

# BRAIN INJURY FAMILY INTERVENTION WORKSHOP SERIES

**BIFI/BIFI-A: An Evidence Based Approach**  
November 16-17, 2011

**Help Me With This Family, November 18, 2011**

## Brain Injury Family Intervention (BIFI/BIFI-A):

### An Evidence-Based Approach

November 16-17, 2011

8:00 AM - 4:00 PM

This two day interactive workshop will focus on clinical intervention skills for professionals (e.g., social workers, psychologists, rehabilitation counselors, case managers) who work with families of persons who have sustained an acquired brain injury.



The development of this workshop has been supported by the Toronto ABI Network, Holland Bloorview Kids Rehabilitation Hospital and Virginia Commonwealth University Medical Center.

#### Location:

Holland Bloorview Kids Rehabilitation Hospital,  
Conference Centre  
150 Kilgour Road, Toronto, Ontario

#### For Directions:

[www.hollandbloorview.ca/pages/contactus.php](http://www.hollandbloorview.ca/pages/contactus.php)

Toronto

Acquired  
Brain Injury  
Network

**Holland Bloorview**  
Kids Rehabilitation Hospital

**VCU Health System**

MCV Hospitals and Physicians

## Course Objectives:

- Introduce the Brain Injury Family Intervention for families of adults affected by ABI (BIFI); and for families of adolescents ages 13 to 19 years (BIFI-A).
- Provide a theoretical framework and structured approach for working with families after ABI.
- Teach clinical intervention techniques, case problem solving, and evaluation techniques.

## Day 1 ⇒ Overview of Family Evaluation & Intervention

- Impact of adult and pediatric ABI on family.
- Assessment and engagement.
- Intervention and theoretical frameworks.
- Effectively managing difficult cases and situations.
- Objectively evaluating change and therapeutic benefit.

## Day 2 ⇒ BIFI / BIFI-A

Participants will choose to attend either the BIFI workshop for adults **OR** the BIFI-A workshop for adolescents.

### Both Interventions Include a Treatment Manual That:

- Focuses on skill building, psychosocial support, and education about ABI.
- Uses a protocol that is structured and scripted to facilitate implementation by clinicians.
- Draws upon family discussion, vignettes, role plays and interactive exercises.

### Sample Topics for BIFI:

- Understanding recovery.
- Mastering the art of patience.
- Coping with loss and change.
- Strategies for effective communication.
- Managing stress and intense emotions.
- Taking care of yourself.
- Focusing on goals and accomplishments.

### Sample Topics for BIFI-A:

- What happens after brain injury.
- Brain Injury happens to the whole family.
- Being a teen and achieving independence.
- Coping with loss and change.
- Managing intense emotions.
- Setting s.m.a.r.t. goals and tracking progress.
- School and transition planning.

**For Further Information:**  
Judy Moir, Toronto ABI Network  
416-597-3422 ext. 3688  
[moir.judy@torontorehab.on.ca](mailto:moir.judy@torontorehab.on.ca)

## Faculty:

**Caron Gan, RN, MScN, AAMFT Clinical Member & Approved Supervisor, Holland Bloorview Kids Rehab Hospital**  
Caron Gan is an RN and a marriage and family therapist, registered with the Ontario and American Association for Marriage and Family Therapy. For the past 20 years, she has worked exclusively with clients with ABI providing psycho-therapeutic intervention to youth, adults, couples and families in both public and private sectors.

**Jeffrey S. Kreutzer, Ph.D., ABPP** is a Professor of Physical Medicine and Rehabilitation, Neurosurgery, and Psychiatry at Virginia Commonwealth University (VCU), Medical College of Virginia Campus. Dr. Kreutzer serves as Director of the Virginia's federally designated Traumatic Brain Injury Model System and coordinates VCU Health System outpatient services for families and persons with brain injury. Dr. Kreutzer is a neuropsychologist and family therapist with more than two decades experience developing and implementing brain injury family support services.

**Emilie E. Godwin, Ph.D.** Family Support Program Coordinator at Virginia Commonwealth University (VCU), Medical College of Virginia Campus. Dr. Godwin is a Marriage and Family Therapist and the current coordinator of and primary therapist for the BIFI at VCU. Her doctoral studies at the College of William and Mary included a focus on family recovery from trauma from a systemic perspective. She has integrated her experience as the Director of a family therapy clinic serving adults/children and her research on families and trauma into her current work with families recovering from TBI.

**Rebecca Swift-Weir, RN** Brain Injury Services Muskoka Simcoe has worked with individuals with ABI and their families in various settings from acute care to the community for the past 15 years.

**Kathy Gravel, MSW, RSW, AAMFT Clinical Member,** is a social worker and marriage and family therapist at Holland Bloorview Kids Rehab Hospital and has provided psychotherapy to youth & families living with ABI for 11 years.

## Registration Fee:

**\$325**(for Toronto ABI Network members)\*  
**\$375** (for non-members)

Registration includes BIFI or BIFI-A treatment manual and intervention kit (a \$235 value), plus breakfast and lunch.

\* See [www.abinetwork.ca/members.htm](http://www.abinetwork.ca/members.htm) for list of members

**Please register early ~ Space is limited.**  
**Registration Form Attached**

Certificates of Attendance will be provided by Holland Bloorview and Virginia Commonwealth University. Certificate of Attendance implies neither certification nor competence as family counsellor.

# "Help Me with This Family": Skills and Strategies for Dealing with Complex Situations after Brain Injury.

November 18, 2011  
8:00 AM - 4:00 PM



This one-day workshop is for clinicians who work with families in various capacities and sometimes struggle with knowing the right approach when complex situations arise. There will be a focus on practical strategies and problem solving complex case scenarios.

It is NOT necessary to attend the BIFI/BIFI-A workshop to benefit from this one day session but attending all three days will provide you with a comprehensive, in-depth learning experience.

The development of this workshop has been supported by the Toronto ABI Network, Holland Bloorview Kids Rehabilitation Hospital and Virginia Commonwealth University Medical Center.

## November 18, 2011

8:00 AM - 4:00 PM

Registration will open at 8:00 on November 18, 2011

### Location:

Holland Bloorview Kids Rehabilitation Hospital  
Conference Centre  
150 Kilgour Road, Toronto, Ontario

### For Directions:

[www.hollandbloorview.ca/pages/contactus.php](http://www.hollandbloorview.ca/pages/contactus.php)

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## Program Outline:

### Joining with Families and Addressing Resistance

- Rapport building and joining
- Measuring therapeutic alliance
- Addressing ruptures in therapeutic alliance
- Accommodating ESL challenges and cultural diversity

### Addressing Concurrent Disorders

- How to assess and mitigate caregiver and survivor mental health issues including affective, personality, thought, and substance abuse disorders

### Dealing Effectively with Emerging Family Crises

- How to address suicidal and homicidal ideation, abuse and neglect
- Clinical outcome assessment and outcome documentation

### Professional and Ethical Issues

- Regulation of psychotherapy – new College of Psychotherapists and Registered Mental Health Therapists
- Child welfare and mental health legislation, implications of mandated reporting, limits of confidentiality, duty to protect
- What to do in sticky situations – decision making around ethical situations

## AFTERNOON CONCURRENT WORKSHOPS

### For Those Working with Adults

#### Family Intervention:

#### Advanced Topics

- Guilt and blame
- Parenting post-injury
- Ambiguous loss
- Healing your marriage
- Substance abuse

### For Those Working With Children/Youth

- *Building Strength and Resilience in Families After ABI* – an interactive skill building workshop
- *Tips and Strategies for Successful Outcomes with Educational Systems* - includes a copy of resource guide on effective behavioural strategies

## Faculty:

**Caron Gan, RN, MScN, AAMFT Clinical Member & Approved Supervisor, Holland Bloorview Kids Rehab Hospital**

Caron Gan is an RN and a marriage and family therapist, registered with the Ontario and American Association for Marriage and Family Therapy. For the past 20 years, she has worked exclusively with clients with ABI providing psycho-therapeutic intervention to youth, adults, couples and families in both public and private sectors.

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**Kathy Gravel, MSW, RSW, AAMFT Clinical Member,** is a social worker and marriage and family therapist at Holland Bloorview Kids Rehab Hospital and has provided psychotherapy to youth & families living with ABI for 12 years.

## Registration Fee:

**\$125** (for Toronto ABI Network members)\*

**\$150** (for non-members)

Registration includes breakfast, lunch and workshop materials.

\* See [www.abinetwork.ca/members.htm](http://www.abinetwork.ca/members.htm) for a list of members

**Please register early ~ Space is limited.**

**Registration Form Attached**

Certificates of Attendance will be provided by Holland Bloorview and Virginia Commonwealth University. Certificate of Attendance implies neither certification nor competence as family counsellor.

### For Further Information:

Judy Moir, Toronto ABI Network  
416-597-3422 ext. 3688  
[moir.judy@torontorehab.on.ca](mailto:moir.judy@torontorehab.on.ca)

# Brain Injury Family Intervention (BIFI/BIFI-A): An Evidence-Based Approach

November 16-17, 2011

8:00 AM - 4:00 PM



## “Help Me with This Family”

November 18, 2011

8:00 AM - 4:00 PM

### REGISTRATION FORM

Please register early – Space is limited.  
PLEASE PRINT CLEARLY

#### 1. Contact Information

Name: \_\_\_\_\_

Position: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

*(email will be used to confirm registration whenever possible)*

#### 2. Session Registration

You can register for the workshops in any of the following scenarios:

- BIFI/BIFI-A Workshop (Nov 16-17) Only [\$325 members/\$375 non-members]
- BIFI/BIFI-A Workshop (Nov 16-17) **student rate** [\$190]
- BIFI/BIFI-A Workshop (Nov 16-17) + “Help Me With This Family” (Nov 18) [\$400 members/\$475 non-members]
- BIFI/BIFI-A Workshop (Nov 16-17) + “Help Me With This Family” (Nov 18) **student rate** [\$200]
- Help Me With This Family (Nov 18) Only [\$125 members/\$150 non-members]
- Help Me With This Family (Nov 18) **student rate** [\$90]

Please choose the session(s) you are registering for:

- BIFI/BIFI-A: An Evidence Based Approach** (November 16-17, 2011)

Please select one of the following:

- BIFI** (intervention for adults with ABI and their families)  
 **BIFI-A** (modified version for working with adolescents ages 13-19)

- Help Me With This Family** (November 18, 2011)

Please select one of the following for the afternoon:

- Working with adults with ABI and their families  
 Working with children/youth with ABI and their families

**TOTAL PAYMENT:** \_\_\_\_\_

#### 3. Payment Options

Online: Go to <https://gmhost1.gomembers.com/clients/t-bmcc/etrakwebapp/meetings.aspx>  
(credit card payments only)

Fax: 416-424-3843

Mail registration form to: **Donna Sobers** Holland Bloorview Kids Rehabilitation Hospital, 150 Kilgour Rd. Toronto,

For Registration information contact : **Donna Sobers**  
 • 416-424-3851 • dsobers@hollandbloorview.ca

#### REGISTRATION FEES

##### A. BIFI/BIFI-A: An Evidence Based Approach November 16-17, 2011

**\$325** (for Toronto ABI Network members)\*  
**\$375** (for non-members)  
**\$190** student rate

*Registration includes BIFI or BIFI-A workshop manual and intervention kit (a \$235 value), plus breakfast and lunch.*

##### B. Help Me With This Family November 18, 2011

**\$125** (for Toronto ABI Network members)\*  
**\$150** (for non-members)  
**\$90** student rate

*Registration includes breakfast, lunch and workshop materials.*

##### C. Full 3 Days November 16-18, 2011

**\$400** (for Toronto ABI Network members)\*  
**\$475** (for non-members)  
**\$200** student rate

**Attend all three days for a comprehensive, in-depth learning experience and save \$50 off workshop fees.**

\* For a list of Toronto ABI Network member organizations, visit [www.abinetwork.ca/members.htm](http://www.abinetwork.ca/members.htm)

#### REFUND POLICY

A refund - minus a \$25 administrative fee - will be given for cancellations received in writing before 9:00 am on Friday, October 14, 2011.

No refunds will be given for cancellations received after 4:00 pm on Monday, October 17, 2011, although delegate substitution will be allowed.

#### FURTHER INFORMATION

Judy Moir, Toronto ABI Network  
 416-597-3422 ext. 3688 |  
[moir.judy@torontorehab.on.ca](mailto:moir.judy@torontorehab.on.ca)

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