

Neuroplasticity and Speech Therapy

Neuroplasticity is the brain's ability to grow new brain cells, new connections, and strengthen brain pathways - even when brain damage has occurred.

Brains are amazing! Speech therapy will focus on maximizing brain neuroplasticity so that changes in the brain can take place. The ultimate goal is that changes in the brain and environment can make it easier to participate in the activities that matter to you.



Speech Therapy will incorporate the **principles of neuroplasticity** into therapy and home programs. Research has shown that these factors can maximize brain connections:

Principles of Neuroplasticity in Speech Therapy

Use It Or Lose It - Cognitive-communication skills need to be used to maintain ability.
Use It and Improve It - using the brain can build new connections and abilities.

Specificity - therapy will be focused on the specific cognitive-communication skills and that you need to address.

Salience - therapy will be meaningful and functional for your needs.

Repetition - intensity and repetition of practice is needed to make durable brain changes.

Generalization - therapy will focus on transitioning cognitive-communication skills from the therapy room to the most meaningful life situations.

Complexity - instead of starting “easy” and working up, it’s more beneficial to challenge brains with “just right” complexity.

There are **other positive factors** for neuroplasticity that are **not** in our control, including: Younger age at time of brain injury, smaller size of brain injury, having other brain tissue that is still healthy, and type of aphasia (nonfluent tends to have better recovery).

Reference: Kiran, S., & Thompson, C. (2019). Neuroplasticity of language networks in aphasia: advances, updates, and future challenges. *Frontiers in Neurology*, 10, 295.

Honeycomb Speech Therapy: [Activity Studio >> Reference Library](#)

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