

BRAIN INJURY DAY TREATMENT PROGRAM

Tel: (212) 263-6033 (enter code 4-5 as soon as you hear the answering machine)

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DAILY PROGRAM SCHEDULE

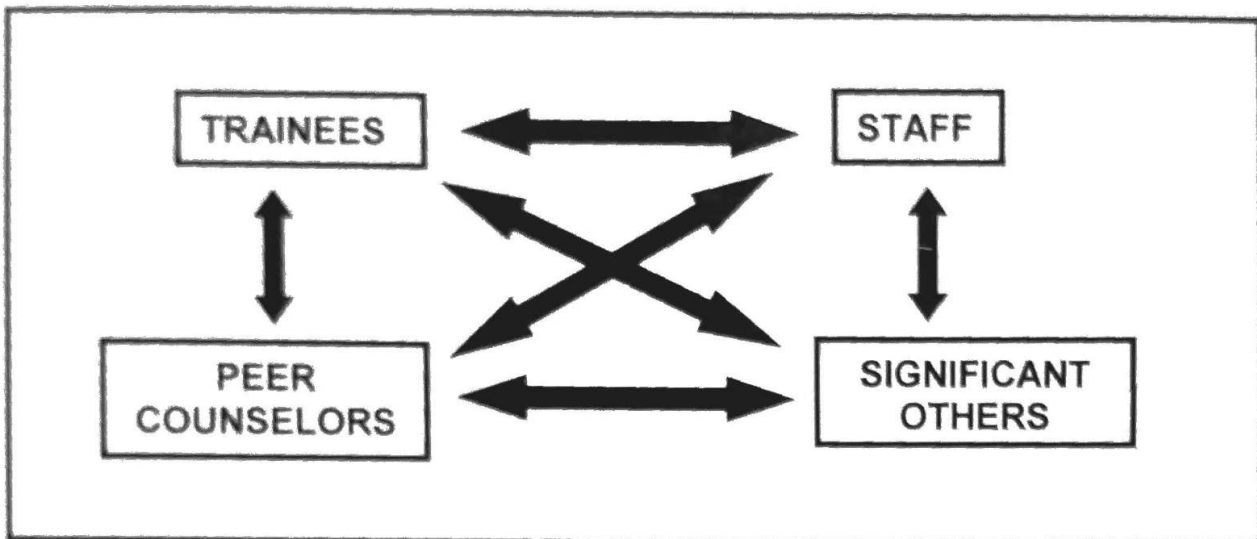
MORNING SCHEDULE	
10:00 - 10:35	Orientation
10:35 - 10:40	Break
10:40 - 12:00	Interpersonal

LUNCH
12:00 – 1:00pm

AFTERNOON SCHEDULE	
1:00 - 2:20	Cognitive Training
2:20 - 2:30	Break
2:30 - 3:00	Community Group

TRAINING PROGRAM DESIGNED AS A THERAPEUTIC COMMUNITY

- ♦ AN OPEN, REAL WORLD ENVIRONMENT
- ♦ DESIGNED TO HELP PEOPLE COOPERATE AND PARTICIPATE
- ♦ A PLACE TO SHARE, BE OPEN, TRUST
- ♦ A CLOSE GROUP ENVIRONMENT
- ♦ FOSTERS INSPIRATION
- ♦ A PLACE TO RECHARGE EMOTIONAL BATTERIES



TRAINEES

- ♦ NO LONGER PATIENTS
- ♦ VOLUNTEERS
- ♦ MOTIVATED
- ♦ REALISTIC
- ♦ CITIZENS

STAFF

- ♦ COACHES
- ♦ "TRUTH TELLERS"
- ♦ "BRAIN TRUST"
- ♦ INTERCHANGEABLE
- ♦ DELIBERATE

OBJECTIVES OF THE PROGRAM

1. MAKE TRAINEES ACTIVE THINKERS, PROBLEM SOLVERS
2. PROMOTE OPTIMAL COMPENSATIONS AND LEARNING
3. IMPROVE INTERPERSONAL SKILLS
4. HELP RESTORE SELF-CONFIDENCE
5. DEVELOP SELF-ACCEPTANCE

ORIENTATION

[10:00 – 10:35]

GOAL: To learn how to break down the major goal(s) of the rehabilitation process into smaller, interim, attainable goals or steps.

TRAINEES

- ◆ THINKERS
- ◆ WILLING "COACHEES"
- ◆ ACTIVE LISTENERS
- ◆ ACTIVE NOTE-TAKERS
- ◆ CONCISE REPORTERS

STAFF / PEER COUNSELORS

- ◆ GUIDES
- ◆ TEACHERS
- ◆ COACHES

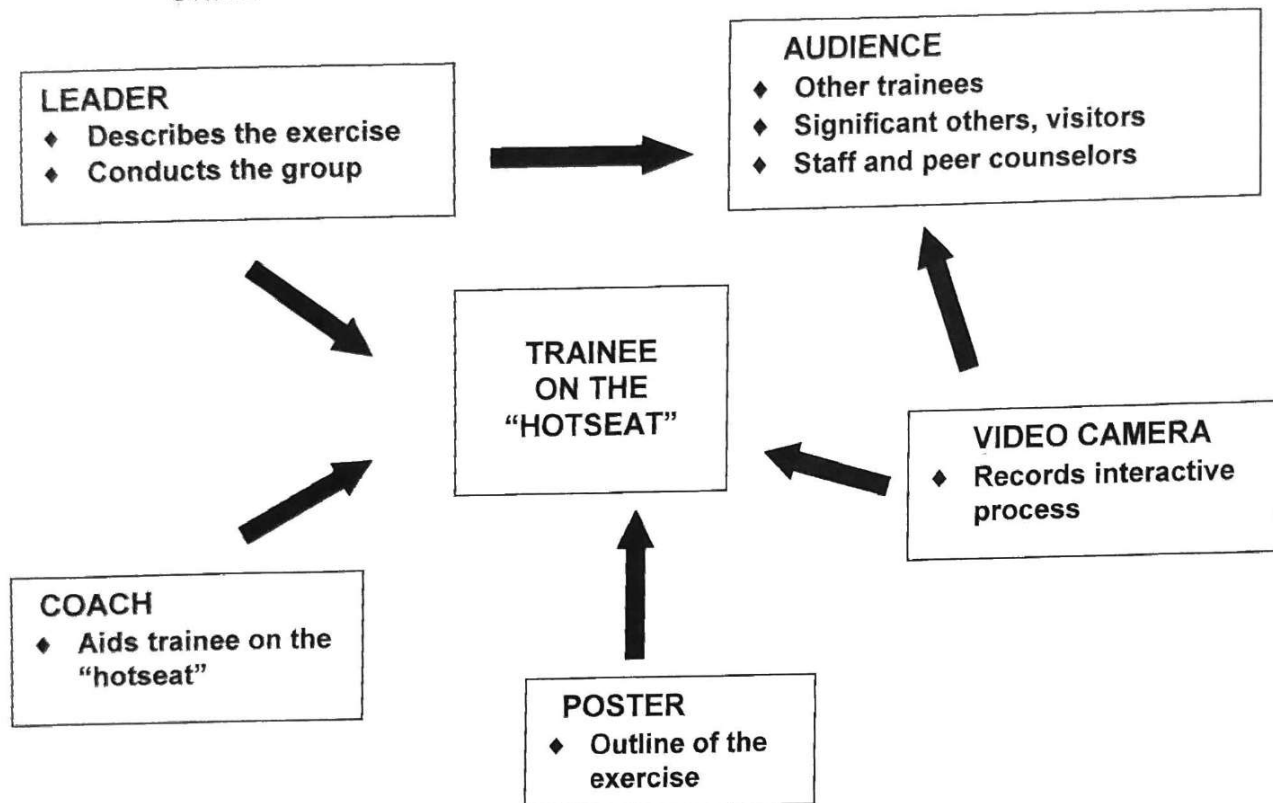
OBJECTIVES OF THE SESSION:

- ◆ To start each day fully oriented, ready to go;
- ◆ To establish daily, weekend, (and vacation) working goals related to the trainee's rehabilitation;
- ◆ To learn how to adopt and utilize compensatory strategies;
- ◆ To establish a sense of continuity to aid memory.

INTERPERSONAL GROUP SESSION ("HOTSEAT")

[10:40 – 12 NOON]

GOAL: Develop / enhance cognitive and interpersonal communication skills



"HOTSEAT" PROVIDES PRACTICE IN:

- ♦ Presenting self effectively
- ♦ Being empathic towards others
- ♦ Being a good thinker (in the moment)
- ♦ Being a good learner (through coaching and by example of other trainees)

TRAINEES GAIN SKILLS IN:

- ♦ Concentration, planning, self-monitoring
- ♦ Use of props and special strategies
- ♦ Mastery of strategies over time
- ♦ Giving and accepting constructive criticism

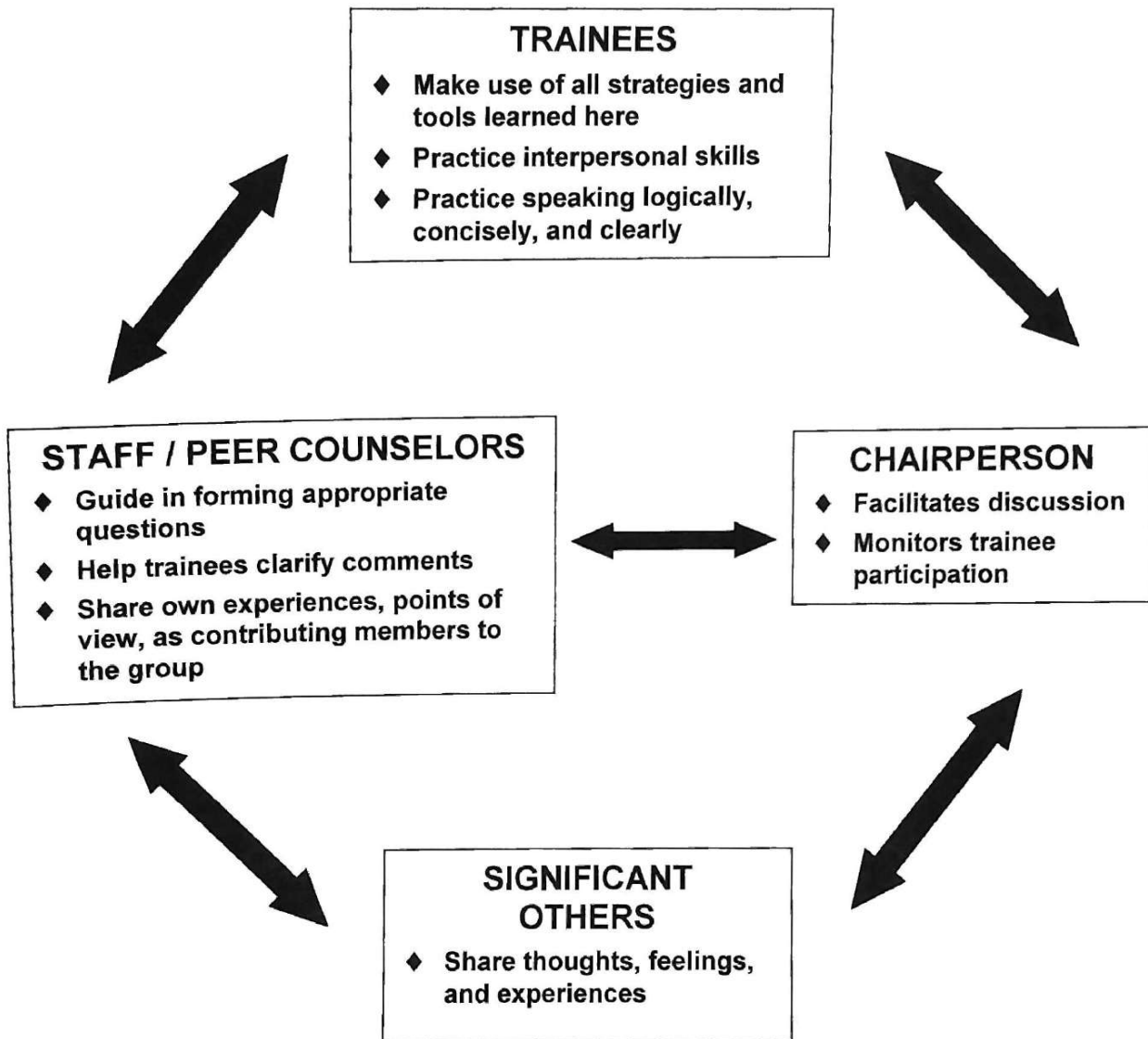
GROUP SETTING BUILDS:

- ♦ A sense of community
- ♦ Pride in accomplishments
- ♦ Willingness to accept painful truths
- ♦ Active involvement in rehabilitation

COMMUNITY SESSION

[2:30 – 3:00]

GOAL: Share thoughts and opinions about problems common to rehabilitation.



OBJECTIVES OF THE SESSION:

- ◆ Discuss important messages given during training day in group setting
- ◆ Plan for special group activities
- ◆ Share important events in members' lives (e.g. birthdays)