

## Module 1: Introduction & Brain Injury Overview

The course begins with an overview of all the sessions in brief to give an idea of the material covered. This session explores the anatomy of the brain and the way it processes information. It is an interactive session which helps us identify the particular needs of the group and tailor the material covered to make it relevant and practical for each individual. *The order of the following modules may change from course to course but all topics will be covered.*

## Physical & Functional Impact of Brain Injury

We discuss our holistic approach to the role of physiotherapy in recovery and the role of occupational therapy in helping clients meet the wide ranging challenges of achieving day to day activities. For some this may include looking at supportive aids for the home, discussing the possibility of volunteering or looking at support at work depending on the individual circumstances of the group members.

## Living with Fatigue

In our experience fatigue is a common outcome of acquired brain injury and neurological conditions which can be difficult for people to accept. In this session we look in more depth at the cause and effect of fatigue and strategies to help manage it.

## Emotional & Psychological Impact of Brain Injury

Our counsellors look at the common outcomes of brain injury and the emotional effect on clients and their relationships. Clients have an opportunity to share their personal brain injury experiences with one another in a safe and confidential environment which has proved to be a very effective part of their healing process.

## Cognition, Attention & Memory

This unit explains cognition – the mental process of acquiring knowledge and understanding through thoughts, experiences and senses – and how this is impacted by a brain injury. It looks at short term memory and attention impairment and the effect this can have on listening and being listened to. We share some helpful strategies.

## Effective Communication

This unit focuses on the skill of communicating as effectively as possible across the range of relationships and expressing needs calmly, clearly and appropriately. It addresses problems with word finding and impaired speech in an interactive and experiential session.

## Module 7: Family & Friends Day

This unit is **solely** for the family members and friends (or colleagues) of the clients attending the course giving them an overview of the topics covered and providing them with the same opportunity of sharing their experiences of living or working with someone who has acquired brain injury and the changes it makes to their relationships.