

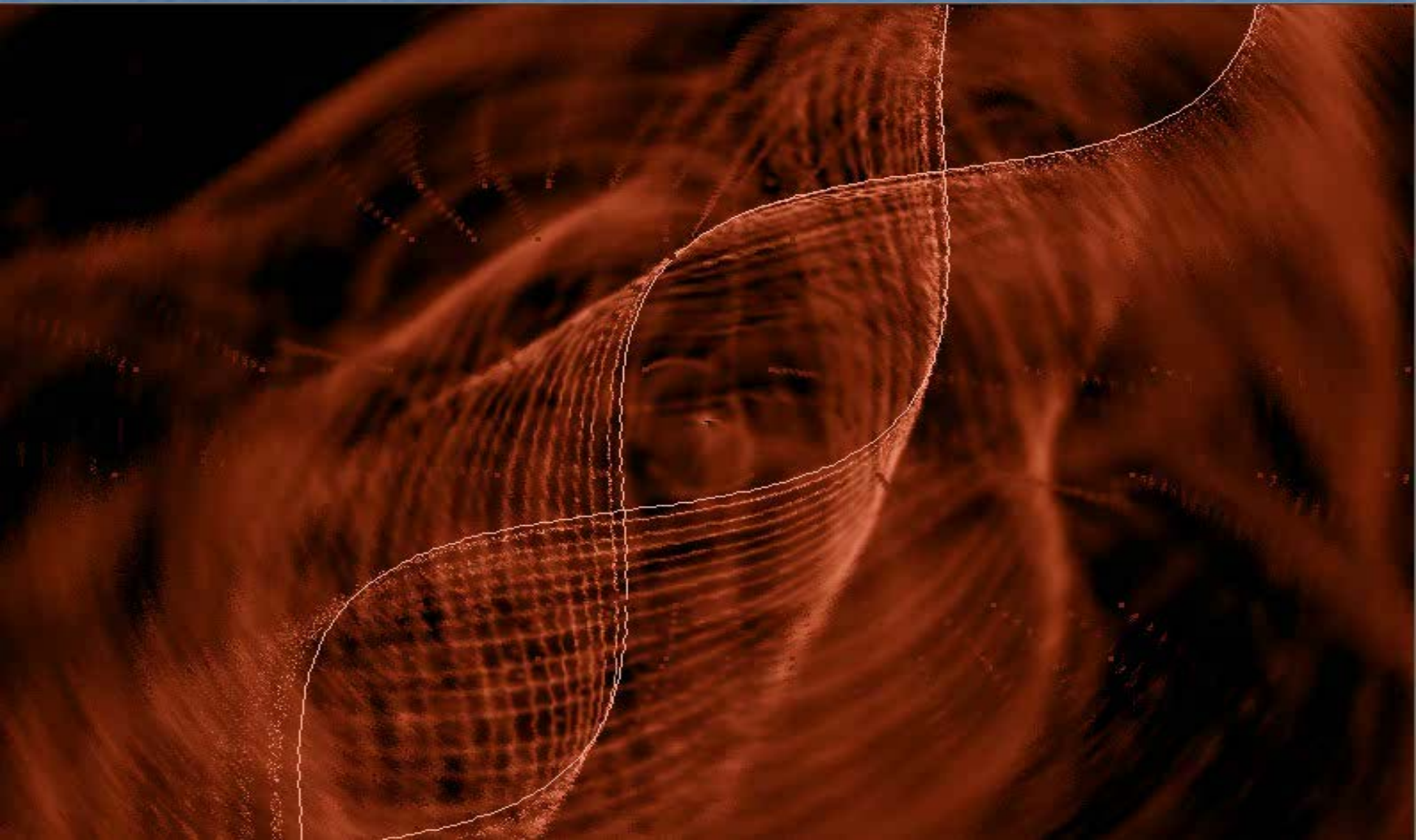
# Language Competence

Joseph Falkner, MST/CCC-SLP

# Factors in Language Competence that Effect Mental Health and Social Relationships

- Language processing
- Self-talk
- Coherent narrative

# Brain Seeks Patterns







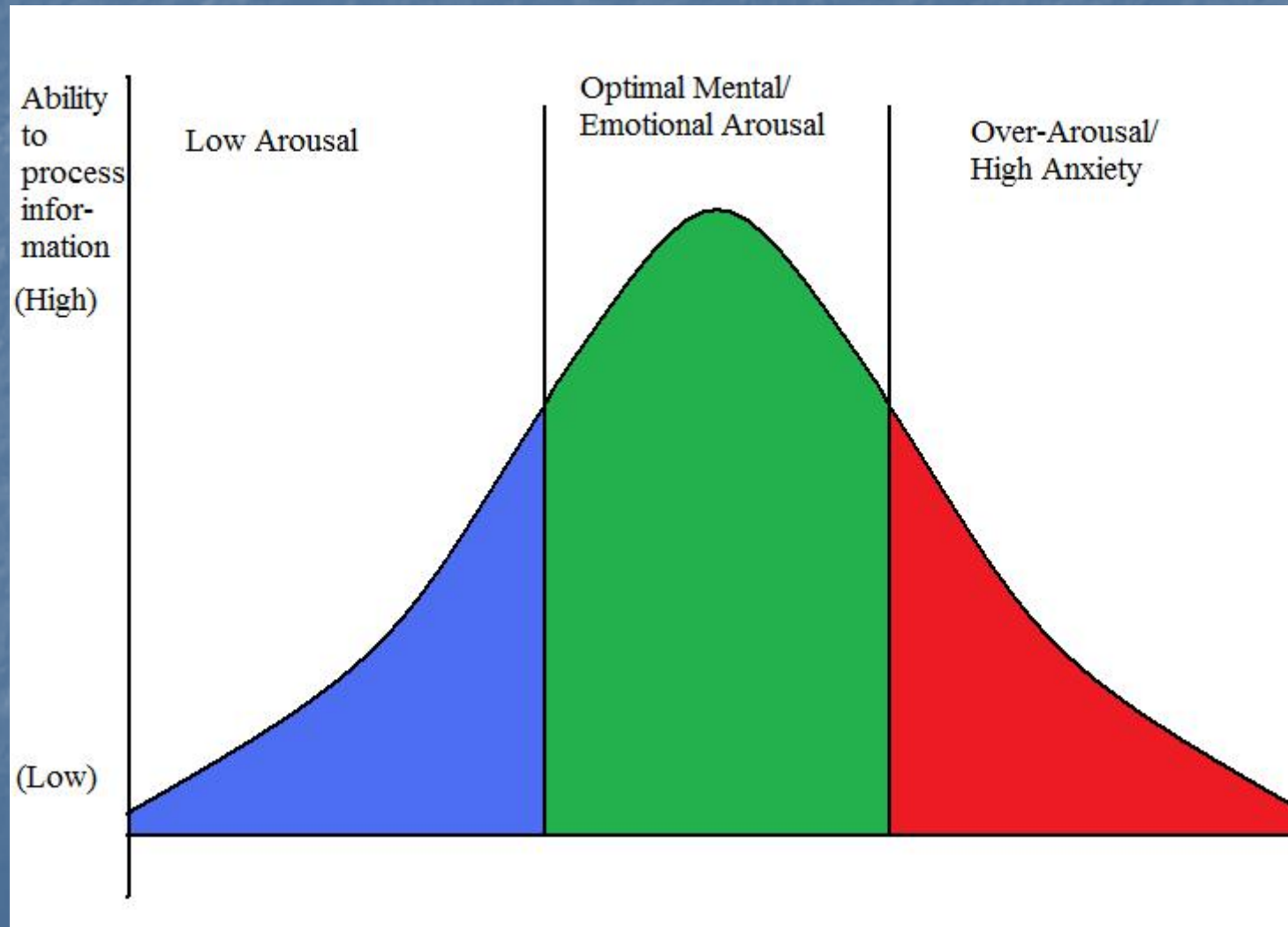
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PURPLE YELLOW RED  
ORANGE GREEN BLACK  
BLUE RED PURPLE  
GREEN BLUE ORANGE

# Directive Detective

# Brain Seeks Patterns

- Brain uses language to interpret patterns
  - Children seek books that rhyme early in life
  - We have "formal" and "semi-formal" ways to greet one another
  - We talk with our friends about our favorite teams, movies, books, etc., and share our experience of them

# Our Arousal is One Expression of Our Experience of Patterns





# Individuals Who Struggle with Mental Health Issues and Social Interactions

- Tend to have difficulties in one or more of these three areas:
  - Language Processing
  - Self-Talk
  - Coherent Narrative

# Language Processing

- Speed
- Complexity

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# Language Processing Speed and Complexity

- Experience of completing Directive Detective



# What to do with Language Processing?

- Give them silence/time to process.
- Re-state in simpler terms.
- Take their perspective.

# Self-Talk

- Description of Self-Talk

# Bill Murray CaddyShack



# Language Can Moderate Emotion

- Language can help place meaning to what we are feeling, as well as serve a “checking” function to keep feelings from getting too big
- When language and emotion become dissociated from one another, a person is more at risk for social isolation, withdrawal, anger, and mental illness



# Self-Talk Exercise

- You may be saying to yourself about this presentation:
  - "This is difficult to understand."
  - "I wonder what this has to do with my kid?"
  - "This is some interesting stuff."

# NPR-Play and Self-Talk

YOUR HEALTH

## Old-Fashioned Play Builds Serious Skills

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Morning Edition

February 21, 2008 | [More on NPR.org](http://www.npr.org)

Fewer opportunities for imaginative play means children learn less self-control and discipline.

# How to Work with Self-Talk?

- Model Self-Talk
- Change content of Self-Talk
- Provide visual support for Self-Talk (i.e., comic strip conversations)

# Coherent Narrative

- Narrative=story
  - Reputation
  - Identity/Sense of Self
- We all have stories about ourselves and those around us
  - Self
  - Family
  - Friends
  - Strangers



# My Narrative About Kids?

- Kids are:
  - Inherently good
  - Inherently bad
  - Inherently neither

# When Narratives Become Labels...

- We tend to trade them in a single sentence.
- They tend to be stated in absolutes.

# How to Work with Coherent Narrative?

- Adults in child's life need to develop common narrative around child.