



National
Aphasia
Association



Julie Carpenter
Shirley Ryan
AbilityLab



Jodi Morgan
Brooks Rehab
Aphasia Center



Kent Emry
Leah Archer
Aphasia Relearned



Maura Silverman
NAA



Susan Wortman-Jutt
Burke Rehab ICAP

Ask the Expert - May 2026

Intensive Aphasia Programs

with **Jodi Morgan, Susan Wortman-Jutt, Julie Carpenter, Kent Emry, Leah Archer, and Maura Silverman**

May 13, 2026 12-1pm ET



aphasia.org



answers@aphasia.org

QR Codes

When you see a QR code, use your smartphone camera to view the link or resource



This QR Code takes you to the NAA website aphasia.org



Q & A

We will answer as many of your questions about today's topic as we can.

If we don't get to your question, or if you have another question about aphasia, email the NAA at: answers@aphasia.org

And, join our interactive virtual program, **After the Expert**
Next Wednesday
12pm ET | 11am CT | 10am MT | 9am PT

Professional Development Hours for SLPs

We are now offering **one professional development hour** (1 PDH) toward ASHA Certification Maintenance for speech-language pathologists who attend the entire “Ask the Expert” webinar **live**.

A certificate will be shared at the end of the webinar.

Plan for Today's Webinar

- Introductions
- Why intensity matters in aphasia therapy
- Intensive Comprehensive Aphasia Programs (ICAPs)
- Kent's experience as an ICAP participant, and Leah's experience as a care partner
- Communication Support Teams
- Q&A

Julie Carpenter, MA, CCC-SLP, BC-ANCDS

Julie Carpenter is the Program Manager for the Intensive Comprehensive Aphasia Program (ICAP) at the Shirley Ryan AbilityLab in Chicago, IL. She also works with the AbilityLab's Staff Development Department, where she works with clinicians across the system of care to integrate evidence-based practices.

Julie has over 15 years of experience working with individuals with aphasia in inpatient, day rehabilitation, outpatient, and community settings. She has co-authored book chapters, conducted research on aphasia assessment and treatment, and developed aphasia programs.

She holds board certification from the Academy of Neurogenic Communication Disorders and was awarded the Illinois Speech-Language-Hearing Association's Exemplary Practice award. She chairs the American Congress of Rehabilitation Medicine's Taskforce on Clinical Application of the Rehabilitation Treatment Specification System.



[Learn More about Shirley Ryan AbilityLab](#)

Jodi Morgan, CCC-SLP

Jodi Morgan is the director and co-founder of the Brooks Rehabilitation Aphasia Center in Jacksonville, Florida. She serves as Clinical Assistant Professor in the Department of Communication Sciences at Jacksonville University. She teaches courses in adult language disorders and cognitive disorders. Her research interests are in the life participation approach to aphasia and recovery.

She is currently an advisor for the National Aphasia Association and active member of Aphasia Access. She recently received the Aphasia Access International Clinical Innovator award. The Brooks Rehab Aphasia Center team was honored with receiving the Inaugural Stroke Onward Aphasia Access Identity and Impact Award in April of 2025.

She is very passionate about helping people with aphasia and their families.



Learn More about Brooks Rehab

Leah Archer, DPT and Kent Emry

Kent Emry and Leah Archer are the co-founders of Aphasia Relearned, a nonprofit begun in 2025 shaped by Kent's stroke recovery journey and their shared commitment to accessible communication. The organization is currently in a major fundraising phase to help survivors afford Intensive Comprehensive Aphasia Programs (ICAPs), which are highly effective but often financially out of reach due to significant tuition, travel, and lodging costs.

Kent is a successful entrepreneur in the medical technology field, including his work with BioCorRx, a former CEO of eight nursing homes, and an active commercial real estate investor. A pilot, musician, motorcycle rider, and jiu-jitsu enthusiast, he brings lived experience, resilience, and creativity to the organization.

Leah contributes more than 20 years as a Doctor of Physical Therapy, specializing in neurological and orthopedic rehabilitation. Together, they blend clinical expertise and real-world insight to support survivors and families navigating aphasia.



Learn More about Aphasia Relearned

Maura English Silverman, MS, CCC-SLP

Maura Silverman is humbled and proud to serve as the Executive Director of the National Aphasia Association. A Speech-Language Pathologist with more than 37 years of experience in adult neurogenic communication disorders, she founded the Triangle Aphasia Project and is a founding member of Aphasia Access.

Maura's professional work — and her personal experience as a care partner for her mother, who lived with aphasia after stroke — continue to shape her commitment to improving aphasia awareness, support, and quality of life for individuals and families.



Visit the NAA website

Susan Wortman-Jutt, MS, CCC-SLP

Susan Wortman-Jutt is an Advanced Senior Speech-Language Pathologist (SLP) at Burke Rehabilitation, where she has been working with patients who have neurogenic speech, language and swallowing disorders since 2007. Previously, she worked at the Burke Neurological Institute as a Research Associate, and as an SLP at the Kessler Institute for Rehabilitation. She has been published in peer-review journals and in textbooks regarding aphasia treatment.

Ms. Wortman-Jutt has been the creator and facilitator of the Burke Intensive Comprehensive Aphasia Program (ICAP) since its inception in 2023.



Learn More about Burke Rehab

What is
NEUROPLASTICITY?



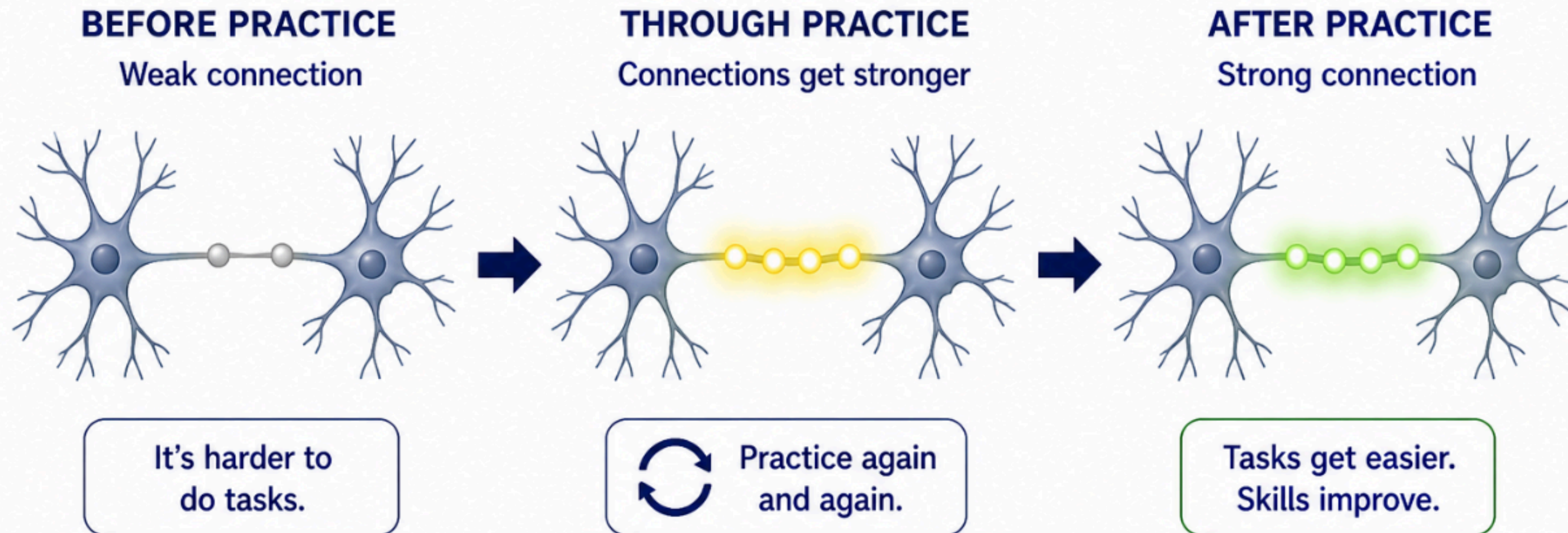
What is
INTENSITY?



BURKE

What is Neuroplasticity?

Neuroplasticity is the brain's ability to **change** and **make new connections** through experience.



**The brain can change after injury—
even after months or years.**

With more practice, the brain builds stronger connections, leading to better communication and daily life.



What do we mean by “Intensity?”



“...there’s **no standard definition** of intensity and the simplistic notion that “more is better” is not necessarily supported by the research.”



“**Determining the optimal intensity of treatment is essential** to the design and implementation of any treatment program for aphasia.”



“**Optimal intensities may vary** depending on the type of intervention...”



“... **participant characteristics and environmental variables impact treatment intensity...**”



Cherney, L. R. (2012). *Aphasia treatment: Intensity, dose parameters, and script training*. *International Journal of Speech Language Pathology*, 14(5), 424–431. doi:10.3109/17549507.2012.686629.

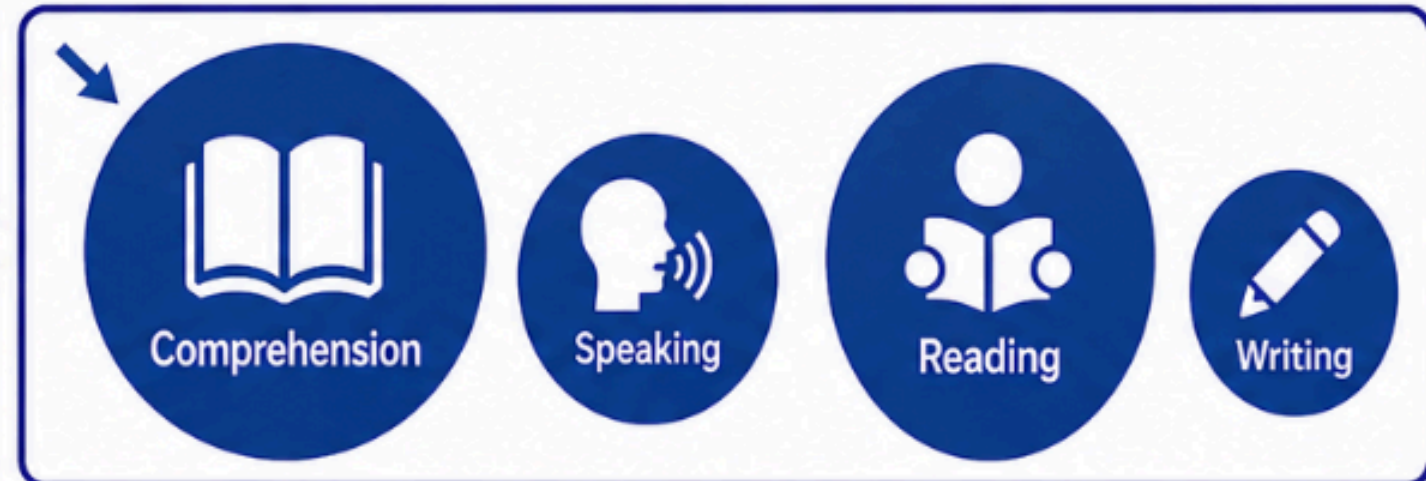
Intensity in Aphasia Treatment Can Mean:



Increased number of treatment sessions



Longer treatment sessions



Spending more time on a given language domain



Intensity = Greater perceived level of effort



Research Tells Us:

Intensity is important to **enhanced** aphasia recovery.

Breitenstein et al., 2017
THE LANCET



3 weeks of intensive speech and language therapy (9 hours per week)



“3 weeks of intensive speech and language therapy **significantly enhanced** verbal communication in people aged 70 years or younger with chronic aphasia...”

Initial treatment gains were maintained after **6 months.**”

Rose et al., 2021
DISABILITY AND REHABILITATION



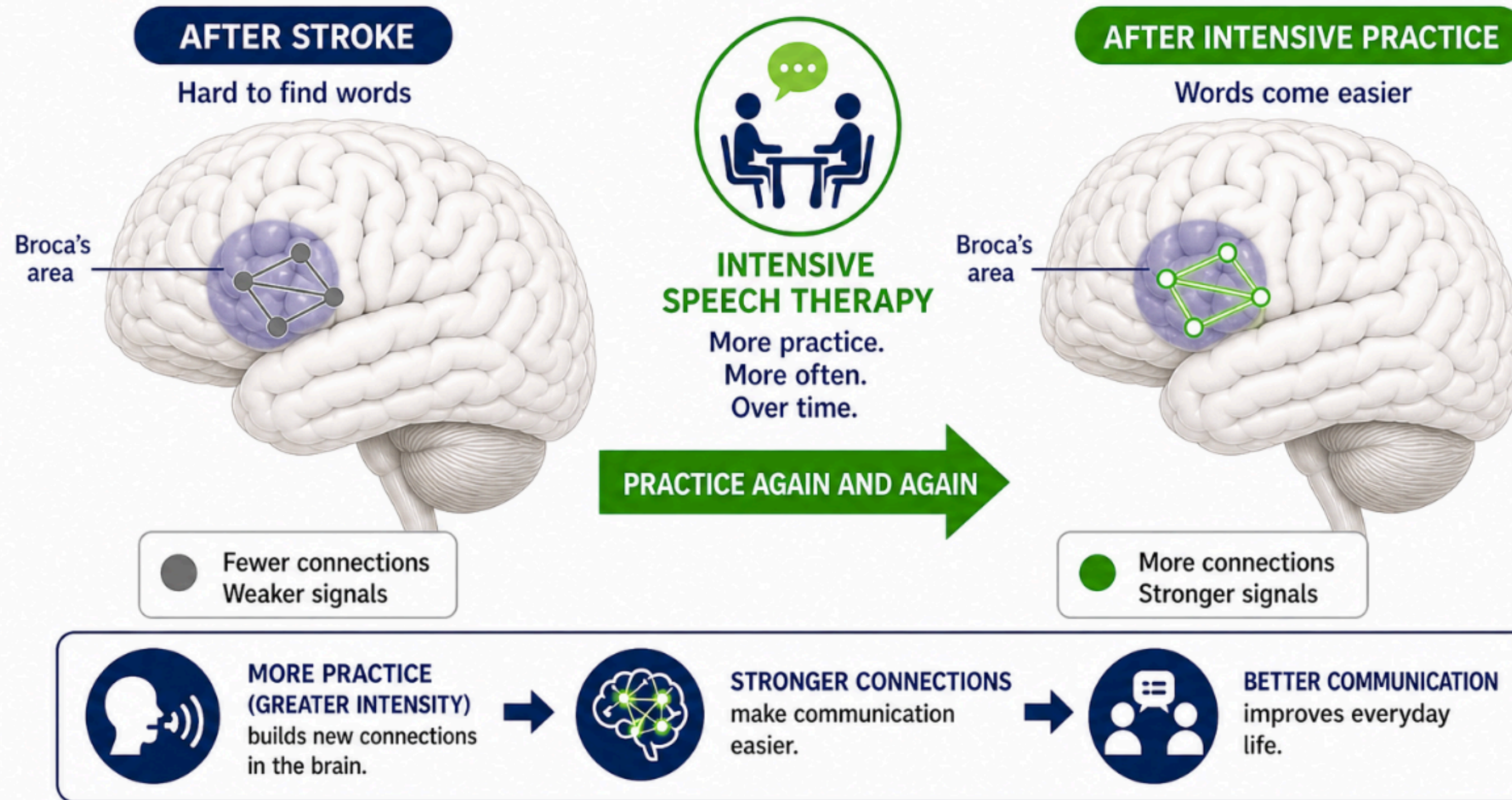
International survey of Intensive Comprehensive Aphasia Programs (**ICAPs**)



“**Higher intensity** treatment, coupled with strategically implemented principles of neuroplasticity, has been demonstrated to promote functional neural reorganization of language function.”

Neuroplasticity = Brain Change. Intensity Makes it Happen.

Intensive speech therapy can help the brain build new connections—
even long after a stroke.



Even in the chronic phase, the brain can improve. ❤️

Intensive Comprehensive Aphasia Programs

Outpatient Aphasia Therapy Averages



1.1 hours
per week

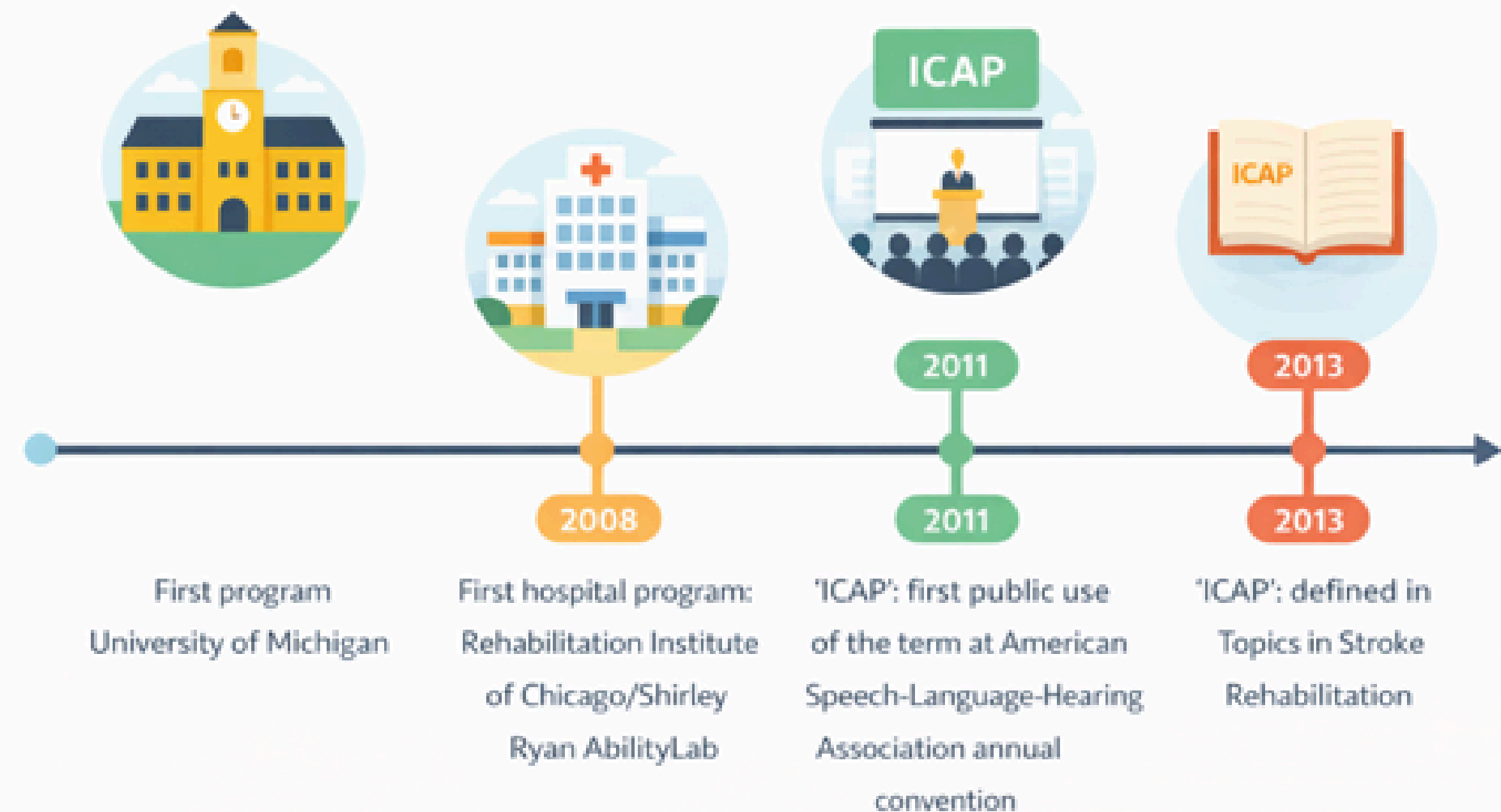


1.5 sessions
per week



10.6 weeks

History of Intensive Programs



What is an ICAP?

Intensive Schedule



2 – 6 weeks



3 - 5 days per week

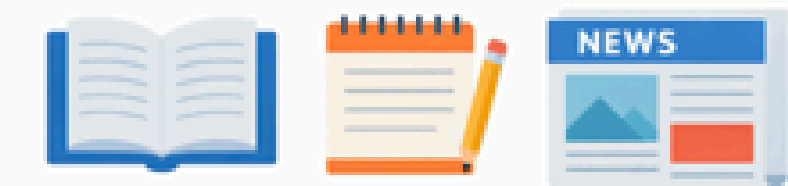
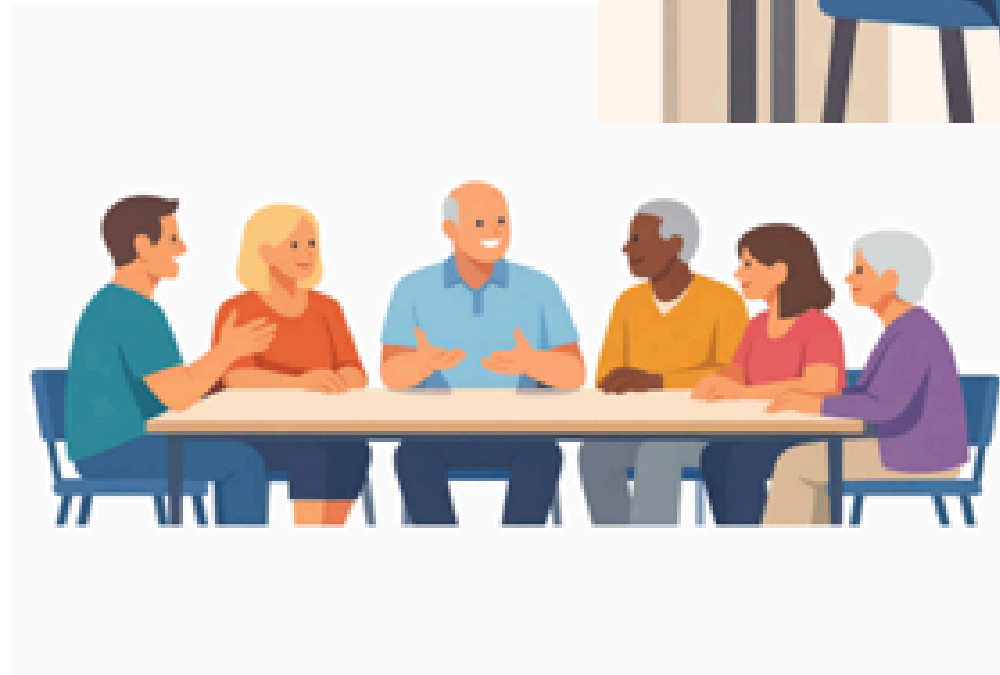


3 – 6 hours per day

What is an ICAP?

Variety of Treatment

- Individual therapy
- Group therapy
- Aphasia approaches



What's an ICAP?

Patient/ Family Education

Communication strategies

Aphasia resources

Home practice

Other services are often incorporated:

Therapeutic recreation

Psychology/counseling

Adaptive sports/fitness

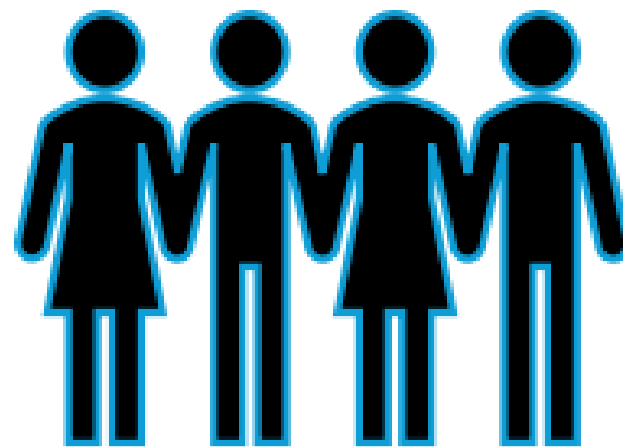
OT or PT

What's an ICAP?

Start and End Date

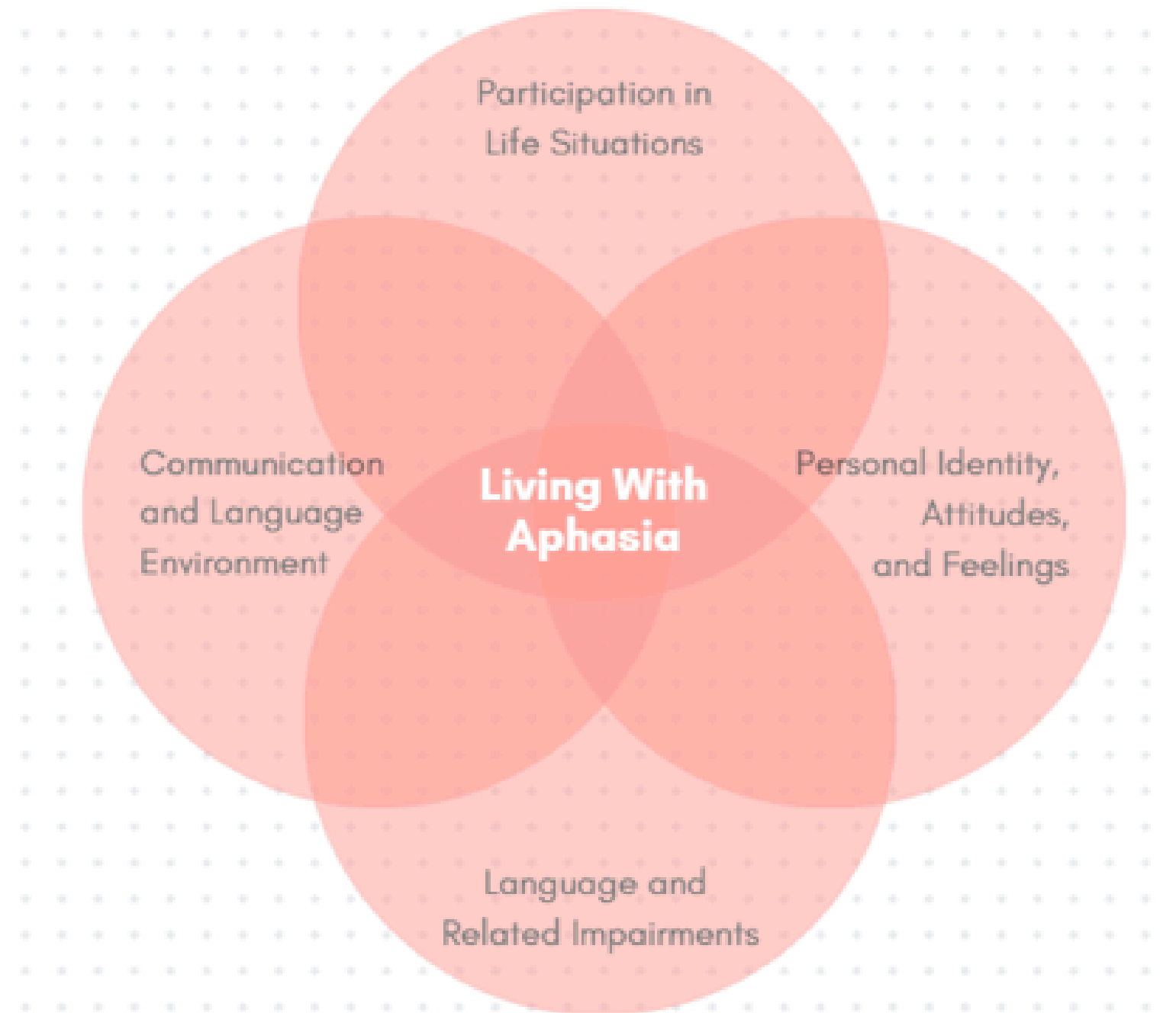


With a Cohort



What is an ICAP?

All domains

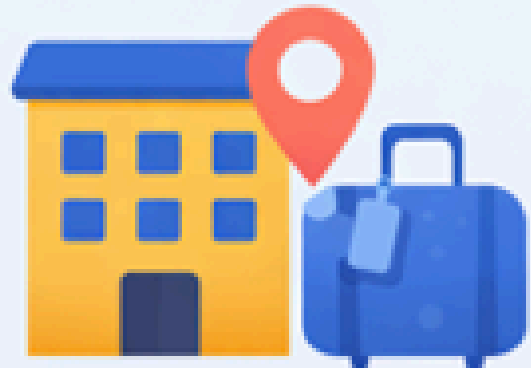


Living with Aphasia: A Framework for Outcome Measurement (AFROM; Kagan et al., 2007)

Challenges of ICAPs:



- Not typically covered by insurance



- Travel/accommodations



- Care partner schedules

Different approaches to ICAP programs

Impairment based approach

Focus

This approach targets the **language impairment itself** (example: word-finding, reading, comprehension)

Life participation approach (functional communication approach)

Focus

Re-engagement in meaningful life activities. LPAA places the life concerns of those affected by aphasia at the center of all decision making.

Many ICAP programs combine both approaches. Ask!

Life Participation Approach (LPAA) 5 core values

Core values of the Life Participation Approach to Aphasia (LPAA) include:

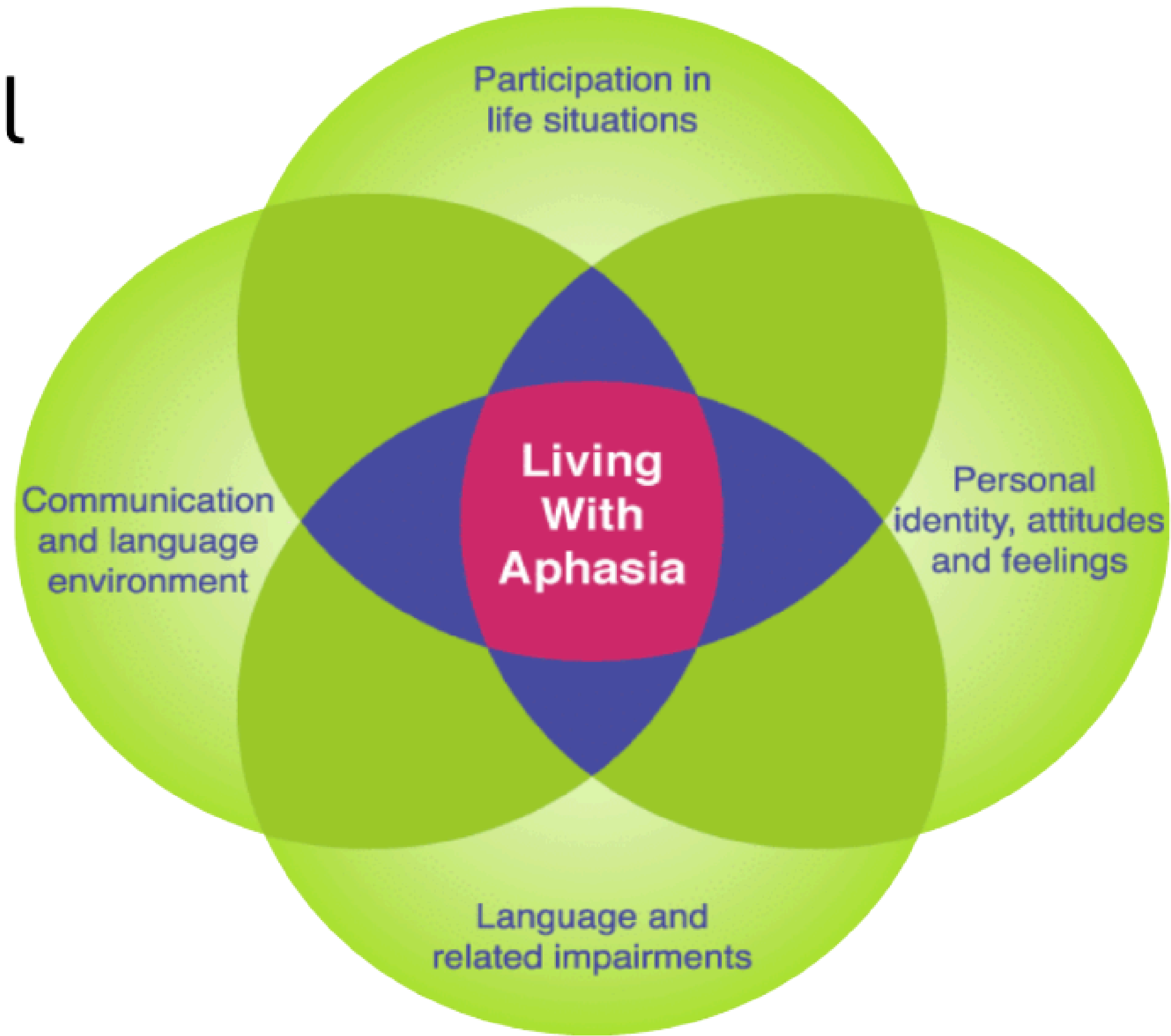
- goal is enhancement of life participation
- Everyone affected by aphasia is entitled to service
- Success measures include documented life enhancement changes
- Both personal and environmental factors are intervention targets
- Emphasis is on availability of services at all stages of aphasia

(Chapey et al., 2000)

At the center of the LPAA =the person with aphasia. They should be empowered to be full participants in all aspects of their recovery

(Cohen-Schneider et al., 2020)

A-FROM Model



Connecting with other people with aphasia in ICAP program

Meeting others with aphasia may-

- Improve mental health and quality of life
- Decrease social isolation
- Establish friendships and acceptance
- Safe place to communicate
- Able to share ideas, resources and feelings
- Improve communication and connection



Consider the whole person in ICAP

Aphasia doesn't just affect speech — it affects identity, relationships, emotional well-being, and independence. Aphasia affects the whole person.

Ask if ICAP programs have ways to support your well being.



Bible Study



Mental Health

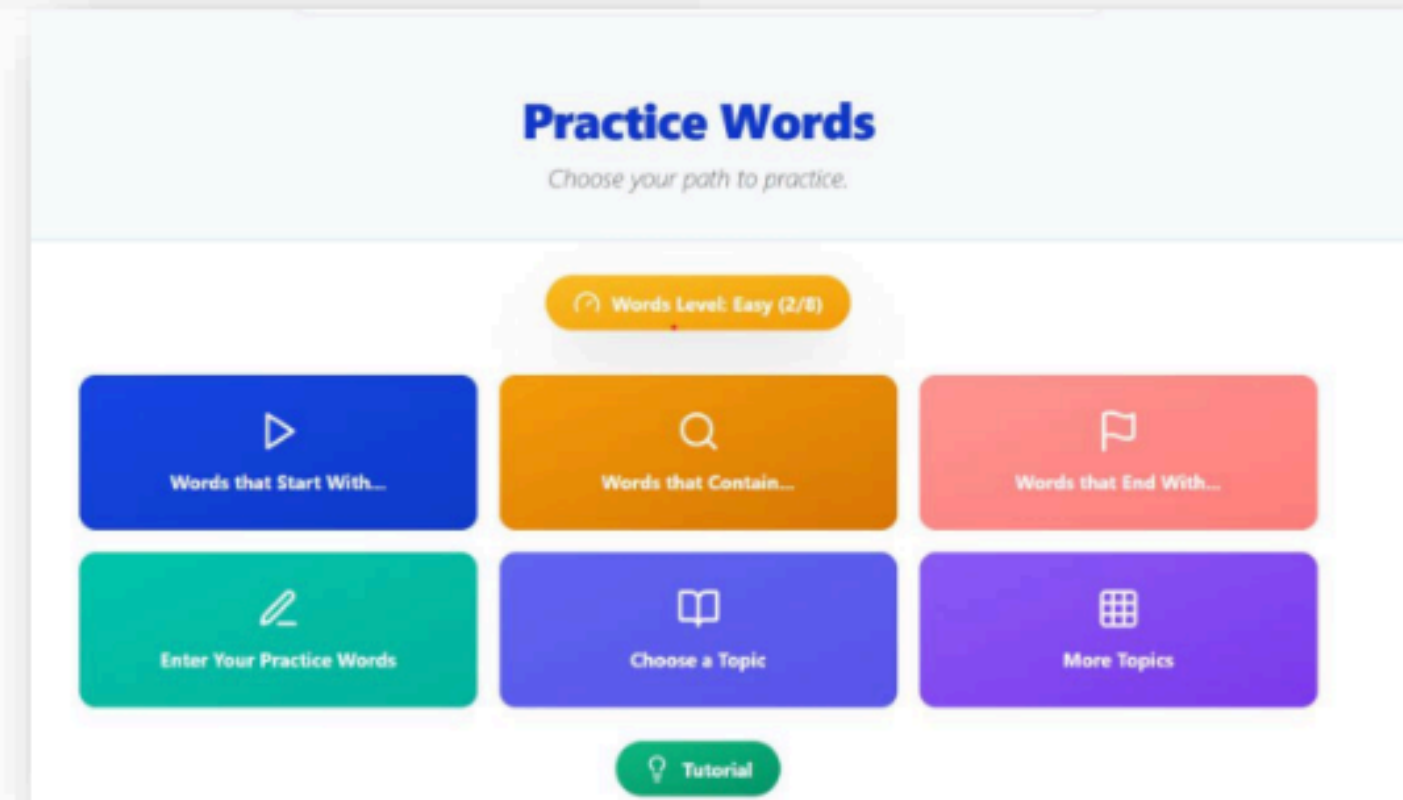
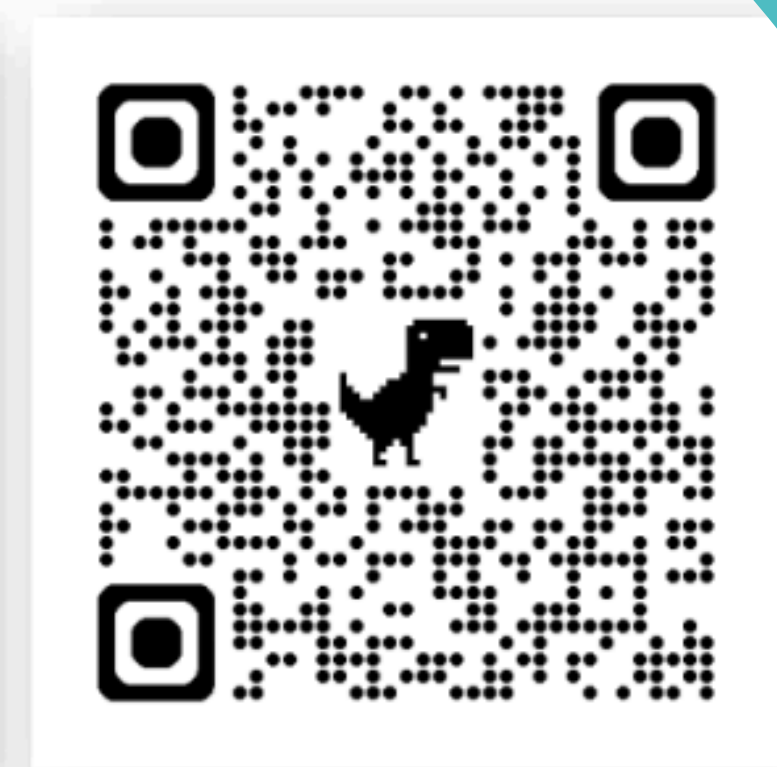


Music Therapy

Technology created by people with aphasia

OBLA AI

- Created by Henry who has aphasia (and his son)
- Attended ICAP program
- Helps with apraxia and word finding
- Free



Technology created by people with aphasia

AphasiaGPT

- Created by Stephen who has aphasia
- He attended 2 ICAP programs
- Helps improve words and conversation
- Works on reading
- Uses AI coach
- Free trial

A letter to anyone recovering

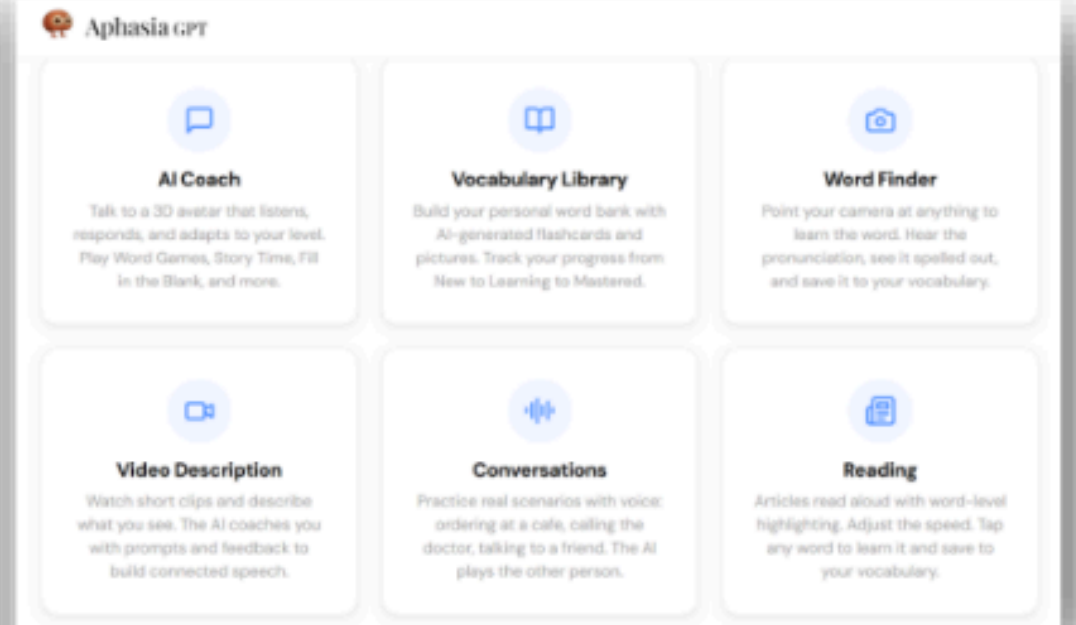
I know how frustrating life is with a language disability. I had severe aphasia for 5 years. And yes, I still have it.

The recovery broke me down so many times. I used to wake up every day worried if my language would ever come back.

Here's the truth: it does get better. A lot better. But it's not easy. That's why I made these tools — just real, practical things that can help.

You got this. Don't quit. Keep pushing. ❤️

— Stephen

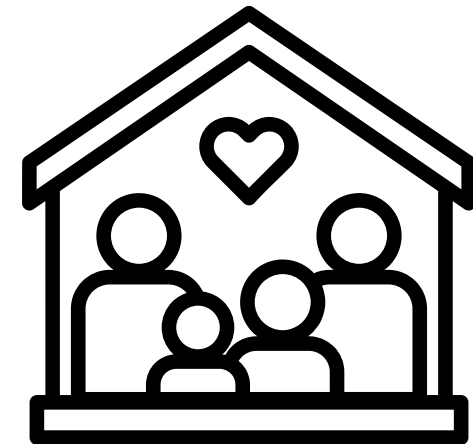
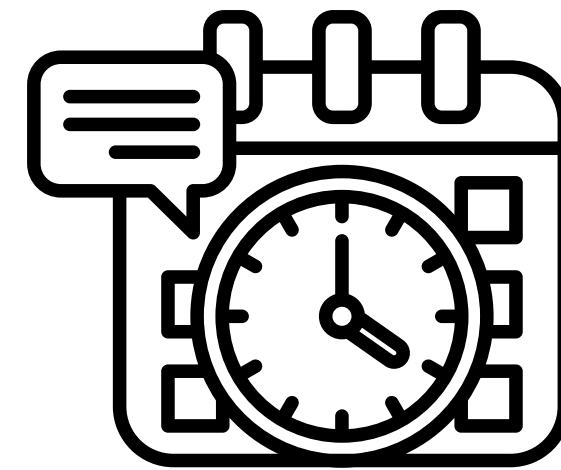
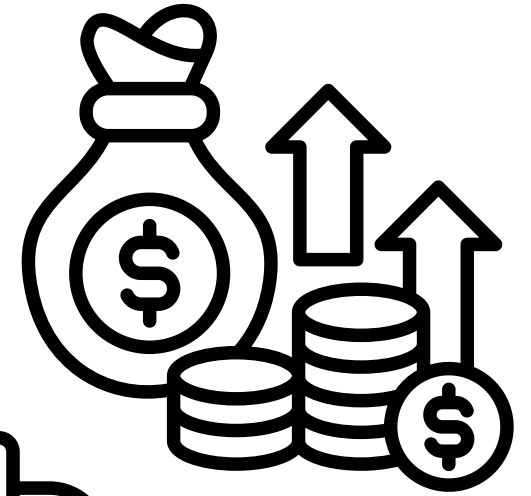
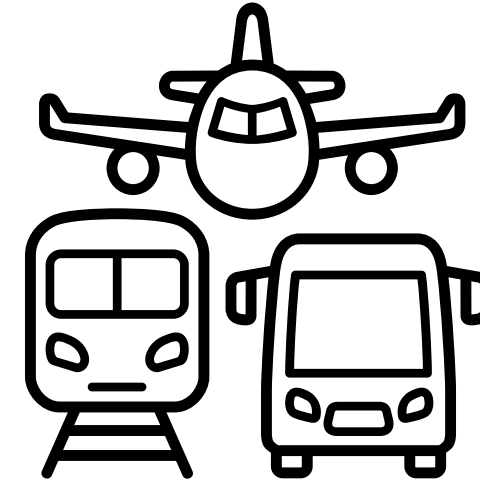
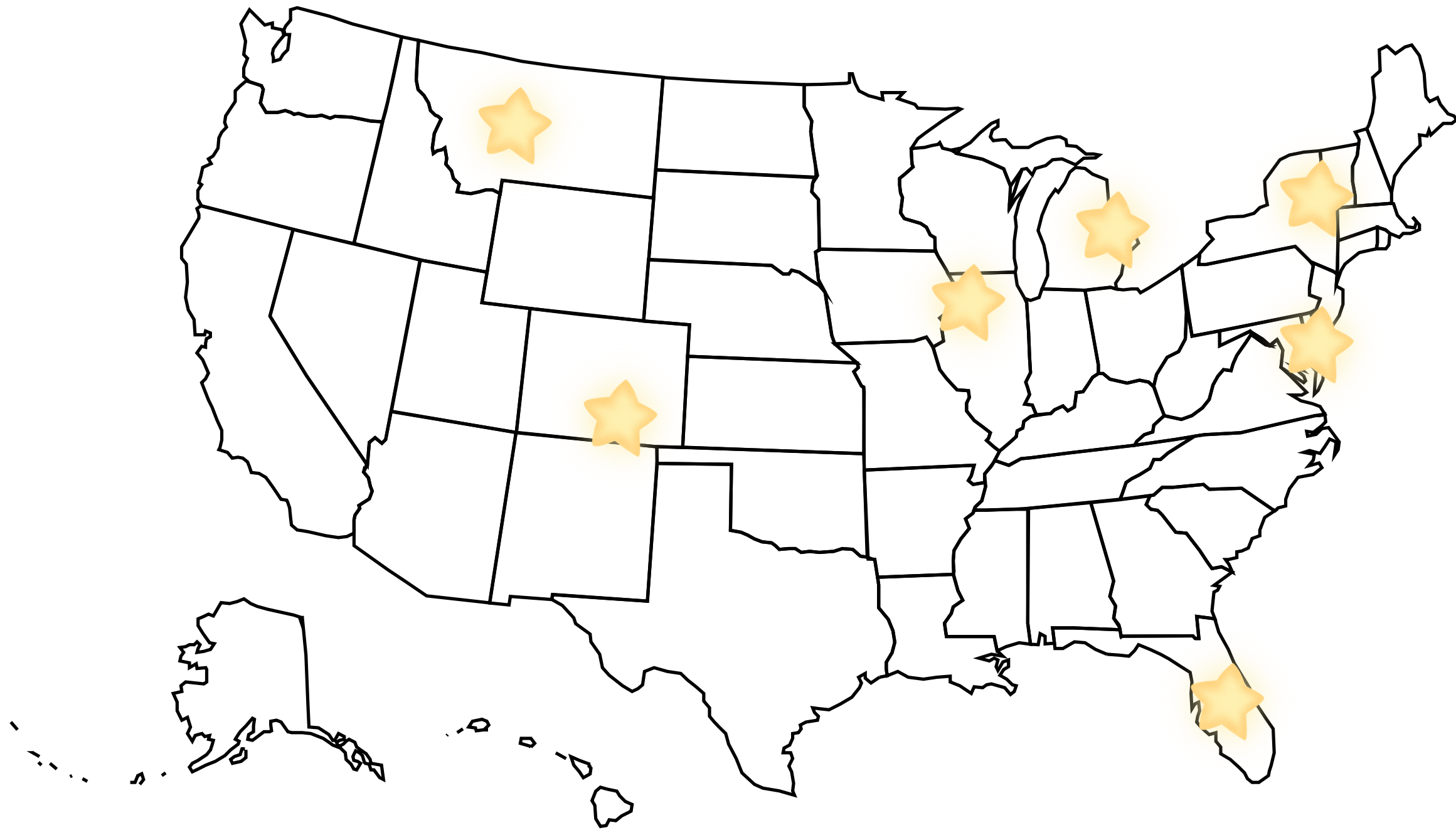




Plateau
"1 year"
Medical Model
Drill only
Worksheets
"Homework"



Neuroplasticity
LPAA
Community
Person-Centered
Collaboration
ALL Domains
Technology
Access



Harness:

Neuroplasticity

LPAA

Community

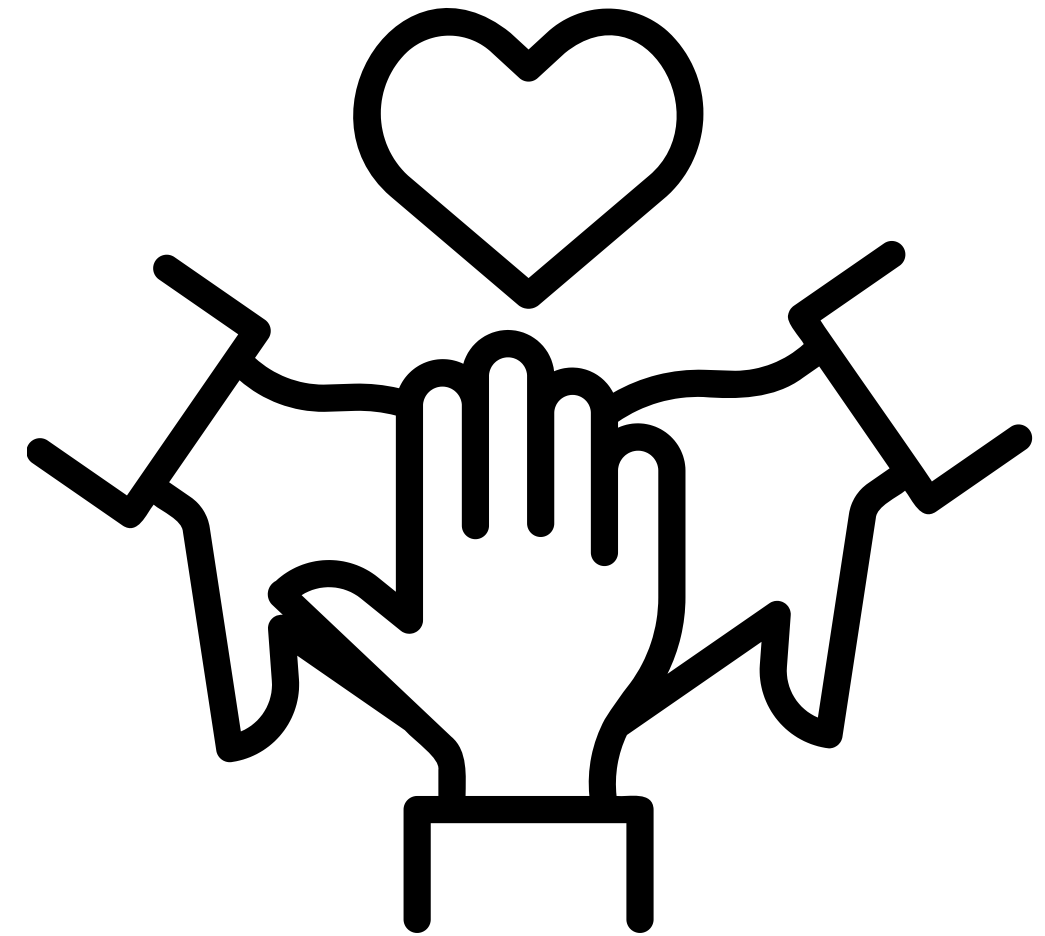
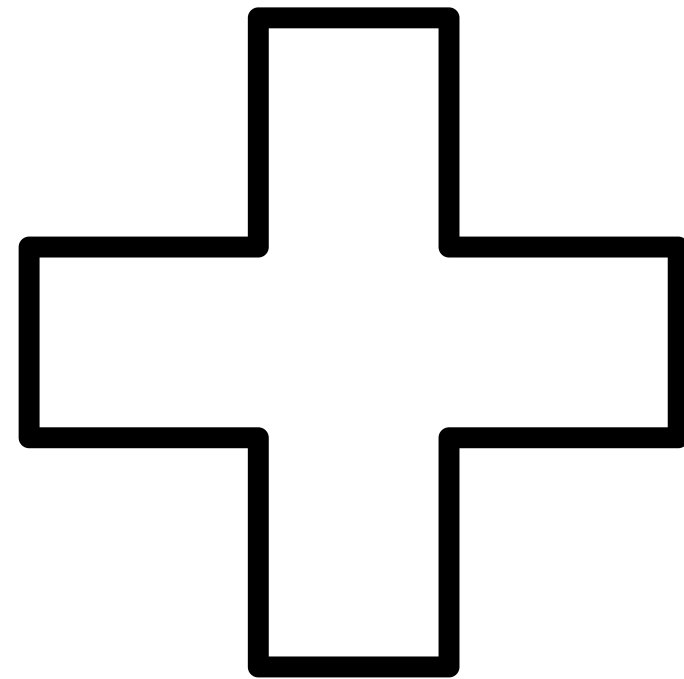
Person-Centered

Collaboration

ALL Domains

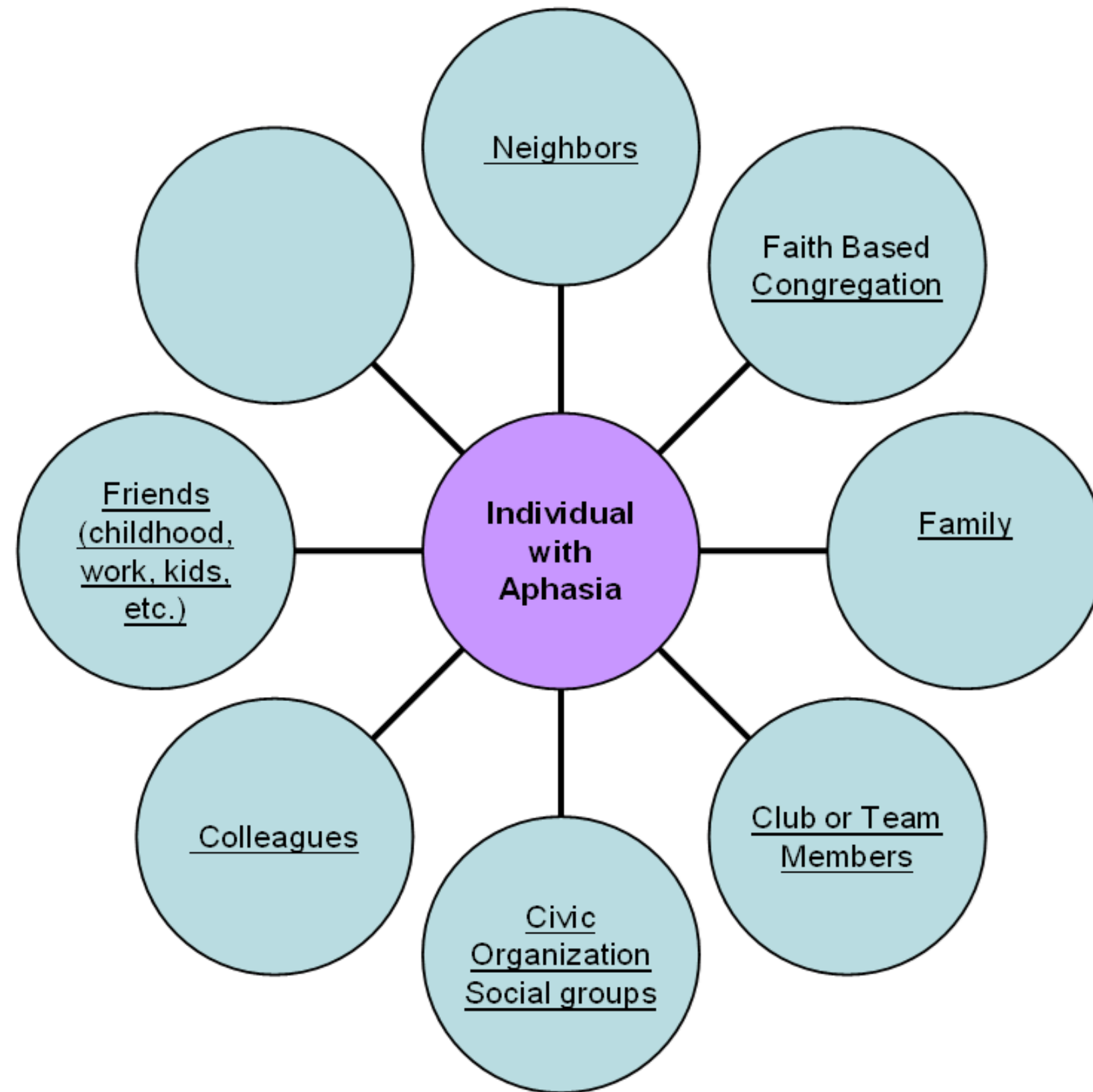
Technology

Access

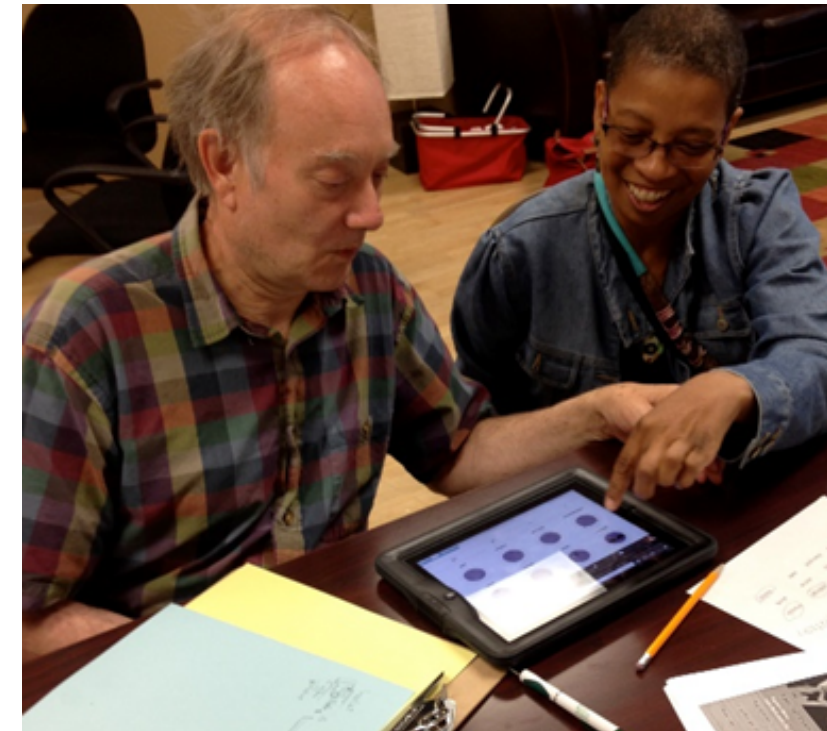




Communication Support Team (CST)

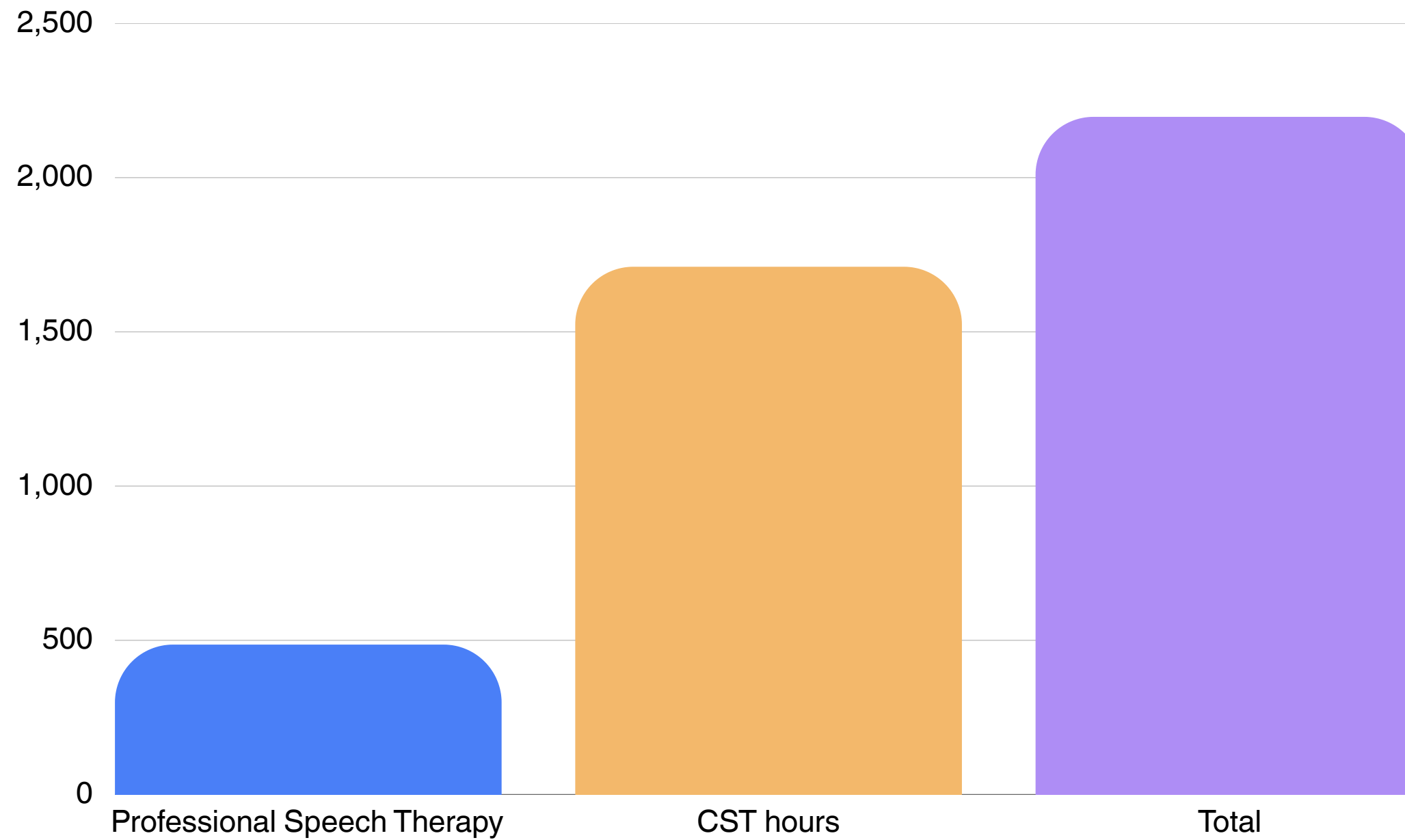


Silverman, M. E. (2018). Communication support teams: an innovative and accessible service delivery model for aphasia programming. *Aphasiology*, 32(sup1), 208–209. <https://doi.org/10.1080/02687038.2018.1487005>



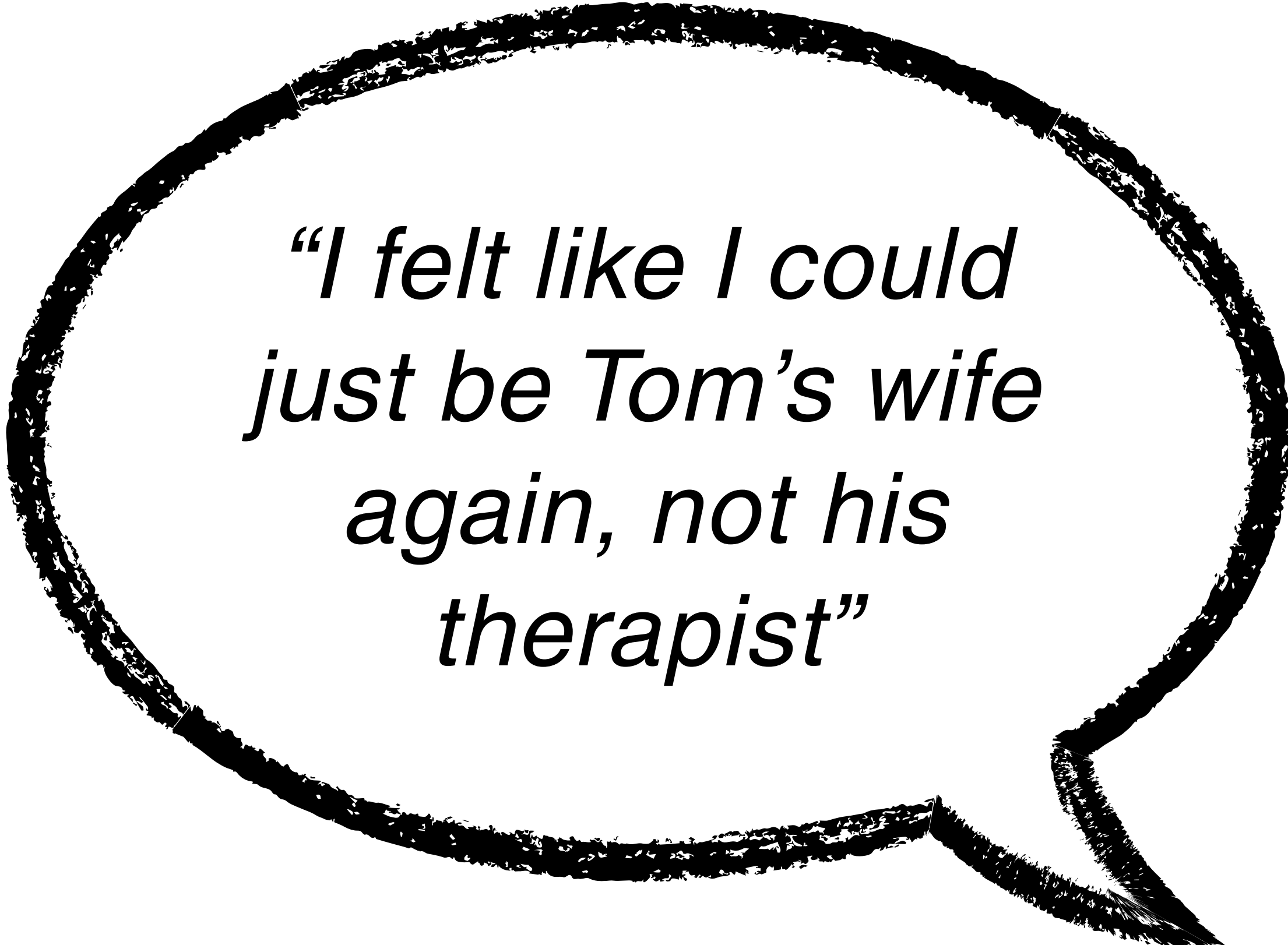
- Structured (or not) Communication Support in Real Life
- Specific to the individual's goals
- Working and training within THEIR community

4 years



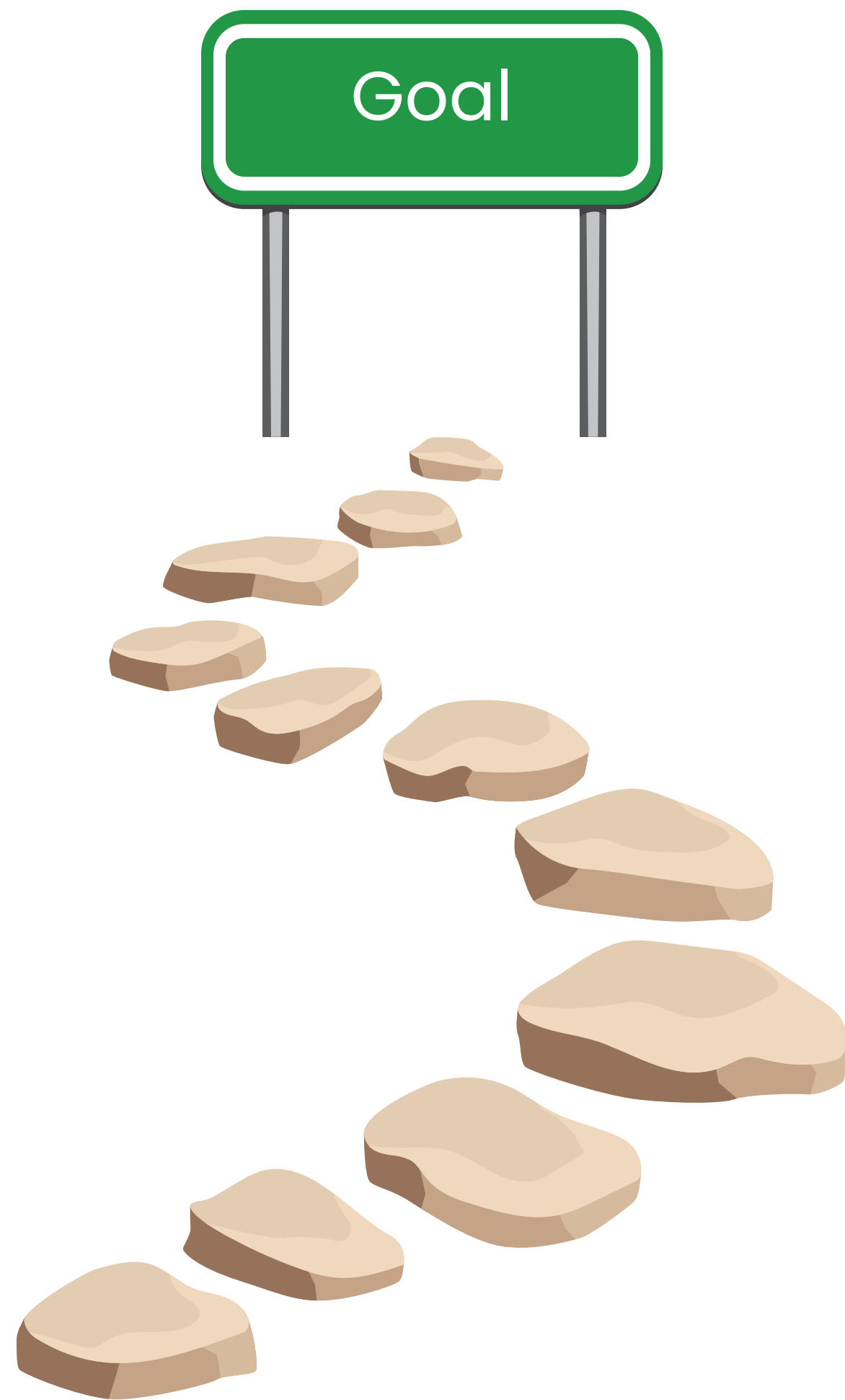
Averaged 2.5 hours with CST for every 1 hour of professional speech therapy

Accomplished a little over 11 years of additional programming with CST.



*“I felt like I could
just be Tom’s wife
again, not his
therapist”*



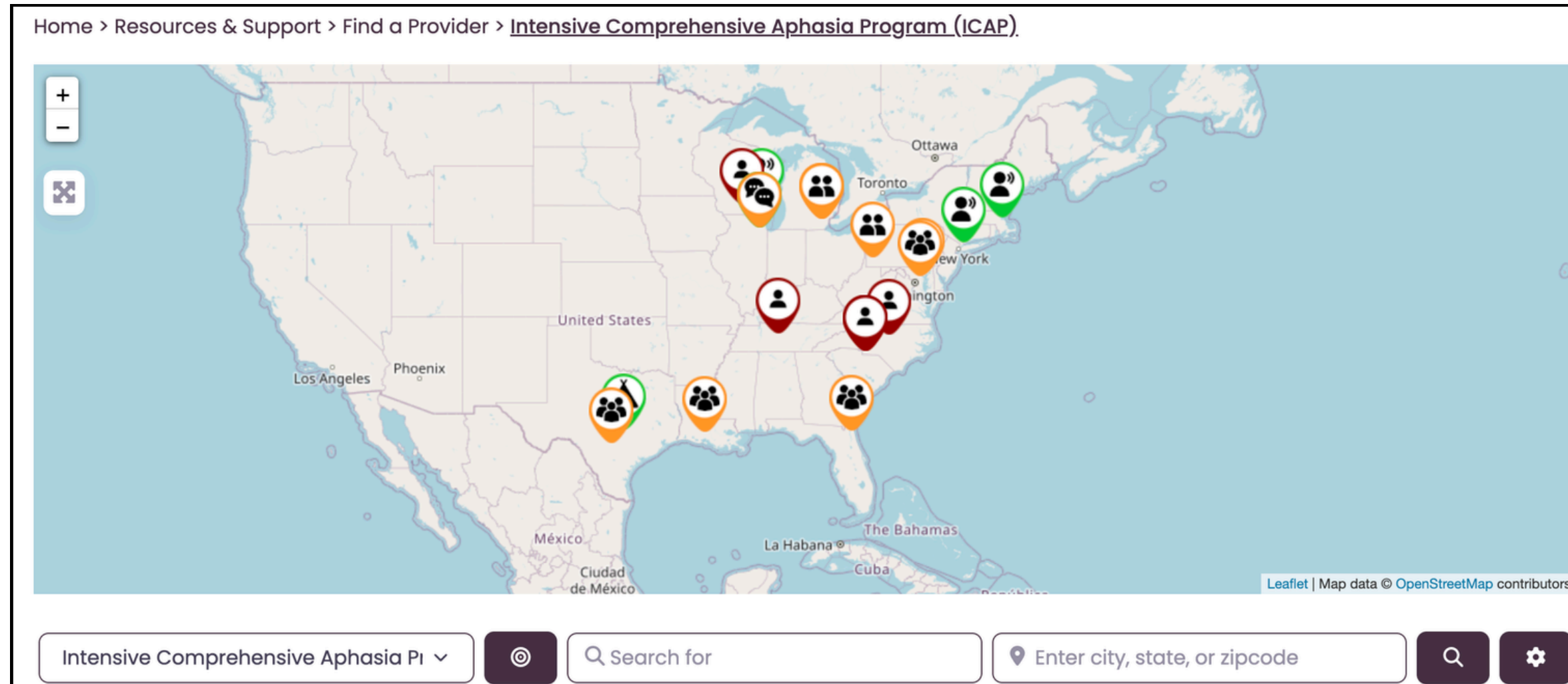


- ICAP
- 1:1 therapy
- Telepractice
- Aphasia Center
- Online Groups
- Group Therapy
- CST

“Intensity is not only a schedule.
It is engagement, purpose,
connection, and participation.”



The NAA Provider Directory

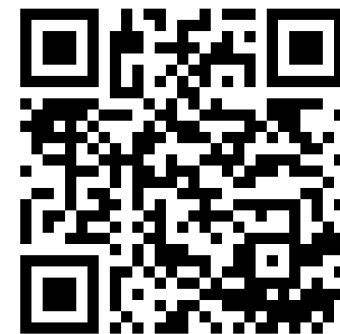


Find an ICAP



aphasia.org/places/category/icap

List your ICAP



aphasia.org/add-listing/places



Thank You

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