



## Attentive Reading and Constrained Summarization

### Who is it for?

Someone who can talk beyond the sentence level and can read at least basic paragraphs, but has trouble with any of the following:

- Word-finding in speech or writing.
- Maintaining the topic of conversation.
- Listening or reading comprehension and retention.

### How to use ARCS in therapy

Provide your patient with a short article written at a grade 5 or 6 level (adjust as needed).

- Optional: your patient reads the entire passage aloud, while you correct any errors.
- Your patient reads 1 - 3 sentences aloud, while you correct any errors.
- If needed, your patient can read it again silently or aloud for comprehension.
- Your patient verbally summarizes the section, following constraints (see below). You provide feedback on constraints and content.
- Then your patient re-reads the section aloud.

Repeat until you work your way through the entire passage. An optional way to end is to ask your patient to summarize the entire passage aloud from memory.

### Constraints

- Use specific words (no pronouns or words like “thing” or “stuff”).
- Stay on topic (no opinions or extraneous information).
- Optional personalized constraint, if necessary.

# How to use ARCS-Writing in therapy

ARCS was later modified to incorporate writing.

- Your patient silently reads the text as you read it aloud.
- Then your patient reads 1-3 sentences, twice for comprehension.
- Ask your patient to write down the key words. You also write them down. Then compare and discuss, creating a final list.
- Your patient uses the key words to plan a verbal summary.
- Without using the key words, your patient verbally summarizes the section while following the constraints (see below). You provide feedback regarding constraints and key words.
- Your patient uses the key words to plan a written summary.
- Without using the key words, your patient writes a summary of the section while following the constraints.
- Then your patient reads their summary aloud and checks for accuracy. You provide feedback.

Repeat this process until you've worked through the entire article.

Then your patient reads the entire article, then summarizes it verbally and in writing from memory.

## Constraints

- Use specific words (don't use pronouns, words like "thing" or "stuff", etc).
- Stay on topic.
- Use complete sentences.

## References

- Obermeyer, J. A., & Edmonds, L. A. (2018). Attentive Reading with Constrained Summarization adapted to address written discourse in people with mild aphasia. *American Journal of Speech-Language Pathology* (27), 392-405. [https://doi.org/10.1044/2017\\_AJSLP-16-0200](https://doi.org/10.1044/2017_AJSLP-16-0200)
- Obermeyer, J. A., Rogalski, Y., & Edmonds, L. A. (2019). Attentive Reading with Constrained Summarization - Written, a multi-modality discourse-level treatment for mild aphasia. *Aphasiology*. <https://doi.org/10.1080/02687038.2019.1686743>
- Rogalski, Y., & Edmonds, L. A. (2008). Attentive Reading and Constrained Summarisation (ARCS) treatment in primary progressive aphasia: A case study. *Aphasiology*, 22(7), 763-775. <https://doi.org/10.1080/02687030701803796>
- Rogalski, Y., Edmonds, L. A., Daly, V. R., & Gardner, M. J. (2013). Attentive Reading and Constrained Summarisation (ARCS) discourse treatment for chronic Wernicke's aphasia. *Aphasiology*. <https://www.tandfonline.com/doi/abs/10.1080/02687038.2013.810327>