

Caron Gan Talks About The Brain Injury Intervention Protocol

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Video Link: <http://www.brainline.org/content/multimedia.php?id=1425>

Caron Gan: Over the past year-and-a-half I've been working on a Brain Injury Family Intervention Protocol for adolescents with brain injury and their families and in this intervention we're targeting adolescents 13 to 19 years of age and the entire family system. So it's not just the adolescent but it also includes the siblings as well as the parents and it's a structured manualized intervention, it's 12 sessions, 12 topics and the reason it's structured and manualized is because there are very few guidelines out there for clinicians on how best to intervene with families after brain injury. And the Brain Injury Family Intervention for Adolescents was derived from the Adult Brain Injury Family Intervention, which is empirically based meaning it was derived from research and the areas that families find most helpful and in need of support.

So because it was empirically based, we thought we would build on that and some of the outcomes from the Adult BIFI are very promising and we're hoping to replicate some of those promising findings. Now the intervention covers topics such as what happens after brain injury, brain injury as a family affair, is it adolescence is it brain injury, returning to school and dealing with transitions, coping with loss and change, family problem solving, etc.

What we've tried to do with the adolescent version is to make it as fun and as interactive as possible because adolescents aren't going to sit through an hour long session filling out forms and just having your traditional counseling so we've had to make it fun through vignettes, through role plays, through activities, and we've even incorporated Dr. Phil into our intervention as well as some games and activities where people do some role playing so that's a new intervention that we've just launched in the past year and we're very excited to be introducing it to clinicians.