

Brain injury support group

Brain injury

A brain injury not only affects physical function and mobility, but often has an impact on cognition (thinking and reasoning abilities) and emotional function. Cognitive deficits may include impairment of processing speed, attention, memory, language, visuo-perceptual function, executive functions (e.g. organization and planning) and so forth, depending on the location and severity of the injury. Emotional problems may include depression, anxiety, anger and personality change.

These cognitive and emotional changes have a profound impact on the survivor's functioning and it may be difficult for caregivers to understand and cope with these changes.

The move from overcoming physical impairments to overcoming psychological and cognitive deficits is the most challenging, but a critical, part of the recovery process.

Purpose of the group

- To provide brain injury survivors and their family members with emotional support;
- To provide survivors and family members with a space within which to process the various losses they may have suffered as a result of the brain injury;
- To assist with adjustment after brain injury.

Which patients may benefit from the group?

- Patients who have suffered brain injuries;
- Patients who have difficulty adjusting to cognitive or physical difficulties after brain injury and who may suffer from mood or anxiety disorders subsequent to brain injury;
- Patients who are interested in learning about coping strategies to deal with the emotional and cognitive consequences of their brain injury.

The group is not suitable for patients who:

- Are acutely psychotic;
- Have severe communication difficulties.

Day and Time: Every 2nd Saturday of the month @ 10 am.

Start Date: 8th of September 2012.

Please note: This is an open group and patients can join at any time.

Venue: 51 Washington Road, Claremont

Cost: R 80 per session (discounted fees available depending on financial need)

Facilitator: Tania Pomario (Clinical Psychologist)

Booking Essential

For enquiries, or to make a booking, please contact:

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Visit: <http://www.claremontneuropsych> for more information on the services we offer.