

# Introduction

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The exercises in *WALC 1 (Workbook of Activities for Language and Cognition): Aphasia Rehab* emerged as I was working with adolescent and adult clients who exhibited difficulties with auditory and visual comprehension and/or oral and written expression. The majority of these clients exhibited aphasia due to stroke or head injury. These exercises have also proved to be very useful with clients who have language difficulties resulting from various pathologies (e.g., central auditory processing disorders) as well as neurologic changes due to illnesses (e.g., Lyme disease).

The underlying principle for the materials in *WALC 1: Aphasia Rehab* is based on teaching processes as opposed to content. My focus has been on teaching strategies and I have discovered that few publications contain a sufficient amount of stimulus items to insure acquisition of the strategy. Most available material does not provide an internal hierarchical order which reflects an increase in degree of difficulty within a task and from task to task as the client builds upon the strategies of processes he is relearning how to use.

The exercises in *WALC 1: Aphasia Rehab* have been used for many years by speech-language pathologists and other specialists (e.g., cognitive therapists, occupational therapists) with a wide variety of clients. The content and format have proved to be an excellent therapy supplement for trained professionals, clients' families, and clients.

However one uses *WALC 1: Aphasia Rehab*, it is my sincere hope that the exercises are helpful and that each and every client will benefit from having used them.

Kathy