

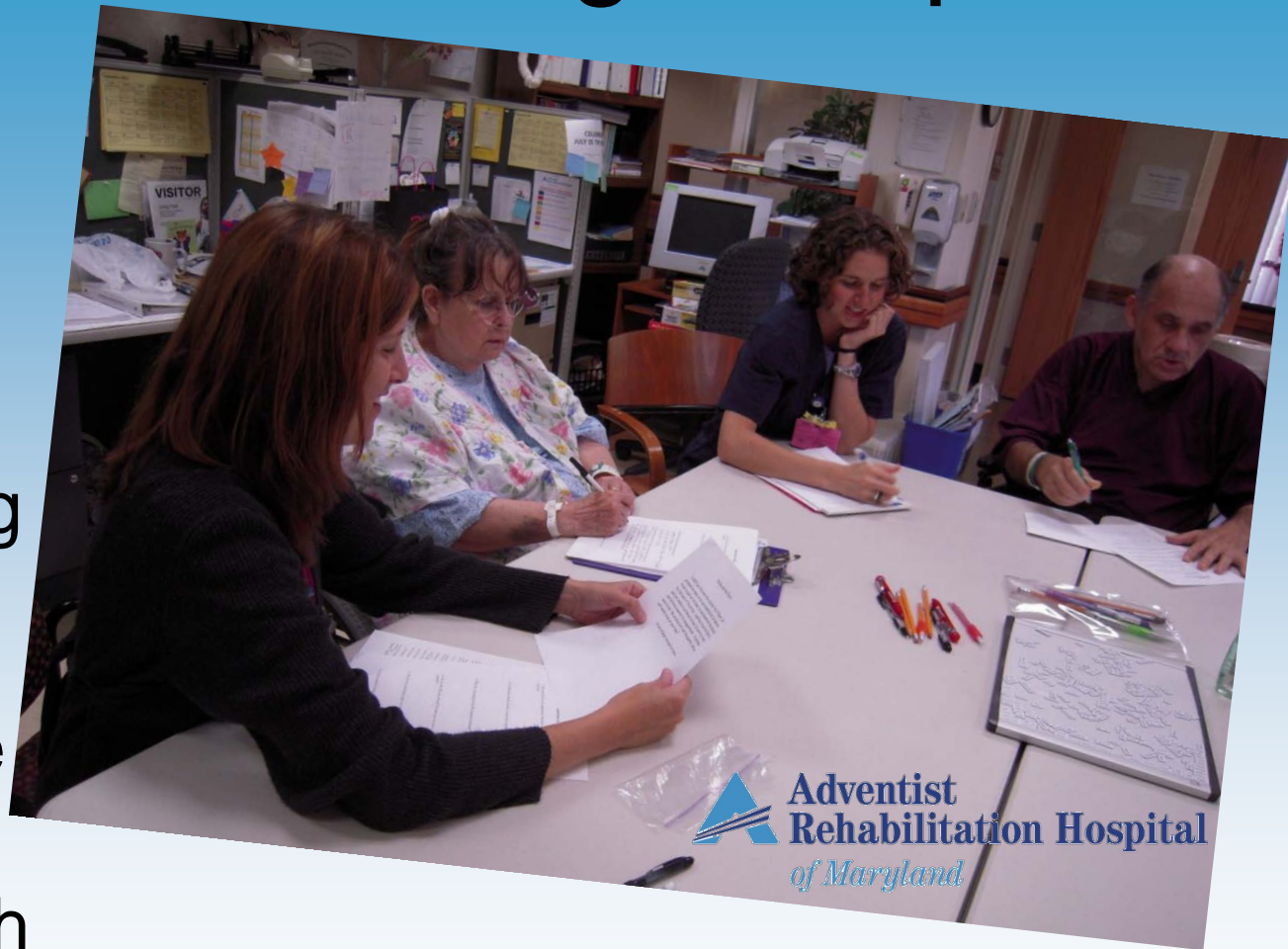
Incorporating Writing with Therapy in an Acute Rehabilitation Setting

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What is the Writing Group?

- Research has shown writing is a therapeutic approach to emotional healing
- Group therapy provides a venue to share feelings and anxieties with others



Combining these broadens rehab's scope of addressing social & emotional needs

Intradisciplinary Staff

- Social Worker
- Speech Therapist
- Occupational Therapist
- Therapeutic Recreational Therapist

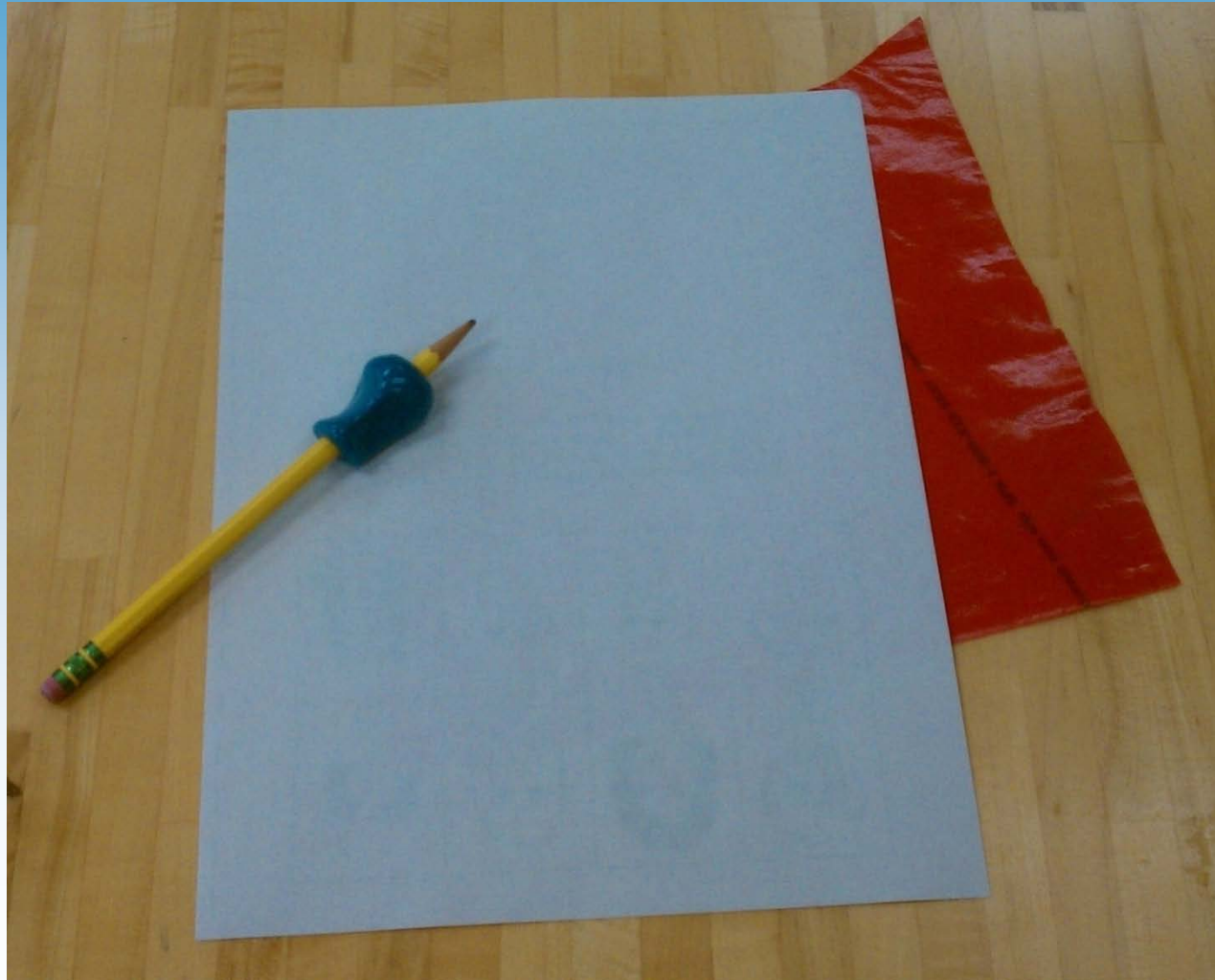
Materials Needed

- Paper
- Pens/Pencils/Highlighters
- Clipboards
- Exercises & Story or Poem
- Adaptive equipment

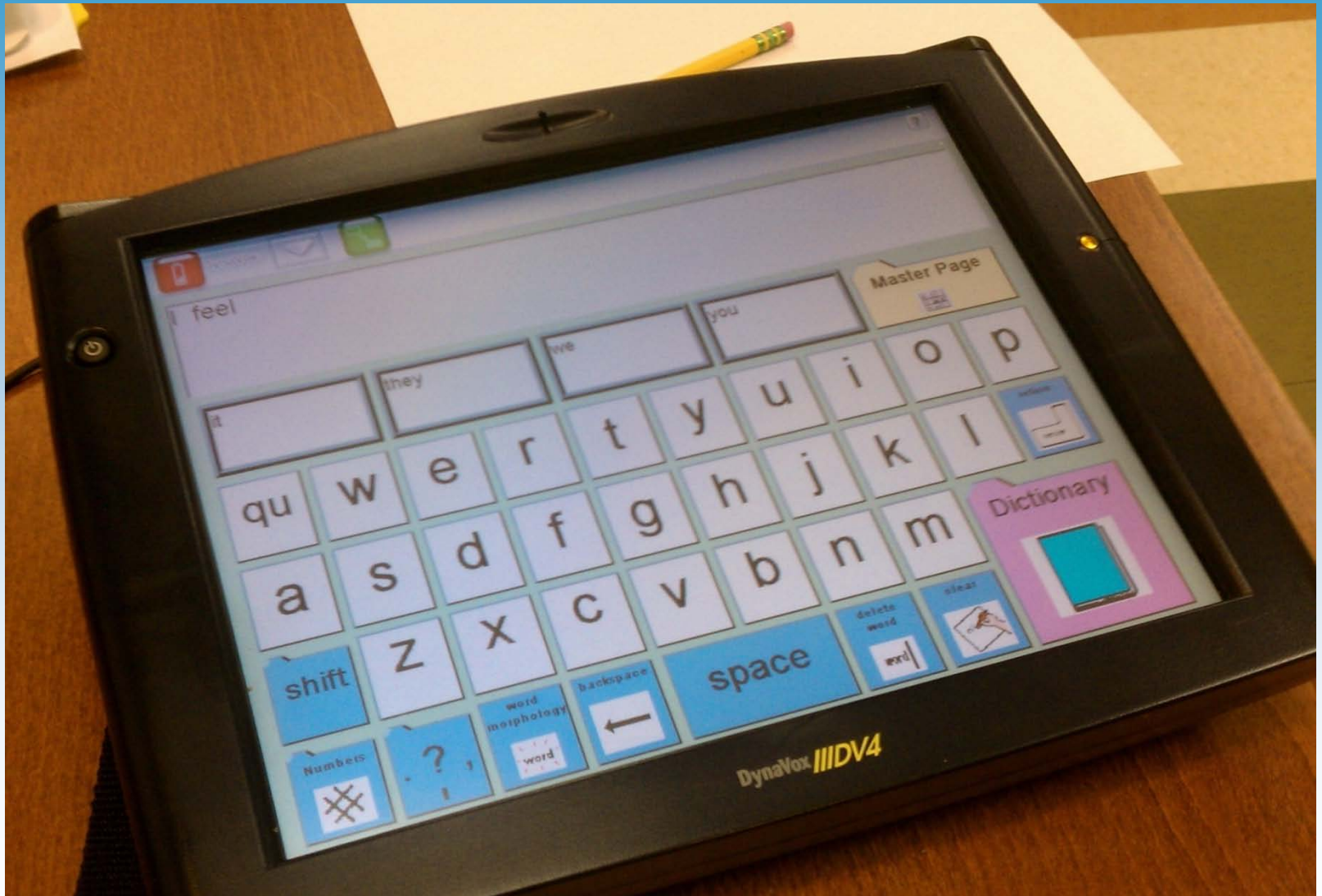
Adaptive Equipment

- Magnetic Poetry
- Magnifying board
- Picture/Letter board
- Speech generating device
- Easels
- Highlighters
- Grips
- Desk adaptations

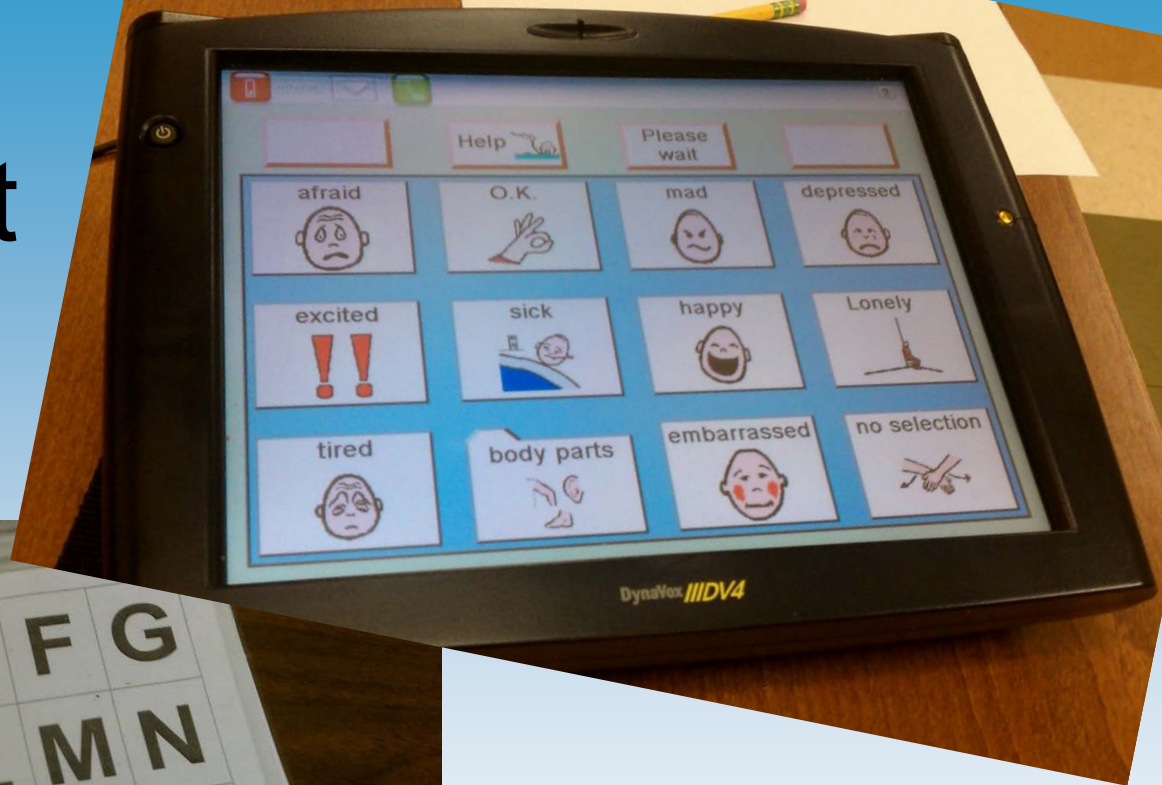
Adaptive Equipment



Adaptive Equipment



Adaptive Equipment



Identifying Speech Patients for Writing Group

- Is it a high or low level functioning group?
 - Based on cognition and/or word finding and voicing abilities
- Pts with spatial neglect
- Pts who are working on attention or memory
- Pts who are struggling emotionally or are depressed during inpatient stay

Social Work & Speech Therapy Writing Session

- Speech therapists assist patients with:
 - Writing from tracing and/or copying letters or words
 - Matching and identifying words for exercises
 - Organizing, sequencing, planning, and problem solving
 - Articulating, vocal intensity and quality when speaking
 - Increasing topic initiation, and helping patient stay on task. Turn taking as well as monitoring appropriateness of conversation

Self reflection

1. How am I disciplining myself to do something I didn't want to do, but needed to do anyway?

~~To do~~ ~~FA~~ ~~I~~ ~~svet~~
do my FA
then
RAT
Doing Things ~~solowar~~
SLOWER

Patient Example

Identifying Patients in Occupational Therapy for the Writing Group

- Pts with spatial neglect
- Pts with upper extremity weakness
- Pts who are not able to speak but can use their hands with an adaptive device to complete exercises
- Pts who are struggling emotionally or become depressed during inpatient stay

Social Work & Occupational Therapy Writing Session

- Occupational Therapists assist patients with:
 - Posture
 - Adaptations
 - Cognition
 - Writing skills

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I AM : _____

I WILL : _____

I HAVE : _____

I CAN : _____

Structuring Group Sessions

- Time allotted (1 hour)
- Introductions (staff & pts)
- Short motivational story and/or poem
- Transition to exercises
- Completing exercises and discussion

Time Varies for each segment based on level of group

Writing Group Objectives

- Addressing emotional needs
 - Adjusting with new disabilities & illness
 - Change in independent lifestyle
 - Outside life stresses in addition to current
 - Reprioritizing important things in life
 - Finding a new “normal”

Staff Involvement

Emotionally

- Familiarity
- Safety
- Group camaraderie
- Understanding

Literally

- OTs rotate per month
- SLP attends when her patients attend
- TR attends when her patients attend

Written Exercises

- Based on:
 - Cognition
 - Word finding or voicing difficulties
 - Fine motor skills
 - Emotional and transition to illness needs

Exercise Topics

- My Name Is:
- Reminiscence
- A Day in the Life of Rehabilitation
- Self Reflection
- Bridges
- ME
- Asking for Help

EXERCISES

1. A day in the life of rehabilitation (be as specific as you'd like in describing your day)

2. The hardest part of this experience has been...

3. What keeps you going? Where does your motivation come from?

E X E R C I S E S

1. My name is _____

2. In the hospital I have participated in

3. List 3 things you can do now

a. _____

b. _____

c. _____

4. Name one or two things you are working on in therapy

5. The person who comes to see me the most is:

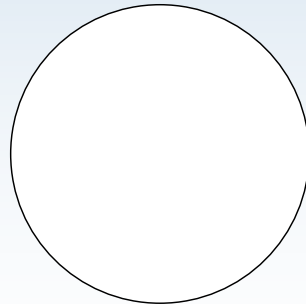
a. This makes me feel

EXERCISES

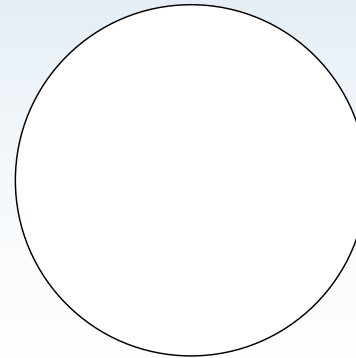
Ten Positive Statements:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Main Support Person



Additional Support People



E

Controversy in Sports

Should NFL players who commit crimes be allowed to play in the NFL? Why or why not?

X

o

r

Who would be objective enough to determine whether or not someone can play? Why?

C

i

Should players be fined for dancing on the field or in the endzone after a great play? Why or why not?

S

o

S

Is there a particular player, in any sport, that you remember thinking he/she should not be participating in sports?

3. In what ways have I kept myself grounded since I've been in the hospital?

By Keeping myself POSITIVE

4. What goals have I been working on? Have I been successful in reaching them?

~~Just~~ Spell it out

~~Just~~

Getting better

~~BeTANdANCE~~
BALANCE

5. How have my friends and family helped me since I've been here?

SUPPORTIVE

Patient Example

6. What do I feel my strong asset is today?

Spelling ~~THE~~
ERIE h word

Patient Example

Thank You

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