

Community Head Injury Service

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COMMUNITY HEAD INJURY SERVICE

Working Out Programme

'Working Out' is a specialist brain injury vocational assessment and rehabilitation programme run by the Community Head Injury Service (CHIS), Buckinghamshire Healthcare Trust.

Working Out was the South-East Regional Winner of the NHS Nye Bevan Modernisation Award (2000) and is cited as an 'evaluated example of good practice' for Quality Requirement 6 on 'Vocational Rehabilitation' of the National Service Framework for Long-term Conditions (Department of Health, 2005). It has also been recognised as an example of good practice in brain injury vocational rehabilitation by several other agencies: Social Services Inspectorate (1995); Headway, the brain injury association, (2001); Health Select Committee (2001); UK Acquired Brain Injury Forum (2003); Department for Work and Pensions (2004); and Mapping Vocational Rehabilitation Services - People with Neurological Conditions (2010).

Background

Return to work poses a major challenges after traumatic brain injury and other forms of acquired brain injury including young adults in school, further education or just establishing themselves in their chosen careers. Working Out was set up in January 1993 to assist those unable to establish or re-establish themselves in employment or other occupation post-injury. Clients who are able to return albeit gradually to previous work in their former capacity are usually managed by the CHIS rehabilitation team (see separate information). However in response to an increasing number of referrals of both people in work but experiencing difficulties late post injury and people with stroke seeking a return to previous work, specialist brain injury job retention interventions are also provided at any stage post-injury (see separate Job Retention Interventions summary).

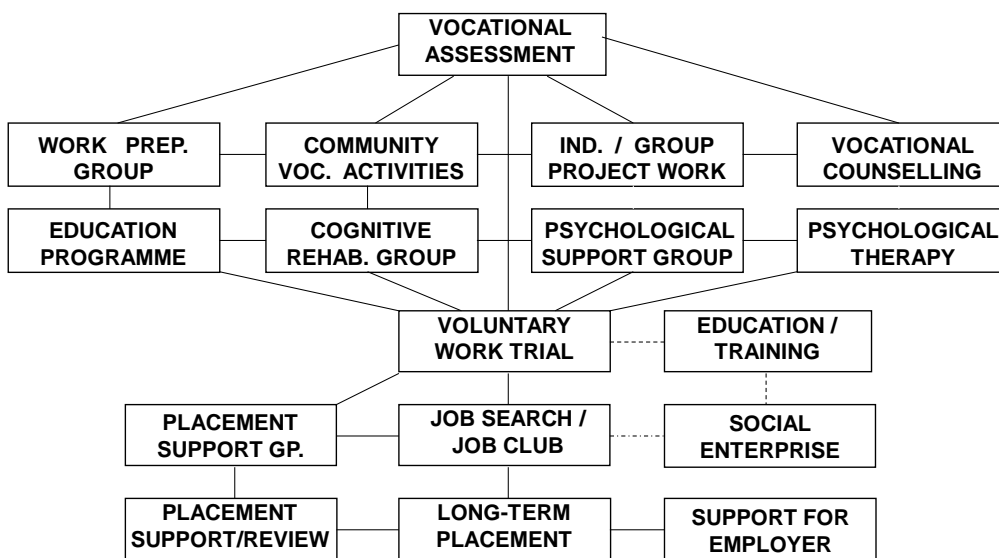
Working Out was funded originally as an R&D project by the Department of Health as part of the Traumatic Brain Injury Rehabilitation Initiative (1992-97), with additional funding from the then Employment Service through an R&D contract with the Ability Development Centre (L&SE) (1994-96). Of the first 45 persons with severe traumatic brain injury taken onto the project: 50% returned to paid employment/vocational training with a further 12.5% returning to therapeutic earnings, 22.5% to voluntary work and 5% to further education courses at local colleges. Outcomes were well maintained with 50% in paid employment at two years' follow-up (Tyerman, 1999; Tyerman & Young, 1999; 2000). (Following the R&D phase some clients continued to be funded by Jobcentre Plus for the next 10 years through a series of specialist brain injury work preparation contracts). Vocational outcomes remain encouraging with 60% returning to paid employment or training and a further 23% to permitted work, voluntary work or adult education (September, 2010).

Programme Aims and Structure

1. To assess vocational needs and potential of people with acquired brain injury.
2. To provide specialist rehabilitation programmes to enhance vocational potential.
3. To find, set up and support voluntary work trials to evaluate alternative vocational options and prepare for a return to occupation.
4. To find, set up and support suitable long-term work placements to people with a brain injury.
5. To provide specialist job retention interventions for people in work, education or training

These aims are addressed through an initial background/suitability assessment followed by four inter-linked phases: vocational assessment; work preparation; voluntary work trial; and supported work placements (see Figure 1. below), as described by Tyerman et al. (2008). (The specialist job retention interventions are described separately).

Figure 1 CHIS Working Out Programme (2010)



Initial Assessment

Persons are seen first for an initial suitability assessment. This comprises the following:

1. Brain Injury Background Interview - personal, family, educational, occupational & clinical history, course of recovery and review of current situation/needs;
2. Head Injury Problem Schedule - physical, sensory, cognitive, behavioural, emotional & social difficulties;
3. Head Injury Semantic Differential scale - changes in self-concept & mood/behaviour;
4. Hospital Anxiety & Depression Scale - screening of emotional state.
5. Family Screening Assessment – to outline the family context and family impact.

The initial assessment provides a detailed personal, clinical and work history and profile of current problems and work situation. This enables us to determine further assessment/rehabilitation needs including suitability for specialist vocational assessment on the Working Out programme.

Vocational Assessment

A specific vocational assessment commonly combines vocational interviews, formal tests, group work, and observations/ratings of work attitude, performance and behaviour on practical work activities in the community. This commonly draws upon the following specific components:

1. Vocational interviews.
2. Neuropsychological assessment.
3. Chessington Occupational Therapy Neurological Assessment Battery.
4. Work preparation group.
5. Community vocational rehabilitation activities.
6. Individual project work/assessment.
7. Vocational ratings: Functional Assessment Inventory & Work Personality Profile

(Additional rehabilitation medicine, physiotherapy, and/or speech and language assessments are completed as required).

Vocational interviews provide details of past experience and qualifications and current interests and aspirations. Neuropsychological and Occupational Therapy assessment clarify the nature of residual cognitive and sensory-motor difficulties. Of at least equal importance is the assessment of work attitude, performance and behaviour as observed on practical vocational rehabilitation activities in the community (see below), in group discussions and individual project work. This provides valuable qualitative observations and enables us to complete two vocational rating scales: the Functional Assessment Inventory (adaptive behaviour, motor functioning, cognition, physical condition, communication, vocational qualifications & vision); and Work Personality Profile (task orientation, social skills, work motivation, work conformance & personal presentation). (Where the person has recently been in work or on placement the direct observation by the team on the vocational rehabilitation activities may not be required).

The results of the assessment are then discussed with the person and family at a feedback/planning session and vocational rehabilitation recommendations and goals discussed and agreed.

Work Preparation Programme

Those referred within 1-2 years of injury and others who have had little, if any, specialist brain injury input are likely to require a period of work preparation prior to a return to the workplace.

The aims of the work preparation programme are as follows:

1. To facilitate further recovery and adjustment.
2. To assess realistic work potential.
3. To promote more accurate self-appraisal.
4. To develop and evaluate coping strategies for work.
5. To foster positive work attitudes and behaviours.

These aims are addressed through a vocational rehabilitation programme agreed with the person and family at the assessment feedback session. Specific objectives are discussed and agreed with the person and, as appropriate, the Disability Employment Advisor or other referring agent. Work preparation programmes, usually organized in blocks of 12 weeks, are tailored to meet the needs of the individual drawing upon the following core components:

Core vocational components:

- Work preparation group *
- Community based vocational rehabilitation activities *
- Individual project work *
- Vocational counselling

Core brain injury components:

- Brain injury educational programme *
- Cognitive rehabilitation group * (and/or communication group*)
- Psychological therapy
- Psychological support group *

(* These components are detailed in the attached programme summaries – the core brain injury components are open to clients of both the Rehabilitation Team and Working Out Programme.)

The weekly work preparation group and individual project work help people to address a wide range of issues related to work after brain injury - re-evaluating strengths and weaknesses, considering the implications for re-employment, exploring suitable jobs and planning how to handle issues related to brain injury in job applications/interviews etc.. Community work projects (e.g. renovation work at Workaid; maintenance of the grounds at Waddesdon Manor) provide the opportunity to observe people in the real world away from the rehabilitation centre. Observations advice and support are fed back to the person to help them to develop greater awareness of the effects of their injury and to develop and implement appropriate coping strategies. Individual vocational counselling assists clients in developing a clear understanding of their vocational aptitudes and resources, the limitations arising from their brain injury and current opportunities and prospects for a return to alternative employment or alternatives to employment.

Many clients on the programme require psychological therapy, addressing issues that are work-related and/or those that reflect the wider effects of brain injury. This may include neuropsychological counselling (i.e. education, advice, promotion of awareness, understanding and coping); specific psychological treatment (e.g. for anxiety, anger, pain, mood and behavioural difficulties); and neuropsychotherapy (i.e. exploring changes in self/life-style and help with psychological adjustments). When the person is restricted by limited understanding and/or lack of effective coping strategies, particularly when the person may have received limited or short-lived brain injury rehabilitation, attendance on the educational programme, cognitive rehabilitation group (or communication group) may be of considerable value, even late post-injury. The weekly psychological support group (which supersedes the previous personal issues group) provides a supported environment within which to assist clients in their psychological adjustment, coping and social relationships and in increasing awareness of their difficulties and interpersonal patterns.

Progress is monitored on an ongoing basis by the Working Out team with more formal reviews and goal evaluation held routinely at approximately three monthly intervals. Following a work preparation programme the person will usually progress to a voluntary work trial.

Voluntary Work Trials

The Placement Consultant works with the person to find and set up a suitable part-time voluntary work trial, typically of about 12 weeks, in local services or businesses as close as possible to the person's home. Voluntary work trials typically start one or two half days a week with a graded increase in line with progress. They usually run in parallel with a reducing work preparation programme, gradually replacing individual project work and community group activities.

Voluntary work trials (see attached summaries) serve a number of vital functions: e.g.

- independent assessment of work potential (duties, hrs. etc.).
- identification of residual difficulties in the workplace
- development, evaluation and refining of coping strategies
- re-establishment of work routine and behaviours.
- supervised and graded re-building of self-confidence.
- an independent reference for those applying for jobs.

In setting up such trials the needs of the client are communicated to the employer to ensure appropriate support and to ensure that health and safety training and insurance cover is provided. Once set up work trials are monitored regularly by the Placement Consultant. When progress is smooth, s/he will meet with the person to explore and identify suitable employment. Any major issues highlighted in the trial will be addressed either within the work preparation programme or on site in the workplace. In parallel with starting a voluntary work trial clients often progress from the work preparation group to a fortnightly placement support group. This promotes understanding and adjustment to the world of work after brain injury.

On completing the trial a review with the person and supervisor and, as appropriate, liaison with the Disability Employer Advisor is undertaken to agree further plans. This is usually a long-term placement but in some cases a further voluntary trial will be required. Clients may then graduate to an individually tailored long-term work placements, depending on their vocational potential and interests. However some may join a small Social Enterprise – Helping Every Local Person (HELP). This evolved from the Job Club (see below) and was set up jointly by the service and clients in the current economic climate to assist them in building up their work skills (mainly through gardening maintenance work) whilst they search for paid employment.

Long-term supported placements

Long-term supported placements include full/part-time employment, vocational training, supported employment, adult education, permitted work and voluntary work. The Placement Consultant assists the person, both individually and in a weekly 'Job Club' (see attached summary), in identifying, finding and applying for suitable positions, in liaison with the Disability Employment Advisor and other agencies, as appropriate. A key requirement is that the long-term work placement is within comfortable travelling distance of the person's home. Once a possible opportunity has been identified the client is supported in exploring and applying for the position and in explaining their support needs.

Wherever possible, as agreed with the person and employer, the Placement Consultant is involved in setting up, monitoring and supporting long-term placements. Once the placement is well established there will usually be a phased reduction in individual support from the Working Out team. However attendance at the fortnightly placement support group is open-ended for all clients, with regular or intermittent attendance continuing for some clients – usually those for whom coping with employment is an ongoing challenge. Ongoing contact with clients helps to alert programme staff to any emergent difficulties early, thereby enabling them to provide proactive advice and support before the difficulties escalate.

Follow-up

Following the establishment of a work placement and the phased withdrawal of ongoing individual support, the person will be followed up by the Working Out team through formal or informal reviews either in person or by telephone, as agreed with the person and employer. This provides an opportunity to evaluate long-term viability of the placement and identify and address any related or unrelated areas of difficulty. An open door policy encourages clients to contact staff if they run into difficulties in their long-term work placements.

Further information:

Tyerman A, Tyerman R & Viney P (2008). Vocational rehabilitation programmes. In A Tyerman & NS King. (eds.). Psychological approaches to rehabilitation after traumatic brain injury. p 376-402. Oxford: BPS Blackwell.

COMMUNITY HEAD INJURY SERVICE

GROUP / ACTIVITY PROGRAMME SUMMARY 2011

GROUP TITLE:	WORK PREPARATION GROUP
AIMS:	<ul style="list-style-type: none"> ➤ To raise awareness of restrictions affecting return to work after acquired brain injury ➤ To address issues relating to acquired brain injury and the process of returning to work. ➤ To prepare people for a return to the workplace ➤ To provide peer group support
CONTENT:	<p>The Group runs in 12-15 week block with an evaluation session at the end. Topics include:</p> <ul style="list-style-type: none"> ➤ What is work preparation ➤ Identifying personal strengths and attributes ➤ Deciding what job post injury ➤ Disclosure ➤ Roles and cultures of work ➤ Benefits ➤ Health & Safety / Employment legislation ➤ CV writing, applications, mock interviews ➤ Job searching, voluntary work trials ➤ Conflicts at work ➤ Sessions focusing on strategies to manage common issues after brain injury (e.g. fatigue)
FORMAT	The programme follows an approx 12 week planned outline format of group activity. These can include discussions, videotape feedback, role plays, practical exercises etc which is relevant to the topic.
LOCATION:	The Camborne Centre
DAY OF WEEK / TIME:	Monday 10:30 -12:00
FREQUENCY / LENGTH:	Rolling weekly programme (excl. Bank Holidays)
THERAPISTS INVOLVED :	Occupational Therapist (OT), Placement Consultant, OT Technical Instructor, Clinical Psychologist,
LEAD THERAPIST(S)	Senior Occupational Therapist
GROUP / ACTIVITY OPEN TO:	The group is open to clients currently attending the Working Out Programme, by invitation.

COMMUNITY HEAD INJURY SERVICE

GROUP / ACTIVITY PROGRAMME SUMMARY 2011

GROUP TITLE:	COMMUNITY-BASED VOCATIONAL REHABILITATION ACTIVITIES
AIMS:	<ul style="list-style-type: none"> • To provide ongoing practical assessment of work skills, performance and potential • To assist clients in developing their awareness and in re-appraising their work skills, • To promote the development of effective coping strategies and the enhancement of work potential • To re-establish work routines and encourage positive work attitudes and behaviours
CONTENT:	<p>Clients may join one or two community vocational rehabilitation activities, alongside other individual and group work preparation activities. These are currently:</p> <ul style="list-style-type: none"> • Work under the direction of craft gardeners on the grounds of a large National Trust property. • Renovation of small equipment and tools for third world countries at Workaid
FORMAT	Practical work assignments set by staff of the voluntary organisation, facilitated/supervised by Working Out staff
LOCATION:	<p>Off site voluntary organisations in community- currently:</p> <ol style="list-style-type: none"> 1. Waddesdon Major, Waddesdon 2. WorkAid, The Old Boot Factory, Chesham
DAY OF WEEK / TIME:	<p>Waddesdon Manor – Tuesdays 13.00-16.00 WorkAid – Wednesdays 10.00-12.30</p>
FREQUENCY / LENGTH:	Weekly ongoing activities – individual attendance likely to be for period of 3 mons, in line with overall vocational rehabilitation goals, and then subject to review.
THERAPISTS INVOLVED :	Senior Occupational Therapist, Occupational Therapy Technical Instructor and Psychology Student
LEAD THERAPIST(S)	Senior Occupational Therapist
GROUP / ACTIVITY OPEN TO:	The group is open to clients currently attending the Working Out Programme, by invitation.

COMMUNITY HEAD INJURY SERVICE

GROUP / ACTIVITY PROGRAMME SUMMARY 2011

GROUP TITLE:	INDIVIDUAL VOCATIONAL PROJECT
AIMS:	<ul style="list-style-type: none"> • To provide ongoing practical assessment of work skills, performance and potential • To assist clients in developing their awareness, in re-appraising their work skills, in developing pre-existing skills or in learning a new skill • To promote the development of effective coping strategies and the enhancement of work potential • To re-establish work routines and encourage positive work attitudes and behaviours
CONTENT:	The content of the project will be in relation to a client's individual goals and/or current vocational interests. This can include using skills from their previous work as a therapeutic medium. Projects can include areas of work such as administration/business, IT, gardening/ horticultural, DIY, catering etc.
FORMAT	The format of the project will vary depending on the individual client and type of project being undertaken. This might involve practical work, exercises, discussion; and/or role plays.
LOCATION:	At work, at home or the Camborne Centre, as agreed.
DAY OF WEEK / TIME:	The frequency and length of the individual projects will vary depending on the client, the type of project and its specific purpose but are likely to be time-limited. Such projects are reviewed jointly at regular intervals.
FREQUENCY / LENGTH:	
THERAPIST INVOLVED :	Usually Occupational Therapist and/or Occupational Therapy Technical Instructor or Student Psychologist. Other staff (e.g. Placement Consultant or Clinical Psychologist, if appropriate).
LEAD THERAPIST(S)	Usually Occupational Therapist
GROUP / ACTIVITY OPEN TO:	<p>Clients attending the Working Out Programme.</p> <p>(NB Vocational rehabilitation projects may also be organised for clients by the CHIS Rehabilitation Team)</p>

COMMUNITY HEAD INJURY SERVICE

GROUP / ACTIVITY PROGRAMME SUMMARY 2011

GROUP TITLE:	Voluntary Work Trials
AIMS:	<ul style="list-style-type: none"> • To provide opportunity for clients to engage in a real work activity in a real work environment. • To enable clients to re-establish work routines, gain work skills, test out strategies and re-build stamina and confidence • To investigate and evaluate the viability of avenues of employment.
CONTENT:	<p>The client will work with the team to identify areas of interest and then staff will contact relevant employers or voluntary agencies to develop a voluntary work trial.</p> <p>Work trials are tailored to the needs of the individual but involve undertaking specific work tasks alongside work colleagues, supervised by the host employer and supported by the Working Out team. This often involves evaluating coping strategies (e.g. memory aids, structuring activities, planning, managing fatigue). Clients progress is monitored with ongoing support</p>
FORMAT	<p>Work trials are set up following a general format which is open to variation depending on the individual and their preferences. The general format is as follows:</p> <ul style="list-style-type: none"> ➤ Undertaking specific work tasks in workplace ➤ Work place job coaching (time limited) provided by Working Out team staff, when required ➤ Feedback gathered from client and employer. ➤ Reviewed at the end of initial time period with option to extend, if all parties are agreeable.
LOCATION:	Work place
DAY OF WEEK / TIME:	Variable but usually between 4 and 16 hours a week.
FREQUENCY / LENGTH:	Part time for 1-3 mons., extended by mutual agreement
THERAPIST INVOLVED :	Placement Consultant / Occupational Therapist
LEAD THERAPIST(S)	Placement Consultant
GROUP / ACTIVITY OPEN TO:	Working Out clients

COMMUNITY HEAD INJURY SERVICE

GROUP / ACTIVITY PROGRAMME SUMMARY 2011

GROUP TITLE:	JOB CLUB
AIMS:	To assist and support clients in looking for and securing paid employment.
CONTENT:	<p>The group enables the clients to:</p> <ul style="list-style-type: none"> ➤ Search various media formats for paid employment ➤ Develop a structured application process, recording which vacancies they have applied for and their progress. ➤ To support each other through the job search and application process. ➤ Develop a CV and general format for applications. ➤ Enable clients to assess their skill base and understand which of their skills are transferable.
FORMAT	Group activity involves searching for vacancies for each self and others, facilitated by advice and staff-led discussion with peer support
LOCATION:	The Camborne Centre
DAY OF WEEK / TIME:	Wednesday 11:30- 13:00
FREQUENCY / LENGTH:	Weekly – ongoing programme
THERAPIST INVOLVED :	Placement Consultant Occupational Therapists
LEAD THERAPIST(S)	Placement Consultant
GROUP / ACTIVITY OPEN TO:	Working Out clients seeking paid employment

COMMUNITY HEAD INJURY SERVICE

GROUP / ACTIVITY PROGRAMME SUMMARY 2011

GROUP TITLE:	PLACEMENT SUPPORT GROUP
AIMS:	<p>To provide a personnel/welfare function to help clients to understand the complexities of the world of work.</p> <p>To consider the adjustments required with a brain injury to extract the best from either a voluntary work trial or part/full time employment or other occupation.</p> <p>To provide staff and peer support.</p>
CONTENT:	<p>Topics related to queries and difficulties experienced in the workplace. Areas covered may include:</p> <ul style="list-style-type: none"> • Companies and their different structures • Stress in the workplace; • Keeping the motivation going; • Dealing with change & the nature of injury; • Getting to know new people when starting work; • Asking and giving help to work colleagues; • The importance of confidentiality; • Looking after yourself at work - avoiding conflict. • Sharing experience of different strategies that clients use within the workplace
FORMAT	Discussion based, covering work related weekly topic in small group (5/6 maximum). Client-centred and geared to meet immediate needs of current group members.
LOCATION:	The Camborne Centre
DAY OF WEEK / TIME:	Fridays 14.30-15.30
FREQUENCY / LENGTH:	Fortnightly – ongoing programme
THERAPIST INVOLVED :	Placement Consultant, Clinical Neuropsychologist, Occupational Therapists,
LEAD THERAPIST(S)	Placement Consultant
GROUP / ACTIVITY OPEN TO:	Working Out clients by invitation and clients from CHIS Rehabilitation Team who are in work, by agreement

COMMUNITY HEAD INJURY SERVICE

GROUP / ACTIVITY PROGRAMME SUMMARY 2011

GROUP TITLE:	CLIENTS' EDUCATIONAL PROGRAMME
AIMS:	To increase client's awareness and understanding of the nature and effects of traumatic and other forms of acquired brain injury.
CONTENT:	Overview of brain function & brain injury Cognitive impairment – general Cognitive impairment – executive Communication difficulties Physical disability Sensory deficits Behavioural difficulties Emotional difficulties Vocational difficulties Leisure and social difficulties Personal impact and adjustment Family impact and adjustment Videotape case studies (X2) Services for people with brain injury
FORMAT	Educational format with talks (supporting handouts), videotape examples, questions and discussion
LOCATION:	Group Room, The Camborne Centre
DAY OF WEEK / TIME:	Wednesdays: 13.30-15.30
FREQUENCY / LENGTH:	Weekly: 15 X 2 hour sessions (with mid-session break)
STAFF INVOLVED :	Clinical neuropsychologists, medical consultant, occupational therapists, physiotherapist, speech & language therapist
LEAD THERAPIST(S)	Consultant Clinical Neuropsychologist / Head of Service
GROUP / ACTIVITY OPEN TO:	Open to all clients currently attending the Community Head Injury Service, unless otherwise indicated. Clients with brain injury currently attending other services by referral and agreement.

COMMUNITY HEAD INJURY SERVICE

GROUP / ACTIVITY PROGRAMME SUMMARY 2011

GROUP TITLE:	COGNITIVE REHABILITATION GROUP
AIMS:	<ul style="list-style-type: none"> • To educate clients about their cognitive difficulties and how to manage them. • To provide a supportive environment in which clients can: <ul style="list-style-type: none"> a). share coping strategies for their cognitive difficulties; b). practice and improve their group communication skills c). access peer support • To highlight clients' longer term rehabilitation needs.
CONTENT:	<p>Topics covered include:</p> <ul style="list-style-type: none"> • Neuroanatomy and brain function • Attention/concentration • Memory • Problem solving, planning and organising • Communication
FORMAT	Workshop style group with educational, brain storming and peer support elements. Discussion, practical exercises and homework talks also used.
LOCATION:	Group Room, The Camborne Centre
DAY OF WEEK / TIME:	Thursdays: 13.30-15.30
FREQUENCY / LENGTH:	Weekly: 10 X 2 hour sessions
STAFF INVOLVED :	Clinical neuropsychologists, occupational therapists, speech & language therapist, technical instructor, assistant psychologist, student psychologist
LEAD THERAPIST(S)	Consultant Clinical Neuropsychologist
GROUP / ACTIVITY OPEN TO:	<p>All clients currently attending the Community Head Injury Service, by invitation.</p> <p>Clients with brain injury currently attending other services by referral and agreement.</p>

COMMUNITY HEAD INJURY SERVICE

GROUP / ACTIVITY PROGRAMME SUMMARY 2011

GROUP TITLE:	COMMUNICATION GROUP
AIMS:	<ul style="list-style-type: none"> • To increase client understanding of communication and social skills. • To improve client awareness of their own communication difficulties. • To provide a supportive environment in which clients can develop new skills and strategies. • To facilitate transfer of new skills and strategies to identified areas outside the group.
CONTENT:	<ul style="list-style-type: none"> • General communication. • Communication difficulties following brain injury. • Social skills. • Communication within functional activities.
FORMAT	Group discussions, video analysis, video-taping of clients and feedback, role play, practical/functional activities within and outside group as appropriate.
LOCATION:	Group Room, The Camborne Centre
DAY OF WEEK / TIME:	Tuesdays 10.00 – 12.00
FREQUENCY / LENGTH:	Weekly 6 X 2 hours (extended, as appropriate).
STAFF INVOLVED :	Speech and Language Therapist Students/assistants, Placement Consultant (if appropriate).
LEAD THERAPIST(S)	Speech and Language Therapist
GROUP / ACTIVITY OPEN TO:	<p>All clients attending the Community Head Injury Service, by invitation.</p> <p>Clients with brain injury currently attending other services by referral and agreement.</p>

COMMUNITY HEAD INJURY SERVICE

GROUP / ACTIVITY PROGRAMME SUMMARY 2010

GROUP TITLE:	PSYCHOLOGICAL SUPPORT GROUP
AIMS:	<ul style="list-style-type: none"> • To provide a contained weekly space for clients to use the group to support adjustment, coping and social relationships after brain injury • For group members to use relationships with others, together with the input of the facilitators, to increase awareness of difficulties and interpersonal patterns
CONTENT:	<p>The group has two in-session aims: <i>i) to provide psychological support to one another and ii) to notice when this is not happening.</i></p> <p>Discussions often include experiences from the previous week or general and significant themes relating to life post-injury. The facilitators often have a reflecting conversation with each other in front of group.</p>
FORMAT	<p>Discussions are open-ended. Facilitators often focus, heighten and amplify difficult, emotional or significant moments in the group as a vehicle to work on the adjustment and interpersonal communication needs of individual members. Facilitators tend to refer to the group when offering summaries/interpretations. Clients are also addressed individually, but less frequently.</p>
LOCATION:	Group Room, Camborne Centre
DAY OF WEEK / TIME:	Tuesdays 14:00-15:00
FREQUENCY / LENGTH:	Weekly – ongoing. Membership is reviewed every 6 months as part of the group process and in terms of personalised goal reviews.
STAFF INVOLVED :	Clinical Neuropsychologist & Trainee Clinical Psychologist on 1 year placement
LEAD THERAPIST(S)	Principal Clinical Neuropsychologist
GROUP / ACTIVITY OPEN TO:	<p>Clients currently attending the Community Head Injury Service who have already attended either the cognitive, education or work preparation groups, by invitation.</p> <p>Clients with brain injury currently attending other services by referral and agreement.</p>