

IS THERE LIFE AFTER BRAIN INJURY?

Survivor & Family
Workshop

Presented By:

Alberta Brain Injury
Network

COSMOS Community
Disability Services
Foundation

Central Alberta Brain
Injury Society

Brain Injury Association
of Alberta

TO REGISTER:

403-309-0866

OR

TOLL FREE

1-888-533-5355

Cost: \$5.00

Subsidies Available
Upon Request

Workshop to be held at
the BIAA office located at

4916 50th Street,
Downtown Red Deer, AB

(Just east of
Housewarmings on Ross
Street, next to the new
construction.)

FACILITATED BY DR. NANCY REEVES

Clinical Psychologist Specializing in Trauma, Grief & Loss

March 5, 2010

9 AM to Noon

For the individual experiencing the effects of an Acquired Brain Injury

This workshop will offer information and strategies to assist those who have had the life-changing experience of an acquired brain injury. This is a psycho-educational workshop, not psychotherapy or counseling. Participants will not be required to speak unless they wish to.

Topics Covered:

- Understanding & helping the adjustment process
- Desensitizing to upsetting thoughts & feelings
- Nightmare & other types of sleep disturbance
- Anxiety-reduction strategies
- Handling energy difficulties
- Basic pain management strategies
- Stress reduction techniques
- Dealing with irritability, poor concentration & other upsetting symptoms
- Finding meaning in life
- Effect on family members

For Families Caring for those Experiencing an Acquired Brain Injury

The experience of caring for someone with a head injury involves ups & downs, tears & laughter. We human beings don't like the "downs" & the "tears"; yet, it is by acknowledging and dealing with the losses and stresses in our lives that relationships deepen; and, life becomes more meaningful.

A loss is an experience that restricts us. It can be as concrete as a chronic illness or bereavement and as intangible as the shattering of a dream or expectation. Life is enhanced by understanding the losses involved with caring for someone with special needs and how to allow and manage the adjustment process that we call grief.

Topics Covered:

- Range of losses involved with care giving
- Grieving/adjustment process
- How male & female adjustment may differ
- Ways to manage energy
- Establishing appropriate boundaries
- 3-step process to deal with guilt
- Practical self-care strategies
- Making effective decisions
- Encouraging life-enhancement