



**Acquired
Brain Injury
Network**

November 3-4, 2008
Hilton Toronto • Toronto

Conference Presentation Abstract ~ Podium Presentation

Date/Time/Room: Monday, November 3, 2008 2:25 pm – 3:10 pm Toronto I / II

Abstract ID: 4a

Title:

Laughter and Tears – A Journey Back to Living

Author:

Julie Wilson, Survivor

Presenter:

Julie Wilson, Survivor

Summary:

In the spring of 1997 I was a 39 year old Project Accountant for a non-profit organization by day, a Tax Clerk at Revenue Canada in the evening and a newlywed, whose interests included golfing, skiing, crossword puzzles and reading to name a few, when my husband who had been out for the evening with friends, called to asked that I come and pick him up. Little did I realize that “doing the right thing” would forever change my life? After picking up my husband, we were involved in a head on collision with a driver who was impaired.

As a result of the collision I sustained a closed head injury and my husband of six weeks was killed. In the ensuing 11 years, with the help of family, friends, health practitioners and facilitation I have rejoined the living through much laughter and a flood of tears. This presentation will chronicle my 11 year journey through laughter and tears back to the living.

Outcomes/Objectives:

It is alright to laugh and to cry, even at the same time, as survivors go through the journey of the brain injured.