

# **INSIGHT FOLLOWING BRAIN INJURY**

**COURSE LOCATION: University Hospital of South Manchester**

**Dates: 25 - 26th March 2019**

**COST: £185**

**INSTRUCTORS: Kit Malia & Anne Brannagan**

*'The patient needs and deserves a time to place his or her tragedy into perspective and to construct their life not in spite of brain damage but in the face of it'*

*George Prigatano (1992)*

## **AIMS:**

- To extend skills and knowledge about the concept of insight following brain injury
- To introduce materials that can be used to assess insight
- To provide practical treatment approaches to take away and use with clients/patients

## **COURSE DESCRIPTION:**

This two day interactive workshop is suitable for professionals working with adults who have insight problems following brain injury. The course presents a practical model within which to understand awareness and acceptance problems following brain injury. The workshop format encourages the development of practical activities that can be put into practice within teams.

## **Programme Day 1:**

### **10:00am INTRODUCTION**

Defining 'insight'; understanding related terms; awareness and acceptance.

### **10:30 am MECHANISMS OF AWARENESS**

Practical exercise - how to know what are you're strengths and weaknesses; why awareness problems exist following brain injury;

denial as a protective mechanism; effects of cognitive, executive and metacognitive problems.

**11:15 am Coffee**

**11:45am AREAS OF THE BRAIN INVOLVED IN AWARENESS**

Presentation of the concept of Association Cortex with Heteromodal and Unimodal dimensions.

**12:15pm WHY DO WE NEED TO IMPROVE AWARENESS?**

The importance of dealing with awareness issues; implications for rehabilitation

**12:45pm LUNCH**

**1:45pm A PRACTICAL MODEL OF AWARENESS**

Presenting Crosson et al's model (1989) with modifications; intellectual awareness; emergent awareness; anticipatory awareness.

**2:15pm ASSESSMENT OF AWARENESS**

Assessment using Crosson et al's model (1989)

**2:45pm BREAK**

**3:00pm ASSESSMENT OF AWARENESS**

Practical group exercise with case study; discussion and questions

**4:00pm FINISH**

**Programme Day 2:**

**10:00am SUMMARY OF DAY 1**

**10:30am GROUP EXERCISE FOR DEVELOPING TREATMENT GUIDELINES**

Using case studies and discussion

**11:15am BREAK**

**11:45am TREATMENT OF AWARENESS**

Issues of timing of intervention, hope, emotional distress and denial.

**12:45pm LUNCH**

**1:45pm ADJUSTMENT ISSUES**

How to tell people; the grieving process; loss; how to deal with the distress/anger

**2:45pm BREAK**

**3:00pm WHAT DO YOU NEED NOW**

**4:00pm FINISH**

Contact for bookings:  
[enquiries@braintreetraining.co.uk](mailto:enquiries@braintreetraining.co.uk)  
[www.braintreetraining.co.uk](http://www.braintreetraining.co.uk)