

Introduction

WALC 2 was developed to provide stimulus materials to aid in the remediation of language and cognitive disorders in adolescents and adults. The items in this workbook provide a structured approach for improving specific skills in target areas, although adaptations may be necessary to meet each client's needs. All exercises within this workbook remediate a specific deficit, but also require skills in other areas of language and cognition in order to be completed appropriately.

Unit 1: Attention and Concentration

This first unit of *WALC 2* focuses on attention and concentration. Frequently, patients with neurological impairments exhibit difficulty in attending to or completing structured therapy tasks. These exercises enable the client to complete the tasks with minimal challenges to his cognitive abilities.

Unit 2: Memory for General Information

This unit requires the use of remote memory skills in order to answer questions. Since the general information questions elicit information from patients with various backgrounds, be aware of errors which occur as a result of a language or cognitive deficit versus responses which occur due to lack of familiarity with the targeted information or due to cultural factors. Require the client to expand his responses, if appropriate, realizing that retrieval skills for words and information and comprehension of information and questions are necessary to respond accurately to these questions.

Unit 3: Visual and Auditory Memory

The activities of the third unit focus on the client's visual and auditory memory. These exercises do not focus on or necessitate normal interactive communication, but should be regarded as teaching strategies for memory. Strategies such as "chunking" and visual imagery lend themselves to individual

practice and drill rather than to turn-taking and pragmatic interaction. So, be aware that these exercises should not be used exclusively to retrain memory, but should be incorporated with exercises that put memory to use in context.

Unit 4: Sequential Thought

This unit emphasizes the reorganization and retraining of cognitive skills by sequential thought retraining.

Unit 5: Reasoning

The focus of this unit is to facilitate the ability to organize information, solve problems, reason, and develop interpersonal insights. The exercises have been sequenced in a hierarchical order so that a client begins to retrain thinking at a concrete level and progresses to an abstract reasoning level.

In summary, *WALC 2* provides you with practical therapeutic materials for use in developing comprehensive individual intervention programs. Sharing these exercises with clients' families helps to establish the importance of improving communication outside the therapy setting.

Kathy