VCU
Medical College of Virginia Campus
Traumatic Brain Injury Model System
Outpatient Rehabilitation Services Program for Survivors and Family Members

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VCU researchers are seeking adults with acquired brain injuries (such as stroke, aneurysm, traumatic brain injury, anoxic injury, non-progressive [or degenerative] brain tumor) and their families to be part of a research study. We are evaluating the helpfulness of an outpatient rehabilitation program. Qualified volunteers will participate in five rehabilitation and education sessions with one or more of their family members.

Study volunteers will be given information on brain injury, local resources, skills development, and positive coping strategies. Volunteers will also be asked to complete several questionnaires. All participants must be at least 18 years old. Volunteers will be reimbursed for their time.

During these sessions, the following topics will be discussed:

- Setting goals for success.
- Understanding emotional and physical recovery.
- Focusing on the important things survivors and their families can do to get better and to prolong the natural recovery process.
- Understanding the changes that normally follow brain injury.
- Coping with loss and change.
- Understanding and managing stress and intense emotions.
- Educating how brain injury affects the lives of family members.
- Living with personality changes and other difficulties.
- Solving problems effectively.
- Educating how brain injury affects the lives of family members.

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