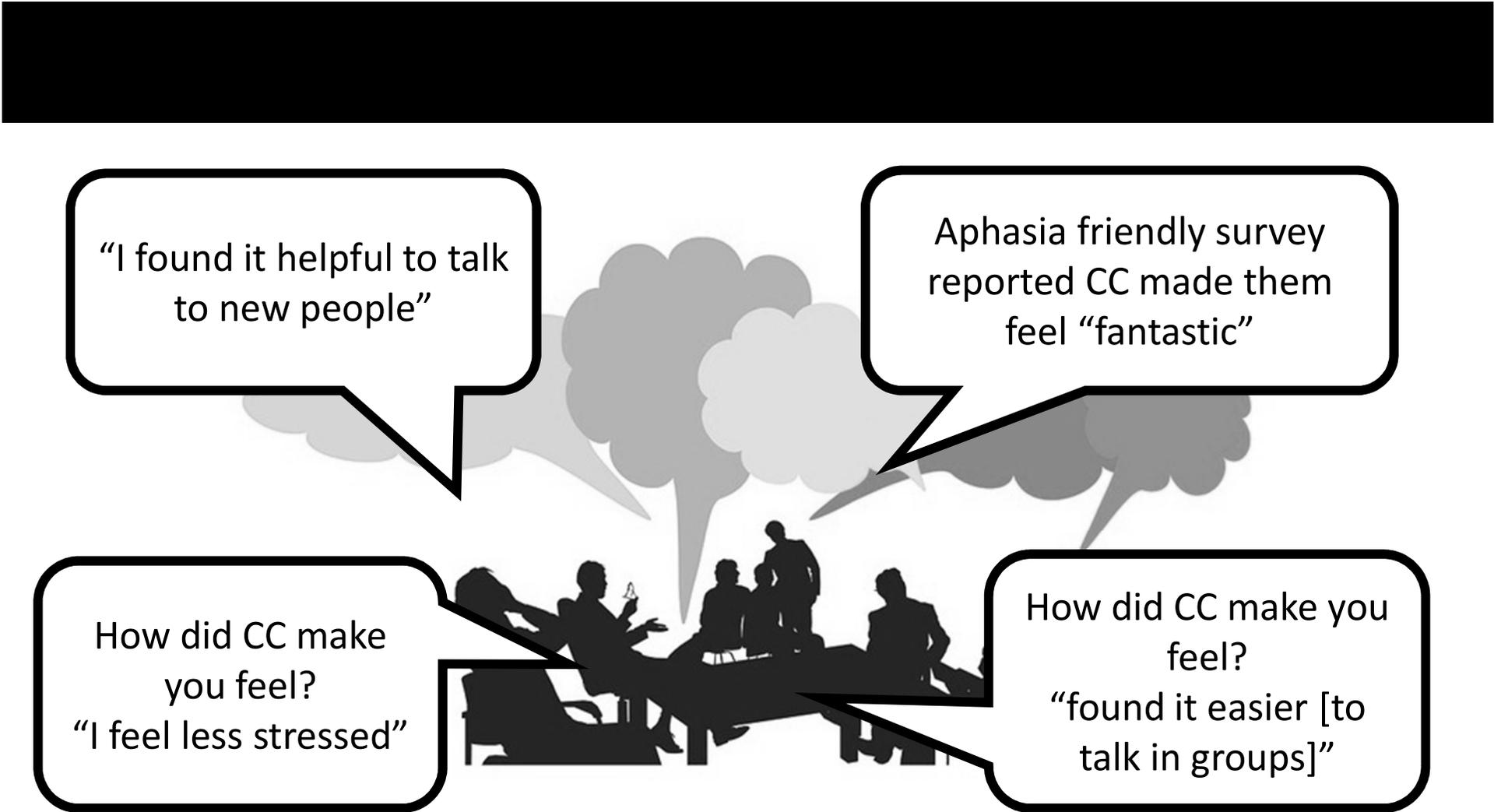
BCPPA



INPATIENT  
REHABILITATION



COMMUNITY



“I found it helpful to talk to new people”

Aphasia friendly survey reported CC made them feel “fantastic”

How did CC make you feel?  
“I feel less stressed”

How did CC make you feel?  
“found it easier [to talk in groups]”

# Conversation Club

- Invitation only
- Structured programme
- Materials produced specific to CCD
- Outcome measure before and after therapy



**You are invited  
to:**



# **Conversations after brain injury**

**Run by: Speech and Language Therapy**

What you will learn:

- How does brain injury change the way we have conversations
- What can we all do to make our conversations better?
- Have better conversations with friends, family and people at the Lishman Unit

**Thursday  
Activities room  
2pm - 3pm**



# Programme

Week 1: What is Conversation?

Week 2: Goal Setting

Week 3: Practice

Week 4: Recap and Reflection

Outcome measure:

- La Trobe Communication Questionnaire (LCQ) - shortened version

## Week 1: What is conversation?

- Aim:
  - Discuss the aims of the group
  - Set ground rules
  - Discuss and explore what conversation is and how it works in a group
  - Watch and discuss some videos of conversations
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- ⑩ Introduce how conversations work: turns, repair, questions and answers.
  - ⑩ Introduction to conversation skills and barriers
  - ⑩ Watch clips of 'good' and 'bad' conversations – group discussion

## Week 2: Identifying Goals

- Aims:
  - Identify barriers and facilitators in their own conversation
  - Set goals for therapy based on this discussion

## Week 3: Practice

- Aims:
  - Practice conversation using the strategies identified in goal setting
  - Problem solve any issues that have arisen in conversations outside of therapy sessions

## Week 4: Recap and Reflection

- Aims:
  - Reflect on what has been achieved in therapy block and what has been challenging
  - How will we carry over the skills into real life?

What *actually*  
happened?

#### Session 1

- 28/02/2019 both attended

#### Session 2

- 07/03/2019 L attended facilitated with JS (SSLT)
- 11/03/2019 K attended

#### Session 3

- 14/03/2019 both attended

#### Session 4

- 21/03/2019 L attended. MC (SLT) & JS (SSLT) present
- 25/03/2019 session repeated – K and L attended

# What is conversation?

Strategies I will practice this week:

1. NOT ARGUE
2. WATCH WHAT SAY
3. NOT INTER OR INTERRUPT

Participants' Signature: \_\_\_\_\_

Date: 8/3/19

Partner's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

| What happened?                 | Which strategy did you use (Circle 1,2,3)? | What happened/Did it work? | How did you feel afterwards?  | Anything else you could have done? |
|--------------------------------|--|----------------------------|---|------------------------------------|
| A ROUGH 12 GILES WITH MY UNCLE | ① 2 3                                      | WE NEVER SPOKE FOR A YEAR  | SAD, SORRY THAT IT HAPPEND<br>            | SAY SORRY AND MAKE UP              |
| ARGUMENT WITH MY DAD           | ① 2 3                                      | NEVER SPOKE FOR A YEAR     | HE NEEDS TO FIND SOMETHING FROM WORK<br> | SAY                                |
| FUEL OUT WITH MY BROTHER       | ① 2 3                                      | 6 MONTHS                   | SAD<br>                                  | WE MAKE UP                         |

# My Long Term Communication Plan

**Strategies to help me continue to work on my conversation skills:**

1. asking more open question
2. make sure you understand the points on view  
• Asking questions to check I have understood.
3. Don't interrupt other people, listening

*ENL 132*  
Strategies that help conversation

These are strategies that other people have found help them

Have a look and tick if you use any of these strategies when you talk to people:

| WHAT YOU USE         | WHY DO YOU DO IT?                      | ✓                                   |
|----------------------|--|-------------------------------------|
| <br>Checking         | Clarifying what the other person meant | <input checked="" type="checkbox"/> |
|                      | Checking you understood them           | <input checked="" type="checkbox"/> |
| <br>Body Language    | To help listen                         | <input checked="" type="checkbox"/> |
|                      | To ask a question                      | <input checked="" type="checkbox"/> |
|                      | To tell a story                        | <input checked="" type="checkbox"/> |
| <br>Eye gaze         | Showing you are listening              | <input checked="" type="checkbox"/> |
|                      | Watching to see if they understand you | <input checked="" type="checkbox"/> |
|                      | Expressing your emotions               | <input checked="" type="checkbox"/> |
| <br>Asking questions | To find out more                       | <input checked="" type="checkbox"/> |
|                      | To let the other person have a turn    | <input checked="" type="checkbox"/> |
|                      | To be polite                           | <input checked="" type="checkbox"/> |

# My Long Term Communication Plan

**Strategies to help me continue to work on my conversation skills:**

1. Asking more open questions  
↳ that get longer answers.
2. Focusing and listening to what other people are saying.
3. Improving the way I have conversations
  - more eye contact
  - using body language
  - Not interrupting.

# La Trobe Communication Questionnaire

## ***WHEN TALKING TO OTHERS DO YOU:***

- 1. Go over and over the same ground in conversation?**
2. Switch to a different topic of conversation too quickly?
- 3. Find it hard to look at the other speaker?**

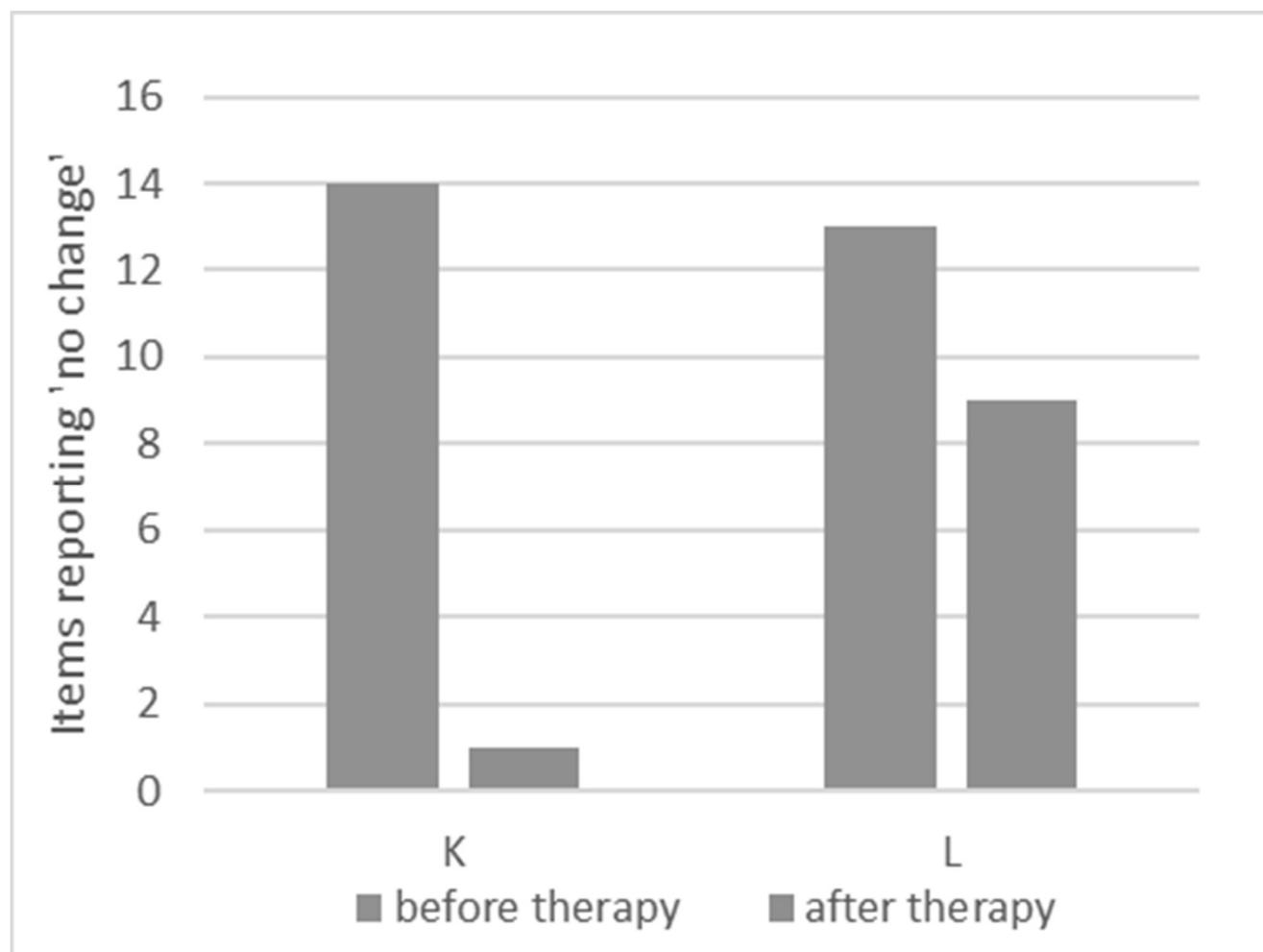
**Instructions:** The following questions ask about aspects of \_\_\_\_\_ communication. For **every** question please circle the response which best answers the question, where:

**1 = Never or Rarely**      **2 = Sometimes**      **3 = Often**      **4 = Usually or Always**

The questions also ask you about **change** in these aspects of communication since \_\_\_\_\_.

For **every** question please circle the response which best answers the question, where:

**+** = happens **More**      **0 = No change**      **-** = happens **Less** since \_\_\_\_\_.



# Examples of change

Change in scores before and after intervention:

“When talking to others do you find it easy to change your speech style (e.g. tone of voice, choice of words) according to the situation you are in?”

Before therapy L reported: ‘usually or always’ and no change

After therapy: ‘sometimes’ and do this less since brain injury

“When talking to others do you get side-tracked by irrelevant parts of conversations?”

Before therapy K reported: ‘sometimes’ and no change

After therapy: ‘usually or always’ and do this more since brain injury

What did you find?

**Peer feedback** – can be really effective (and insightful!) but needed to be steered

**Group size** – success of group can depend on the needs of the participants

Careful consideration of appropriate participants and anticipating needs of users

# Feedback

What skills from the group are you using in your daily life?

“Be patient. Not to interrupt or interfere when other people are talking. I don’t shut them off.  
I’ve noticed change with my family – I’m listening to what they’ve got to say”

Have any of your family or friends noticed a change in how you are having conversations?

“I’d like to think so. [My son] is more aware that I’m interested in him”

Conversations  
in the  
community...





Thank you for listening!

Any questions?

