

Beyond Words: Aphasia Group Therapy – Summary Handout

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Why Group Therapy Matters

- Aphasia affects mental health, social connection, relationships, identity, autonomy, and overall quality of life.
- Group therapy uniquely supports participation, identity, and confidence.

Benefits of Group Therapy

- Builds community and reduces isolation.
- Supports real-life communication and strategy use.
- Improves confidence and sense of identity.

Designing Effective Groups

- Define Who, Why, What, and How.
- Include communication supports, consistent structure, and skilled facilitation.

Types of Groups

- Small groups (targeted goals).
- Large structured Communication Groups.
- Peer-driven Conversation Groups.
- Aphasia Boot Camp and Support Groups for PWA and caregivers.

Facilitator Skills

- Balance participation, use humor, support communication breakdowns without dominating.

BEYOND WORDS

The Social & Communicative Power of Aphasia Group Interventions

56th Mid-South Conference on Communicative Disorders • 2026

WHY GROUP THERAPY FOR APHASIA?



Mental Health



Relationships



Isolation



Identity

• Groups boost participation, confidence & connection. •

BENEFITS OF GROUP THERAPY



Peer Support



Functional Communication



Reduce Isolation

TYPES OF GROUPS



Small Groups



Conversation Groups



Aphasia Boot Camp

SUPPORT GROUPS



Support Groups



Memphis Aphasia Community

A-FROM FRAMEWORK



KEY TAKEAWAYS

- Build Community
- Enhance Identity
- Improve Quality of Life



Start Small & Grow Your Groups!

You're invited to our **LIVE MEETING**
Remember ZOOM is also an option!

Memphis Aphasia Community



Support group for people with aphasia, caregivers & professionals

Third Thursday of every Month

3:00-4:15

Feel free to come 10 min early to visit & get a drink

Place: Semmes Murphey Clinic

6325 Humphreys Blvd, Memphis, TN 38120

Park on right side of building

Come in the 6305 door

**Each Month we have Guest Speakers
or Cover Various Aphasia Based Topics**

You can join us in person, or if you prefer, Zoom is an option.

First - Download Zoom

Before the meeting, download Zoom if you don't already have it. Zoom is free video chat software for your computer or mobile phone.

If you've never used Zoom, [click here](#)

Next - Collect Your Thoughts

- Don't worry if you just want to listen and *not* speak - you can do that, too
- Remember, relax, take your time, and enjoy yourself - you're in an aphasia-friendly space

Finally –If you are joining us on Zoom click this

link: <https://us02web.zoom.us/j/84445476100>

Meeting ID: 844 4547 6100

Date:

Client:					
Participation					
Comprehension					
Initiate/Active Role					
Semantic Content					
Use of multiple modalities/strategies					
Successful communication					
Overall functional communication ability					
Other notes:					



Participation:	Overall, how much does the communicator participate/engage in conversation or aphasia group activities?
Comprehension:	Overall, how much does the communicator comprehend conversational topics, specific information, activity themes, or own role in therapy activities, given auditory and/or visual context in conversation or during aphasia group activities?
Initiate / Active Role:	How frequently does the communicator take an active role (i.e., initiate) in the interaction by asking questions, commenting, requesting interaction from others, or expressing opinions?
Semantic Content:	How well does the communicator convey specific ideas (i.e., generate semantic content) when responding to questions, describing an event instructing others, or telling stories via any modality?
Use of multiple modalities/ strategies:	How frequently does the communicator use alternate or multiple modalities (e.g., speaking, writing, gesturing, facial expression, intonation, pointing to a referent or tangible topic setter, pantomime, AAC system, partner-supported strategy, etc.) or different strategies (e.g., reword, instructions to partner, pausing to organize thoughts, indicating topic) when trying to get a message across?
Successful communication:	How often is the communicator able to get a message across to a conversational partner (i.e., communicate successfully) across modalities?
Overall functional communication ability:	How would you rate the communicator's overall functional communication ability in a group therapy encounter?

Task behaviors:

- Evaluating: determining group difficulties and/or evaluating group progress
- Initiating: suggestion of ideas; new definition of problem
- Elaborating: clarifying; envisioning an idea if adopted
- Summarizing: restating ideas after discussion
- Information giving: offering facts or opinions; restating experiences
- Information seeking: asking for ideas; wanting feedback

Maintenance behaviors:

- Encouraging: willing to hear others; supportive of the group
- Harmonizing: relieving dispute; compromising
- Gatekeeping: making sure all members are heard
- Standard setting: expressing standards for group after discussion
- Following: going along with group norms and discussions

Nonfunctional behaviors:

- Blocking: arguing; rejecting ideas before they are heard
- Self-directing: hidden agendas; self-aggrandizement
- Disrupting: group clown; joker
- Distorting: distorting facts, ideas, or decisions