

# 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 What you should know about brain injury and recovery**

- Functional neuroanatomy
- Glasgow Coma Scale
- Neurotrauma, diffuse axonal injury, and acute intervention
- Neurobehavioral outcomes
- Employment rates and prognostic factors
- Emotional adjustment

10:15 – 10:45 *Break*

**10:45 – 12:00 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

12:00 – 1:00 *Lunch*

**1:00 – 2:15 Theoretical and Conceptual Foundations of Family Interventions**

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

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**

**8:30AM – 4:30PM**

*\* Each BIFI topic is presented didactically, demonstrated with a training video, and then discussed with the group – questions, comments, application challenges & tips, etc.*

### **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     Session II: Understanding Recovery**

12:00 – 1:00     *Lunch*

**1:00 – 2:00        Session III: Solving Problems and Setting Goals**

**2:00 – 2:30        Session IV: Managing Stress**

2:30 – 3:00       *Break*

**3:00 – 3:30        Session IV cont., Managing Intense Emotions**

**3:30 – 4:15        Session V: Strategies of Optimal Recovery**

**4:15 – 4:30        Wrap-up: Summary / Q&A**

## **Day 3: Advanced Practice Workshop**

**8:30 – 4:00**

*\* Day 3 is highly customizable depending upon organizational / audience interest areas & needs. This is a sample of areas of focus that could be selected for inclusion.*

### **8:30 – 10:00 Implementing and Customizing the BIFI**

- Joining with families and addressing resistance
- Concurrent disorders and contraindications for intervention
- Dealing effectively with emerging family crises

10:00 – 10:30 *Break*

### **10:30 – 11:30 Implementing and Customizing the BIFI, cont.**

- Handling issues outside the scope of the curriculum
- Intervention timing and acuity considerations
- Families who travel a great distance
- Delivering the BIFI in group and individual therapy settings

### **11:30 – 12:00 Professional and Ethical Issues**

- Honoring the scope of practice
- Verifying Treatment efficacy

12:00 – 1:00 *Lunch*

### **1:00 – 2:15 Supplementing the BIFI: Additional Topics to Address with Families**

- Guilt and Blame
- Healing Your Marriage
- Ambiguous Loss in Families

2:15 – 2:45 *Break*

### **2:45 – 3:45 Supplementing the BIFI: Additional Topics to Address with Families cont**

- Talking to others about the injury
- Substance Abuse

### **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*