

Present

Aiming Higher, Expanding Horizons: What does it take to thrive in Brain Injury?

(An inquiry into the impact of positive attitudes and approaches on outcomes)

16th May 2013
Central Hall Westminster



SPEAKERS INCLUDE:

Jonathan Evans

*Professor of Applied Neuropsychology
University of Glasgow*

Howard Jackson

*Clinical Director & Consultant Clinical Neuropsychologist
Transitional Rehabilitation Unit*

Dr Trevor Powell

*Consultant Psychologist
Berkshire Healthcare NHS Foundation*

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Conference Introduction

The idea for this conference came last year when we were struck by how enthusiastic and caring the speakers and delegates were about people with brain injury and their families. We wondered whether the fact that people really care about their clients makes a difference to their future.

If the attitude of people around the client determines outcomes, is it possible those in the client's environment (the family, support workers, case managers, therapists, social workers, other agencies, litigation team) can contribute more by considering and reflecting on their practice, for instance, outlook, approaches and language? Is there evidence to show positive psychology supports rehabilitation after brain injury?

In the past, people who had acquired brain injuries were described as having suffered a brain injury and were termed as victims, these days they are often described as survivors.....

Can people strive to thrive rather than survive? What can make it happen?

Draft Programme

9.15 – 9.45 Registration

9.55 – 10.25 Address from Chair

9.45 – 9.55 "I survived when they said I wouldn't, I'll make something of my life when they thought I couldn't"

Jaxx Cave

Jaxx believes that life after a brain injury is definitely different, but, she says, it not necessarily worse.

Jaxx was working as a Young People's Substance Misuse Commissioner and was also a special constable when she was involved in a road traffic accident, which left her in a coma and with severe injuries. Following a 10 month period of rehabilitation at the Royal Hospital for Neuro Disability, Jaxx says that she could not return to her previous career, but instead, chose to make use of her strengths to take a new direction. Jaxx feels strongly that she would like to work with other brain injury patients and their families to use her own experience in a positive way and to make a difference. In this talk, Jaxx tells of her journey to a new life.

10.25 – 11.10 *Positive psychology and brain injury rehabilitation*

Professor Jonathan Evans, Professor of Applied Neuropsychology, University of Glasgow

Positive psychology (PP) is the scientific study of positive emotion and wellbeing. In recent years, there has been a shift in the focus of PP from understanding the factors that contribute to wellbeing to developing and evaluating interventions to improve wellbeing. This presentation will address the question of whether the principles and practice of PP are relevant to brain injury rehabilitation. It will be argued that PP is indeed relevant to brain injury rehabilitation; that much of our current (best) practice is consistent with the principles of PP, but there remain areas where brain injury rehabilitation practice could draw further on the specific methods of PP.

11.10 – 11.35 Tea/Coffee, Exhibition Stands and Networking

11.35 – 12.10 *Post traumatic growth and brain injury*
Dr Trevor Powell, Consultant Clinical Neuropsychologist, Berkshire Healthcare NHS Foundation Trust

The presentation will examine the phenomenon of post-traumatic growth (PTG) in various conditions of adversity. There will then be an examination of a study of post-traumatic growth in traumatic brain injury comparing a group 11 years post injury with a group 18 months post injury. Results suggest that PTG appears to increase over time. A second study examines exactly what factors contribute to PTG in a group of TBI clients 13 years post injury.

12.10 – 12.55 *Emotion Regulation*
Dr Tara Rado, Consultant Clinical Psychologist, Psychologia

Many people with brain injury experience emotional dysregulation. This session covers the neuroscience behind emotion and considers new research that may enable people to learn to regulate emotions better, and facilitate better outcomes from positive psychology or strengths based approaches.

12.55 – 1.00 Chair comments and observations

1.00 – 2.15 Lunch, Exhibition Stands and Networking

2.15 – 2.20 Address from pm Chair

2.20 – 2.50 *Thriving in practice*
Janine Heritage, Clinical Manager, Head First LLP

This session focuses on one aspect of human flourishing, which is available to us all but perhaps not used to its full potential. As practitioners, would it be possible to expand our commitment to this, so that we, and our clients, as well as the services we run, fully thrive and flourish? Could we also inspire others to draw on this largely untapped resource, to improve the opportunities of people with brain injuries, and the families and staff that support them, regardless of financial limitations and the type of service on offer?

2.50 – 3.20 *The influence of attitudes and practices of practitioners on clinical outcomes*
Howard Jackson, Clinical Director & Consultant Clinical Neuropsychologist, Transitional Rehabilitation Unit

Even the best designed programme of rehabilitation after brain injury may be rendered ineffective unless personal relationships between the brain injured client and the treating rehabilitation staff are engaging and therapeutic. This presentation looks at helpful and unhelpful attitudes, interpretations and interactions within the rehabilitation alliance. Issues of the fundamental attribution error, just world hypotheses, motivational interviewing approaches and positive behaviour support approaches are discussed along with some common misconceptions. Finally, the dynamics and the perceived different roles of practitioners are explored in terms of the complex infrastructures and frameworks inherent to working with brain injured clients.

3.20 – 3.45 Tea/Coffee, Exhibition Stands and Networking

3.45 – 4.15 PANEL DISCUSSION
How could the ideas presented today, be implemented into practice?

4.15 – 4.25 Closing comments from chair and request for feedback

Biographies

Professor Jonathan Evans

Professor of Applied Neuropsychology, University of Glasgow

Jon Evans is Professor of Applied Neuropsychology at the University of Glasgow and honorary Consultant Clinical Psychologist with NHS Greater Glasgow and Clyde. Jon was the first Clinical Director of the Oliver Zangwill Centre for Neuropsychological Rehabilitation in Ely, Cambridgeshire. He is now Programme Director for the MSc in Clinical Neuropsychology programme at the University of Glasgow. Jon has published more than 100 papers, books and book chapters in the field of cognitive neuropsychology, neuropsychological assessment and rehabilitation. He is on the Editorial Board of the journal Neuropsychological Rehabilitation and is a co-author of the Behavioural Assessment of the Dysexecutive Syndrome and the Cambridge Prospective Memory Test.

Dr Trevor Powell

Consultant Clinical Neuropsychologist, Berkshire Healthcare NHS Foundation Trust

Dr Trevor Powell is a Consultant Clinical Neuropsychologist who has worked in the field of brain injury rehabilitation, managing an NHS Neuropsychology service and being Chairman of the local headway group for the last 25 years. He has also carried out research more recently into post-traumatic growth after traumatic brain injury. Dr Powell is the author of a number of books on TBI including 'Head Injury a practical guide' and 'The Brain Injury Workbook'.

Dr Tara Rado

Consultant Clinical Psychologist, Psychologia

Having studied psychology in Belfast in the 1980s, Tara found herself drawn to the application of psychological knowledge to problems experienced by groups of individuals as well as individuals. One such problem was drug abuse which became the subject of her PhD thesis at the University of Wales. Tara then consolidated her training in the applied field by completing a Doctorate in Clinical Psychology at the Institute of Psychiatry, Kings College University. She has worked as a clinical psychologist specialising in neuropsychology for more than 10 years.

Throughout Tara's career she has focussed upon the application of neuropsychological knowledge to understand and work with real life problems. She has learnt that to understand how neuropsychology can contribute to working with people with acquired brain injury, it is important to be creative and draw from research findings across a broad base including areas such as clinical psychology, neuroscience, positive psychology and social psychology. In addition, she believes it is important to have worked with people with acquired brain injury across the many stages of their journey of recovery and have experience of statutory services in acute neuroscience units and inpatient wards, outpatient clinics, neurorehabilitation units and community neurorehabilitation teams.

Tara made the move to work full-time as an Independent Practitioner last year and formed Psychologia Ltd., providing holistic neuropsychological rehabilitation to people with acquired brain injury and their families. She enjoys leading community-based neurorehabilitation teams, providing an evidence-based planned and strategic approach to rehabilitation, in order to optimise behaviour change and create new possibilities for people with acquired brain injury. She is particularly interested in developing new treatment approaches for previously considered

'difficult to treat' problems such as lack of awareness and insight into the sequelae of brain injury. Tara also provides training and consultation to providers who are passionate about improving their service for people with acquired brain injury; she is currently working with High View residential care home and she regularly provides training and supervision for support workers. Tara teaches neuropsychological rehabilitation to psychologist training in clinical psychology at the Institute of Psychiatry.

Janine Heritage

Clinical Manager, Head First LLP

Janine Heritage is an Occupational Therapist who has worked in the field of brain injury rehabilitation for over 20 years. Currently the Clinical Manager of Head First LLP, Janine is accountable for clinical standards and the development of training programmes for case managers and other professionals. In recent years Janine has become more interested in positive approaches and practices in relation to supervision and staff development, and is committed to sharing skills and best practices as widely as possible. Janine is a member of the BABICM Education Group and a member of the Human Values in Healthcare Forum.

Dr Howard Jackson

Clinical Director & Consultant Clinical Neuropsychologist, Transitional Rehabilitation Unit

Founder and Clinical Director of the Transitional Rehabilitation Unit responsible for assessment, admission, clinical training, relocation and all aspects of rehabilitation for brain injured clients. Joint Owner of the Transitional Rehabilitation Unit responsible for the management and training of Clinical Personnel.

Clinical Neuro-psychologist in Private Practice providing assessment and treatment to both neurologically damaged clients and mentally abnormal offenders, supervision of other clinical personnel, case management and consultancy.

Dr Jackson was recently made an Honorary Fellow of the Madras Medical College (India) for his services to Brain Injury Rehabilitation, one of only three people worldwide ever to receive this accolade.

Dr Jackson has presented as an invited speaker at conferences throughout the United Kingdom, USA, Australia, New Zealand, Denmark, Norway, Italy and more recently India, presenting on topics such as Neuropsychological rehabilitation, Forensic Neuropsychology, Post-acute brain injury rehabilitation, Awareness deficits after TBI, Memory impairment after ABI.

Current Positions: Clinical Director (T.R.U.), Chartered Clinical Psychologist (No 33419), Consultant Clinical Neuro-psychologist, Honorary Lecturer (Doctor of Clinical Psychology 2 Course), University of Liverpool Honorary Lecturer (Doctor of Clinical Psychology Course), External Examiner University of Swansea

"Be the change that you wish to see in the world."

Mahatma Gandhi



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