



**Acquired
Brain Injury
Network**

November 3-4, 2008
Hilton Toronto • Toronto

Conference Presentation Abstract ~ Podium Presentation

Date/Time/Location: Monday, November 3, 2008 10:30 – 11:15 Toronto I / II

Abstract ID: 1a

Title:

The Effectiveness of Community-Agency-Based Therapeutic Groups with Adults with Acquired Brain Injury

Authors:

Bruce Linder, Ph.D., C.Psych., Psychologist & Clinical Director, Brain Injury Services of Hamilton
Mary Ann McEarchern, Behaviour Therapist, Brain Injury Services of Hamilton
Bob Helwig, Case Facilitator, Brain Injury Services of Hamilton
Vlad Bartchouk, Manager, Transitional Living Services, Brain Injury Services of Hamilton
Laurie Graham, Manager, Residential Services, Brain Injury Services of Hamilton

Presenter:

Bruce Linder Ph.D., C.Psych. Psychologist, Clinical Director Brain Injury Services of Hamilton, Haldimand-Norfolk, Niagara

Summary:

This presentation will report the results of cognitive-behavioural therapeutic (CBT) groups specially designed for adults with acquired brain injuries conducted under the direction of Brain Injury Services of Hamilton over the last 9 years. Sixty-three adults with acquired brain injuries participated in 13 groups for either anger management or self-esteem/depression. Ten to 15 group sessions 1.5 hours long were facilitated by two therapists including the senior author or therapists trained by the senior author to follow the CBT style structured format. The effectiveness of the groups were assessed by administering a group of paper-and-pencil self-report measures before and after the group intervention and included (1) standardized measures for depression or anger expression (BDI, STAXIS, Tennessee Self-Concept Scales), (2) knowledge tests of CBT material for anger or depression, and (3) satisfaction surveys. Statistical analyses of pre- vs post-intervention change found statistically significant positive change in most measures. Contrary to expectations, knowledge gains did not correlate with symptom reduction.

This presentation will provide information about the CBT group curriculum and methods of implementation in addition to a careful analysis of the results. Typical problems encountered with facilitating such groups and the issue of generalization of skills learned in groups to the real world will be discussed.