



**Acquired
Brain Injury
Network**

November 3-4, 2008
Hilton Toronto • Toronto

Conference Presentation Abstract ~ Workshop

Date/Time/Room: Tuesday, November 4, 2008 1:00 pm – 1:45 pm Tom Thomson

Abstract ID: 7c

Title:

What Do I Do??!! Dealing with Challenging Clinical Situations in ABI Rehabilitation

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Summary:

Clients with ABI may have difficulties benefiting from rehabilitation treatments and therapies because of cognitive, mental health, and interpersonal challenges. How should therapists respond when clients ask them out on a date, make aggressive statements, or continually have trouble benefiting from services because of chronic anxiety or depression? How can we help clients who are stuck in patterns that seem impossible to change?

This workshop will be focused on communicating in a clear, supportive, and assertive manner with clients who are accessing rehabilitation therapies and treatments. The focus of the workshop will be on therapeutic themes of:

- developing rapport,
- reflecting empathic understanding,
- encouraging acceptance of disability,
- contracting and identifying goals,
- clarifying boundaries,
- defining roles and responsibilities of client and therapist, and
- using creative communication and humour.

The workshop will not be focused on psychotherapy or counseling but will be more general and geared toward treatment with clients by a broad range of professionals and support providers. At the beginning of the workshop, participants will be asked to talk briefly in small groups with each other to identify their top most challenging situations with clients.

Outcomes/Objectives:

Practical strategies for addressing challenging behaviours and statements of clients.