

INTRODUCTION TO ILAT / CIAT

Introduction to Intensive Language Action Therapy , ILAT also known as Constraint-Induced Aphasia Therapy , CIAT

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ILAT / CIAT is a method for effective treatment of chronic post-stroke aphasia (a language deficit caused by brain lesion). ILAT / CIAT has also been applied to acute aphasia and other language deficits.

ILAT / CIAT provides language therapy embedded in behaviourally relevant communicative action context using therapeutic language games. It is applied in an intensive manner, typically three hours per day for two weeks. It constrains – or guides – language use by language game contexts to yield verbal utterances for performing speech acts necessary in everyday communication. Therapy is typically administered in groups of four, with one therapist and three aphasic patients as interacting participants. CIAT was introduced in 2001, building upon methods known from constraint-induced movement therapy and communicative aphasia therapy. Several randomised controlled trials have meanwhile demonstrated its efficacy.

Pulvermüller, F., Neiningner, B., Elbert, T., Mohr, B., Rockstroh, B., Koebbel, P., & Taub, E. (2001). Constraint-induced therapy of chronic aphasia following stroke. *Stroke*, 32(7), 1621-1626.

The neuroscience FOUNDATIONS of ILAT / CIAT, some general technical details of the method and its general efficiency are summarised in the following publications:

Pulvermüller, F., & Berthier, M. L. (2008). Aphasia therapy on a neuroscience basis. *Aphasiology*, 22(6), 563-599.

Berthier, M. L., & Pulvermüller, F. (2011). Neuroscience insights improve neurorehabilitation of post-stroke aphasia. *Nature Reviews Neurology*, 7(2), 86-97.

Detailed descriptions of the ILAT / CIAT METHODS are available in English, Spanish and German. Please consult the following publications:

DiFrancesco, S., Pulvermüller, F., & Mohr, B. (2012). Intensive language action therapy: the methods. *Aphasiology*, 26(11), 1317-1351.

Berthier, M. L., Green, C., Juárez, R., Lara, J. P., & Pulvermüller, F. (2014). REGIA: Rehabilitación grupal intensiva de la afasia. Madrid: TEA Ediciones, S.A.

Neiningner, B. (2002). Sprachverarbeitung außerhalb der klassischen Sprachzentren [Speech processing outside the traditional core language areas]. PhD Dr. rer.nat., University of Konstanz, Konstanz. Retrieved from <http://www.ub.uni-konstanz.de/kops/volltexte/2002/879/>

Pulvermüller, F. (1990). Aphasische Kommunikation. Grundfragen ihrer Analyse und Therapie. Tübingen: Gunter Narr Verlag. (This book includes descriptions of therapeutic language games.)

MATERIALS for carrying out ILAT / CIAT are available commercially and on the internet. Please check the publications/links above, especially Neininger (2002) and Berthier et al. (2014).

A LIST OF PUBLICATIONS on ILAT / CIAT can be found here:

http://scholar.google.de/scholar?q=%22constraint+induced+therapy+of+chronic+aphasia%22+OR+%22intensive+language+action+therapy%22&btnG=&hl=en&as_sdt=0%2C5