Managing Self-Talk in Clinical Sessions: Implications for Speech-Language Pathology

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Results

Linguistic Self-talk
- Any reflective self-analysis using singular first person pronoun in description of themselves

Reflective Self-talk
- Deprecating: definitive negative talk, blaming self, expressing regret, guilt, excuses
- Enhancing: definitive positive talk assuring one’s self which expresses confidence
- Neutral: passive talk/other (neither deprecating or self-enhancing talk)

Positive linguistic self-talk: You were doing better than I can even do it. [laughs]
I can even do it

Negative linguistic self-talk: I don’t know why I’m so hard
I don’t know

Self-deprecating: You were doing better than I can even do it. [laughs]
I can even do it

Self-enhancing: Right. I keep looking at the: the if I’ve done a good job, yard out there. [laughs]
I’ve done a good job

Mixed reflection: self-deprecating and neutral: I got, right. And then I’m gonna have Julie not Julie. we’re gonna have a um… 3… Why can’t I get her, um, Julie is Sarah, I mean Sarah and je- her husband uh.

Because of the patterns noticed, it was decided to then code the phrases based on context. The phrases were coded individually as self-deprecating, self-enhancing, and/ or neutral based on the conversation context, indicating gestures and voice tone (shown in left in Figure 3).

Discussion
Depending on the reactions after the self-deprecation has occurred, conversation tends to be altered. If there is positive feedback after a negative self-comment, the subject may not dwell on the comment verbalized. As the sessions went on, the number of self-deprecating turns increased. This calls into question the validity of self-reported confidence. The overall negative reflections and repetitive apologies seem to increase as session numbers increase for both communication members, and show parallel results in the self-deprecating analysis.

Future Directions
It is critical that the participant feel confident in communication after leaving therapy. Further analysis could help depict how other’s communication participants can alter the conversation dynamic, as well as show importance of other’s reactions when in therapy, whether clinical or social. It will also contribute to work in speech-language pathology as well as other fields in order to obtain the strongest understanding of patients’ communication confidence in the progression of therapy.

References

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