



SIPARI®

music-supported training for patients with language and motor speech disorders

Information for Patients Group Therapy



SIPARI® is a directed music-supported treatment approach developed to improve language and speech capabilities of patients suffering from chronic aphasia. SIPARI® was developed by Dr. Jungblut and was first tried and tested in cooperation with the Medical Faculty of the University of Witten-Herdecke, Germany.

In a controlled group-study with patients suffering from chronic non-fluent aphasia (average duration of aphasia: 11 years) significant improvements of 75% of all patients were assessed by a standardized language procedure, the Aachener Aphasie Test (AAT). In 2010 the Cochrane Review "Music therapy for acquired brain injury" included this controlled SIPARI® group-study. In international comparison, this was the only study, which provided evidence that this specifically targeted music-supported treatment significantly improved the speech profile of people with chronic aphasia. (Bradt J, Magee WL, Dileo C, Wheeler BL, McGilloway E. Music therapy for acquired brain injury. Cochrane Database of Systematic Reviews 2010, Issue 7. Art. No.: CD006787. DOI: 10.1002/14651858. CD006787.pub2.)

Meanwhile further single case studies substantiate the extraordinary efficacy of SIPARI® in the treatment of severely impaired chronic aphasia patients and also patients who additionally suffer from apraxia of speech.

In the SIPARI® group therapy, patients are joined together according to their aphasia syndrome in order to allow an effective training. Thus, communication between group members is supported and social competence strengthened. According to our research, this helps patients to overcome their speech inhibitions and improve their everyday communication.

Music and language consist of melodic and rhythmic elements, although these basic components are differently emphasized. Undoubtedly, the human voice represents the most direct connection between music and language. Starting from singing towards intonation up to prosody, the human voice takes over a bridging function, which combines rhythmic and melodic components in a unique manner because transitions can be produced step by step. Therefore, specifically targeted rhythmic-melodic voice training represents the starting point of the SIPARI® method.

Apart from the voice, further instruments are used. Rhythmic cognition trainings, which are performed on instruments, vocally or in combination serve to encourage planning and sequencing performance. Another basic component of this method constitutes

joint instrument playing on instruments, which can be used without any musical experience. These communication trainings support social interaction but also promote cognitive functions (e.g. attention, working memory). Treatment objectives using SIPARI® include improving linguistic, motor, and cognitive functions and thereby supporting speech-motor processes and those speech-systematic processes that encourage planning and sequencing performance.

Understandably, group therapy focuses on interactive and communicative aspects among the group members themselves supported by training together. Individual therapy puts the main emphasis on specific treatment of the respective language and speech-motor impairment. The combination of individual and group therapy proved to be particularly effective (see controlled group-study, Cochrane Review).

In order to intensify motor and cognitive improvement, training-CDs and DVDs can be purchased for home training from therapists who successfully completed the SIPARI® training.



If you have further questions, please contact

[Dr. rer. medic. Monika Jungblut](mailto:Dr.rer.medic.Monika.Jungblut)