

Intensive BIFI Training Agenda Sample – 3 Day Format

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Day 1: Introduction to Brain Injury, Families, and Interventions

8:30 – 4:00

8:30 – 8:45 Introductions & housekeeping (CE information, evaluations, etc.)

8:45 – 10:15 Brain Injury Outcomes: A Family Perspective

- How individuals, couples, families, and relationships are impacted by adult acquired brain injury
- Family and survivor points of view and reactions
- Characterological alterations and emotional recovery
- Family needs
- Divorce and relationship breakdown
- Commonly encountered family challenges

10:15 – 10:45 *Break*

10:45 – 12:00 Theoretical and Conceptual Foundations of Family Interventions

- Creating a theoretical foundation for practice
- Family Systems Theory & TBI
- CBT & TBI
- Resiliency Theory & TBI

12:00 – 1:00 *Lunch*

1:00 – 2:15 Bridging the Gap: Moving From Theory to Practice

- Principles of Working with Families post-TBI
- Intervention Strategies
- Matching techniques to challenges

2:15 – 2:45 *Break*

2:45 – 3:45 Working with complex situations, families & clients

- Toughest cases
- Laws of the house of rehab
- Case review & problem solving
- Small & large group discussions: Case study

3:45 – 4:00 Wrap-up: Summary / Q&A

** Dr. Kreutzer & Dr. Godwin are available from 4:00 – 4:30 for a walk-up Q&A*

Day 2: Brain Injury Family Intervention (BIFI) Training: Part 1

8:30AM – 4:30PM

8:30 – 9:30 Overview of the BIFI

- Family intervention research overview
- Family support principles
- BIFI goals, sessions, topics
- Collaborative self-examination
- Accommodations and homework
- Quantitative and qualitative outcome data
- Manual Review (instructions, materials, etc.)

9:30 – 10:00 *Break*

10:00 – 11:00 Session 1: Effects of Brain Injury on the Survivor and Family

11:00 – 12:00 Conducting Session 1: Interactive Workshop

Participants will work in groups, led by the presenters, to conduct components of Session 1

12:00 – 1:00 *Lunch*

1:00 – 2:00 Session II: Understanding Recovery

2:00 – 2:30 Conducting Session II: Interactive Workshop

Participants will work in groups, led by the presenters, to conduct components of Session 2

2:30 – 3:00 *Break*

3:00 – 3:30 Session III: Solving Problems and Setting Goals

3:30 – 4:15 Conducting Session III: Interactive Workshop

Participants will work in groups, led by the presenters, to conduct components of Session 3

4:15 – 4:30 Wrap-up: Summary / Q&A

Day 3: Brain Injury Family Intervention (BIFI) Training: Part 2

8:30AM – 4:30PM

8:30 – 9:00 Summary and Review of Sessions 1 – 3

- Overview of techniques and strategies of Sessions I – III
- Questions and Answers

9:00 – 10:00 Session IV, Part 1: Managing Stress

10:00 – 10:30 Break

10:30 – 11:30 Conducting Session IV, Part 1: Interactive Workshop

Participants will work in groups, led by the presenters, to conduct components of Session 4

11:30 – 12:00 Session IV, Part 2: Managing Intense Emotions

12:00 – 1:00 *Lunch*

1:00 – 1:30 Conducting Session IV, Part 2: Interactive Workshop

Participants will work in groups, led by the presenters, to conduct components of Session 4

1:30 – 2:30 Session V: Strategies of Optimal Recovery

2:30 – 3:00 *Break*

3:00 – 3:30 Conducting Session V: Interactive Workshop

Participants will work in groups, led by the presenters, to conduct components of Session 5

3:30 – 4:00 Outcome Assessment: Evaluating the BIFI in your practice

- Formalized pre and post assessment options
- BIFI-specific subjective assessments, by session
- Making use of assessment results

4:00 – 4:30 Wrap-up: Summary / Q&A