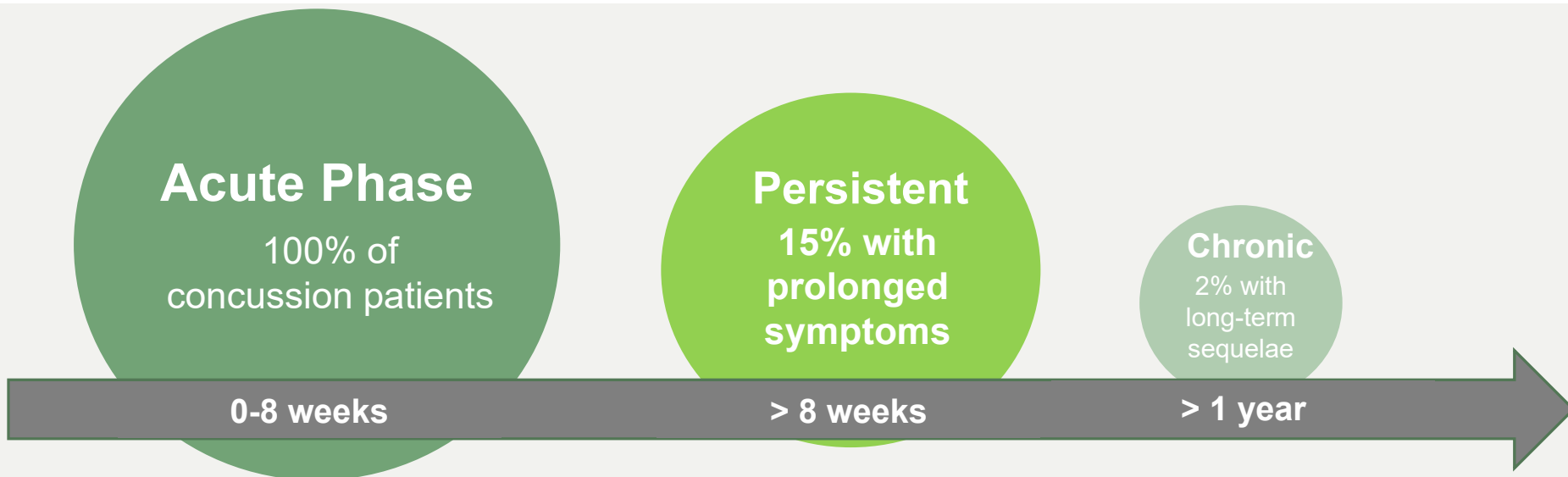


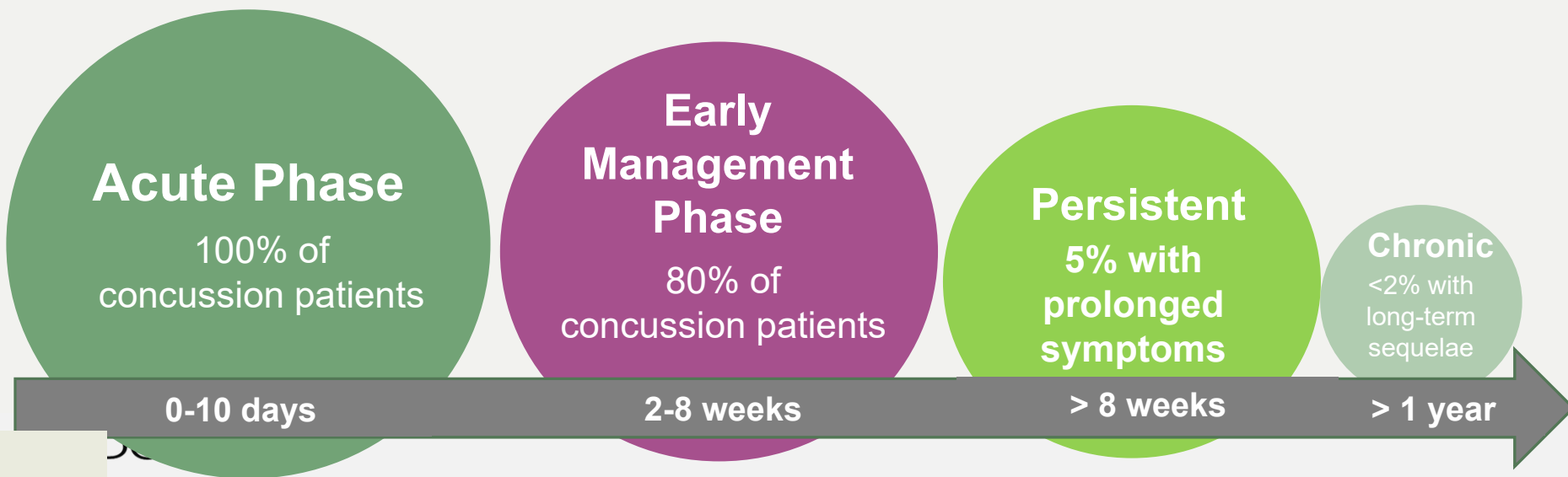
Beyond Workbooks: Functional Cognitive Rehabilitation for People with Persistent Effects Following mTBI

Segment 5: Implementing Effective Support Groups

NOW



Our Goal



Potential Moderators

- Comorbid Conditions
 - PTSD, Depression, Anxiety, Chronic Pain, Sleep Disturbance, Fatigue
- Iatrogenic Factors
 - Overtreatment, Overemphasis on rest, Incorrect Dx
- Psychological factors
 - Recall bias, symptom focused hypervigilance, expectation bias, personal gain
- Preinjury factors
 - Maternal hx of migraine, previous concussion, genetic predisposition, prior LD

Risk Communication: Language as Expectation

The language we use can enhance positive expectation

Mild Traumatic Brain Injury vs. ***Concussion***

Post-Concussion Syndrome vs. ***Post-Concussion Symptoms***

Impairments, Deficits vs. ***Challenges***

Consider how language we routinely use in rehabilitation may carry negative connotations that can impact a client's perception of their condition

These effects may be amplified by context – e.g., receiving tx in a hospital
Schools, teletherapy or university clinic settings may be better environments

Common Goals

- Our clients with persistent symptoms typically identify goals in these areas with the support of parents, guardians and clinicians
 - Feel Better Physically
 - Improve School Performance
 - Increase Participation in Extracurricular Activities

Possible Benefits of Support Groups

- Skill building
- Support
- Modeling
- Generalization
- Self Awareness
- Economic therapy ratio

Remember Self-Determination Theory?

The following principles are required to move people toward *volitional behavior that is sustained over time*:

Autonomy – a sense that actions are self-endorsed and consistent with one's values and interests

Competence – a sense that one is effective and has the ability, knowledge, or skill to do something successfully

Relatedness – a feeling of being cared for and connected, a sense of belonging

OARS Facilitate Group Goals

Open-Ended Questions

Affirmations

Reflections

Summaries

Requires Leader to Monitor Leadership Style

- Three primary types of leadership styles: authoritarian/directive; laissez-faire; democratic
- Qualities that make good group leaders:
 - Confidence
 - Flexibility
 - Ability to use humor
 - Nonjudgmental, collaborative demeanor
 - Empathic

Reminders for Concussion Population




- Risk Communication

Purpose

- Joining
- Presenting menu of options
- Selecting priorities
- Measuring outcomes

Session Topics/Discussions

Rate each topic 1-5 depending on your interest level. 1=not at all interested; 5=very interested.

Education/Skills 		Receive Support 		Helping Others 	
Accommodations at work and school		Share recovery stories / watch recovery videos		Create personal recovery video	
Technology tricks to reduce strain from screen time		Who am I now? How to define yourself after brain injury		Develop tools to help others in the future	
Sleep hygiene: Behaviors to improve sleep		How to talk to people who just don't "get it" / How to respond to unhelpful comments			
Symptom management (headaches, dizziness, etc)		When to and when not to disclose			
Attention/Concentration and Memory Strategies		Positive changes as a result of difficult circumstances / lights in the dark			
Role of anxiety/PTSD in recovery		Self-advocacy			

Young Woman's Concussion Support Group

- Kayla
- 26 years old; former A student and competitive ballroom dancer
- 2 years post mTBI from being kicked in the head
- Primary concerns were vestibular and memory challenges
- Dropped out of university
- Allison
- 22 years; competitive runner; strong student at the university
- 1 year post injury
- Primary complaints were emotional lability, dizziness and difficulty remembering what she read
- Took reduced load at school



GROUP EMPHASIS

- Client selected topics and activities
- Emphasis on wellness and recovery
- Move from personal strategies to advocacy for others

EXAMPLES OF WHAT THEY GAVE EACH OTHER

- Strategy to “sneak audit”
- Courage to talk to professors
- Referral for PT with expertise in vestibular therapy
- Recovery sharing