

# BIFI / BIFI-A Training Agenda

## Sample – 3 Day Format

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

**8:30 – 4:30**

#### **8:30 Introductions & Housekeeping**

#### **8:45 Session I Brain Injury Outcomes: A Family Perspective**

8:45 How individuals, couples, families, and relationships are impacted by **adult** acquired brain injury

- how survivor characteristics influence outcomes
- what research tells us about burden, relationship breakdown
- brief overview of BIFI

9:45 How children, parents, families, and relationships are impacted by **pediatric** acquired brain injury

- unique aspects of pediatric injury
- development and how children grow into their injury
- unique aspects of BIFI-A, comparison to BIFI

#### **10:15 Break**

#### **10:30 Session II Intervention Theories**

10:30 Cognitive behavioral therapy

- theoretical underpinnings
- education
- emotional support
- skill building including communication, problem solving

11:00 Family systems theory and solution focused therapy

- core concepts
  - family systems theory
  - solution focused therapy
- medical paradigm versus solution focused paradigm

#### **Noon Lunch**

#### **1:15 Session III Assessment and Intervention Techniques**

1:15 Interviewing and psychosocial assessment

- formulating assessment and intervention goals
- psychosocial assessment
- assessment and engagement strategies with adolescents and families

1:45 Measures and therapeutic change

- Therapeutic goals and quantitative assessment (BSI, Sources of Support, FNQ, etc.)
- Self-assessment (Learning surveys / goal attainment & helpfulness ratings)
- Qualitative analysis (“Most important thing learned...”; Program satisfaction statements)

2:15 Specialized brain injury family intervention techniques; e.g., normalization, reframing, “miracle question”, scaling, circular interviewing

#### **2:45 Break**

#### **3:00 Session IV Working with complex situations, families, and clients**

3:00 Principles of working with difficult cases

3:15 Difficult and complex case presentations and problem solving, i.e., suicide, acting out, high conflict, severe disability and no resources

#### **4:10 Summary and wrap-up**

## Day 2: Manualized Intervention Training

8:30 – 4:30

- Participants elect to attend either
  - BIFI (Adult) Training
  - BIFI-A (Adolescent) Training
- All participants receive the manual corresponding to the training they attend

## Day 3: Advanced Practice Training

<b>Morning Session</b>	
8:00am	Registration, Coffee, and Tea
8:20am	Introductions and Training Overview
8:30am – 10:10am	<b><u>BIFI / BIFI-A: Implementation Issues</u></b>
8:30am	<ul style="list-style-type: none"><li>▪ <b>Joining with families and addressing resistance</b><ul style="list-style-type: none"><li>▫ Rapport building and how to facilitate joining;</li><li>▫ Enhancing therapeutic alliance and Family Therapy Alliance Scale</li><li>▫ Reducing tardiness and no-shows;</li><li>▫ Promoting homework completion and post-session follow through (Godwin, Kreutzer)</li></ul></li><li>▪ <b>Addressing concurrent disorders and contraindications for intervention</b><ul style="list-style-type: none"><li>▫ How to assess and mitigate caregiver and survivor mental health issues including affective, personality, thought, and substance abuse disorders</li></ul></li><li>▪ <b>Dealing effectively with emerging family crises</b><ul style="list-style-type: none"><li>▫ How to address suicidal and homicidal ideation, abuse and neglect</li></ul></li><li>▪ <b>Successfully handling issues outside the scope of the curriculum</b><ul style="list-style-type: none"><li>▫ Case examples, one case problem is TBI-related another not TBI related</li></ul></li></ul>
8:55am	
9:25am	
9:50am	
10:10am – 10:40am	<b>Break</b>
10:40am – 11:25am	<b><u>Customizing the Intervention</u></b>
10:40am	<ul style="list-style-type: none"><li>▪ Coordinating with other therapists</li></ul>
10:50am	<ul style="list-style-type: none"><li>▪ Identifying counseling and referral alternatives after the BIFI</li></ul>
11:00am	<ul style="list-style-type: none"><li>▪ Intervention timing and acuity considerations</li></ul>
11:05am	<ul style="list-style-type: none"><li>▪ Adapting intervention in consideration of ESL and cultural issues</li></ul>
11:10am	<ul style="list-style-type: none"><li>▪ Arrangements for families who travel a great distance; community-based versus office-based intervention</li></ul>
11:15am	<ul style="list-style-type: none"><li>▪ Delivering the BIFI in group and individual settings</li></ul>
11:25am – 12:00pm	<b><u>Professional and Ethical Issues:</u></b>
11:25am	<ul style="list-style-type: none"><li>▪ Honoring the scope of practice: Qualifications for intervention, recognizing expertise limits</li></ul>
11:45am	<ul style="list-style-type: none"><li>▪ Verifying treatment efficacy: Clinical outcome assessment and outcome documentation</li></ul>
12:00pm- 1:00pm	<b>Lunch</b>

## Afternoon Session

Presenters	BIFI	BIFI-A
1:00pm-2:30pm 1:00pm 1:20pm 1:45pm 2:05pm	<b><u>Supplementing the BIFI: Additional Topics to Address with Families</u></b> <ul style="list-style-type: none"> <li>▪ Guilt and blame</li> <li>▪ Healing your marriage</li> <li>▪ Parenting post-injury</li> <li>▪ Ambiguous loss</li> </ul>	<ul style="list-style-type: none"> <li>▪ Challenges and successes with implementation</li> <li>▪ Trouble shooting difficult scenarios</li> <li>▪ Tools for transition to adulthood</li> <li>▪ Dealing with school systems</li> </ul>
2:30pm–3:00pm	<b>Break</b>	
3:00pm- 3:50pm 3:00pm 3:20pm 3:35pm	<b><u>Supplementing the BIFI, cont.</u></b> <ul style="list-style-type: none"> <li>▪ Developing friendships</li> <li>▪ Talking to others about the injury</li> <li>▪ Substance abuse</li> </ul>	<ul style="list-style-type: none"> <li>• Creative interventions with children</li> <li>• Brain Web networking</li> </ul>
3:50pm-4:00pm	<b>Wrap up</b>	<b>Wrap-up</b>