Before discussing the psychology of aphasia, it is necessary to define the disorder and to distinguish it from other neurogenic communication disorders. This is particularly important when discussing the psychology of aphasia because people with aphasia have psychological issues, changes, and challenges different from those individuals with apraxia of speech and the dysarthrias. In addition, due to the communication disorder, traditional “talking cures” are impractical and oftentimes ineffective, ineffectual, or even useless. Counseling and psychotherapy may actually exacerbate psychological issues, changes, and challenges in a person with aphasia because of the increased frustration associated with impaired communication. When discussing psychological aspects of aphasia, it is important to recognize that aphasia is not a speech pathology; it is a language disturbance. It affects, more or less, all modalities, or avenues, of language expression and communication.