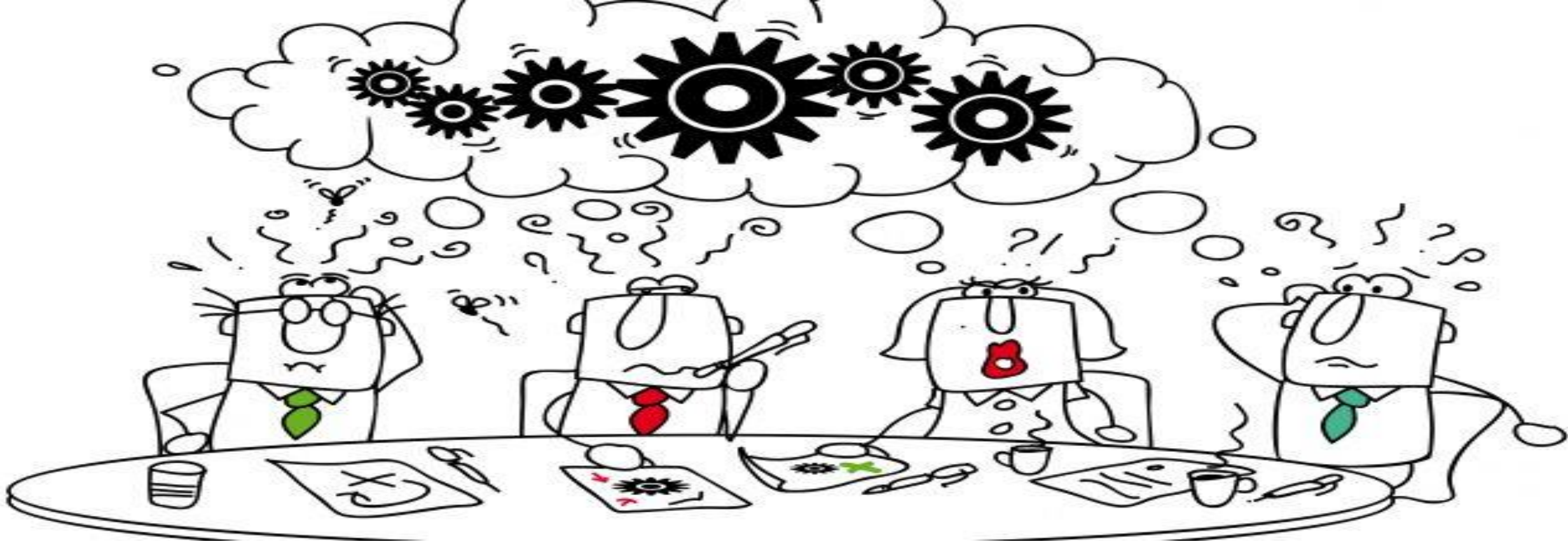


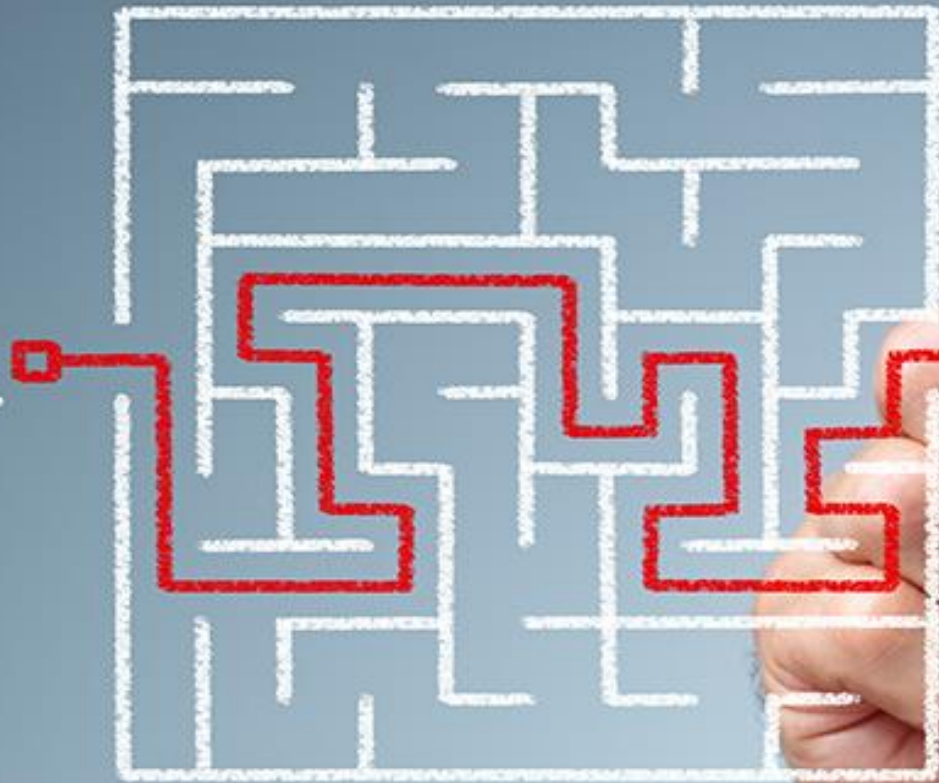
Use Of A Structured Problem Solving Approach After A Traumatic Brain Injury

Jordan Kurland, MSS, LSW, CBIS
Brain Injury Survivor Kyra Bloom, BFA



What Is Problem Solving?

The process
of working
through
details of a
Problem

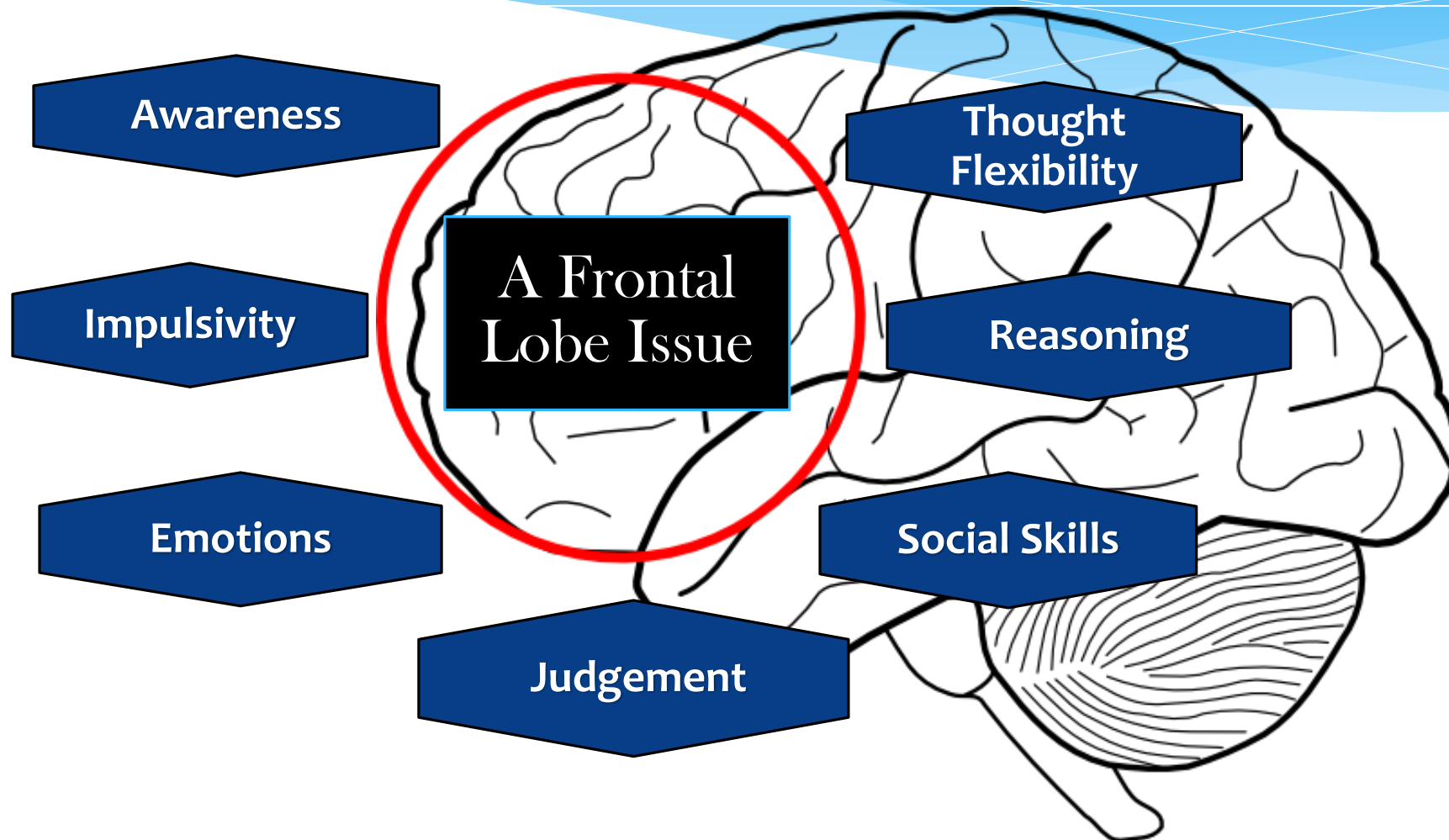


to reach a
Solution

Defining A “Problem”

- ❖ You need to make a decision
- ❖ You need to plan ahead
- ❖ You need to deal with something unexpected
- ❖ Something goes wrong
- ❖ You are overwhelmed, confused, or don't know what to do
- ❖ You experience distress (*getting upset, angry, anxious, sad, etc.*)
- ❖ You cause harm to others
- ❖ You lose focus or get “off track”

Executive Dysfunction



Making Quick Decisions Without Considering Possible Outcomes



Unable To Decide Between Choices



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- | | |
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<i>Fontina and Parmesan Cheese, Garlic and Herbs in a Wine Sauce</i> | GREEK SALAD 4.95
<i>Feta Cheese, Tomato, Cucumber, Kalamata Olives, Red Onion, Arugula and Vinaigrette</i> |
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<i>Served with Warm Flatbread</i> | LITTLE HOUSE SALAD 3.95
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| CHICKEN SAMOSAS 5.30
<i>Crispy Wrappers Filled with Spiced Chicken. Served with Cilantro Dipping Sauce</i> | ARUGULA SALAD 4.95
<i>Marcona Almonds, Golden Raisins, Parmesan, Lemon and Olive Oil</i> |
| SWEET CORN FRITTERS 4.95
<i>Fresh Corn in a Light Crispy Batter</i> | CHICKEN CROQUETTES 5.50
<i>Filled with Creamy Fontina and Fried Crisp</i> |
| FRIED ZUCCHINI 4.95
<i>Lightly Breaded and Topped with Parmesan Cheese. Served with Ranch Dressing</i> | CRISPY FRIED CHEESE 4.95
<i>Mozzarella and Fontina Cheeses with Marinara Sauce</i> |
| MINI CORN DOGS 5.50
<i>Four All Beef Mini Hot Dogs</i> | CRISPY ARTICHOKE HEARTS 4.95
<i>Served with Lemon-Garlic Aioli</i> |
| FRESH KALE SALAD 5.95
<i>Cranberries, Apples, Marcona Almonds and Green Beans Tossed with Our Buttermilk-Black Pepper Dressing</i> | EDAMAME 4.50
<i>Soy Beans Steamed in Their Pods</i> |
| WARM CRAB & ARTICHOKE DIP 6.95
<i>A Delicious Blend of Crab, Artichokes and Cheese Served Warm with Grilled Sourdough Bread</i> | DYNAMITE SHRIMP 6.95
<i>Crispy Tempura Shrimp Tossed with Our Spicy Dynamite Sauce</i> |
| VIETNAMESE TACOS 5.95
<i>Steamed Asian Buns with Roasted Pork, Marinated Cucumbers, Carrots and Onion with Cilantro, Cilantro and Sesame Seeds</i> | AHI TARTARE* 6.95
<i>Raw Tuna with Avocado and Soy-Ginger Sesame Sauce</i> |
| CRISPY CRAB BITES 6.95
<i>Bite-Sized Little Crab Cakes. Served with Mustard Sauce</i> | SHRIMP AND GRITS 6.95
<i>Sweet Corn-White Cheddar Grits, Covered with Sautéed Shrimp and Spicy Tasso Sauce</i> |
| SHRIMP TOAST LOLLIPOPS 6.95
<i>With Ginger, Garlic, Green Onion, Cilantro and Sesame Oil, Lightly Breaded and Fried Crisp</i> | |
| FRESH BAKED FLATBREADS 5.95 | |
| MARGHERITA
<i>Fresh Tomato, Basil and Mozzarella</i> | WILD MUSHROOM
<i>Garlic, Shallots and Fresh Herbs</i> |
| SAUSAGE AND RICOTTA
<i>Fontina, Parmesan and Romano Cheeses, Garlic Crumbs and Herbs</i> | ROASTED PEAR AND BLUE CHEESE
<i>Pecans, Arugula and Caramelized Onion</i> |

appetizers

All of Our Appetizers are Perfect for Sharing

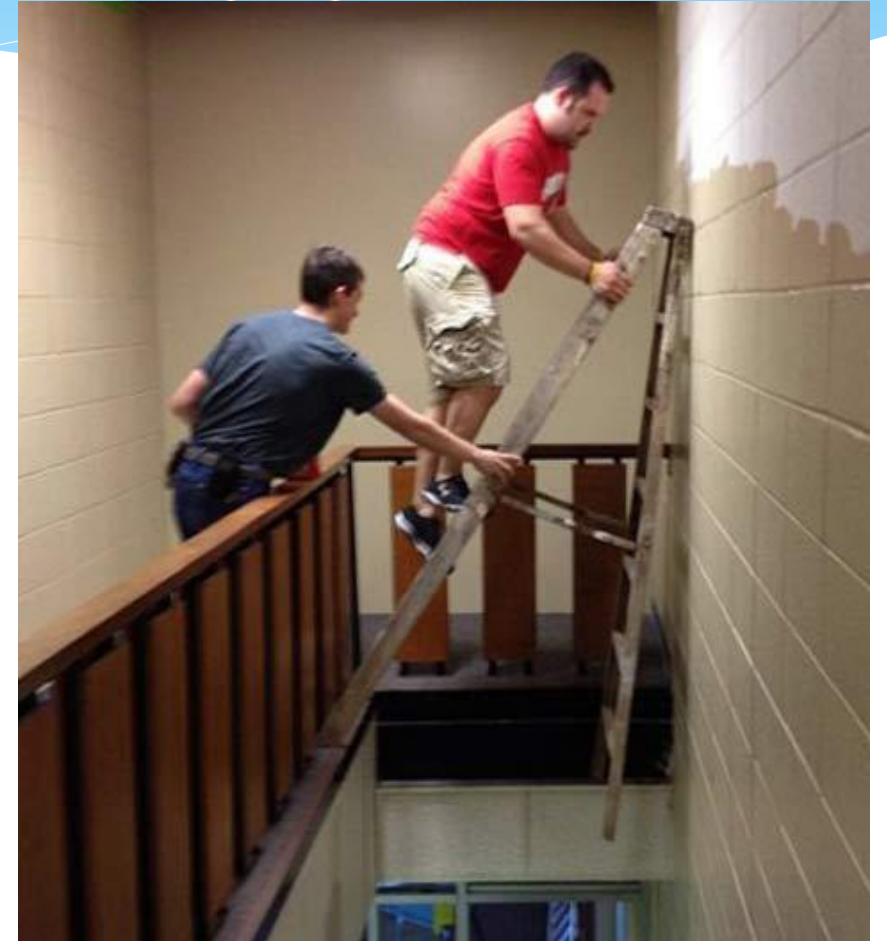
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| ROADSIDE SLIDERS* 8.50
<i>Bite-Sized Burgers on Mini-Buns Served with Grilled Onions, Pickles and Ketchup</i> | CHICKEN POT STICKERS 8.95
<i>Oriental Dumplings Pan-Fried in the Classic Tradition. Served with Our Soy-Ginger Sesame Sauce</i> |
| AVOCADO EGGROLLS 9.95
<i>Avocado, Sun-Dried Tomato, Red Onion and Cilantro Fried in a Crisp Wrapper. Served with a Tamarind-Cashew Dipping Sauce</i> | QUESADILLA 9.50
<i>Grilled Flour Tortilla Filled with Melted Cheese, Green Onions and Chiles. Garnished with Guacamole, Salsa and Sour Cream with Chicken</i> 11.50 |
| FRIED MACARONI AND CHEESE 8.95
<i>Crispy Crumb Coated Macaroni and Cheese Balls. Served over a Creamy Marinara Sauce</i> | FRIED CALAMARI 9.95
<i>Fried Light and Crisp Served with Garlic Dip and Cocktail Sauce</i> |
| HOT SPINACH AND CHEESE DIP 10.95
<i>Spinach, Artichoke Hearts, Shallots, Garlic and a Mixture of Cheeses Served Bubbling Hot with Tortilla Chips and Salsa. Enough for Two</i> | |
| TEX MEX EGGROLLS 9.95
<i>Spicy Chicken, Corn, Black Beans, Peppers, Onions and Melted Cheese. Served with Avocado Cream and Salsa</i> | |
| SOUTHERN FRIED CHICKEN SLIDERS 9.50
<i>Crispy Fried Chicken Breast on Mini-Buns Served with Lettuce, Tomato and Pickles</i> | |
| BUFFALO BLASTS* 9.95
<i>Chicken, Cheese and Our Spicy Buffalo Sauce All Stuffed in a Spiced Wrapper and Fried until Crisp. Served with Celery Sticks and Blue Cheese Dressing</i> | |
| FIRE-ROASTED FRESH ARTICHOKE 9.95
<i>Fresh Artichoke Fire-Roasted and Served with a Spicy Vinaigrette and Garlic Dip (Seasonal)</i> | |
| SPICY AHI TEMPURA ROLL* 11.95
<i>Fresh Raw Ahi Tuna with Green Onion, Spicy Soy Sauce, Ginger and Garlic. Wrapped in Nori and Flash Fried Tempura Style</i> | AHI CARPACCIO* 11.95
<i>Thin Slices of Raw Ahi Tuna, Wasabi Pesto, Creamy Avocado and Togarashi Aioli</i> |
| THAI LETTUCE WRAPS 12.95
<i>Create Your Own Thai Lettuce Roll!</i>
<i>Satay Chicken Strips, Carrots, Bean Sprouts, Coconut Curry Noodles and Lettuce Leaves with Three Delicious Spicy Thai Sauces - Peanut, Sweet Red Chili and Tamarind-Cashew</i> | |
| SOUP OF THE DAY 4.95 / 6.95 | |

appetizers

All of Our Appetizers are Perfect for Sharing

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<i>Ripe Avocado, Onion, Tomato, Chiles, Cilantro and Fresh Lime. Served with Tortilla Chips, Salsa and Sour Cream</i> | SWEET CORN TAMALES 9.95
<i>Topped with Sour Cream, Salsa, Avocado and Salsa Verde</i> |
| FACTORY NACHOS 9.50
<i>Crisp Tortilla Chips Covered with Melted Cheeses, Guacamole, Sour Cream, Jalapeños and Salsa with Spicy Chicken</i> 11.50 | CRISPY TAQUITOS 8.95
<i>Corn Tortillas and Fried Crisp. Served with Guacamole, Sour Cream and Salsa</i> |
| CRISPY CRAB WONTONS 9.95
<i>Crabmeat Blended with Cream Cheese, Green Onion, Water Chestnuts and Sweet Chili Sauce. Fried Crisp in Wonton Wrappers</i> | FIRECRACKER SALMON* 11.50
<i>Spiced Fresh Salmon Rolled in Spinach and Fried in a Crisp Wrapper. Served with a Sweet Hot Chili Sauce</i> |
| BUFFALO WINGS 9.95
<i>Fried Wings Covered in Hot Sauce and Served with Blue Cheese Dressing and Celery Sticks</i>
<i>Buffalo Chicken Strips</i> 8.95 | VIETNAMESE SHRIMP SUMMER ROLLS 9.95
<i>Delicate Rice Paper Rolled Around Asparagus, Shiitake Mushrooms, Carrots, Rice Noodles, Green Onion, Cilantro and Shrimp - Served Chilled</i> |
| POPCORN SHRIMP 10.95
<i>Shrimp Deep-Fried in a Spiced Batter. Served with Cocktail Sauce and Aioli</i> | CRABCAKES 12.50
<i>Served with Mustard and Tartar Sauce</i> |
| A P P E T I Z E R S A L A D S | |
| TOSSED GREEN SALAD 6.95
<i>Choice of Dressing</i> | |
| CAESAR SALAD 8.95
<i>The Almost Traditional Recipe with Croutons, Parmesan Cheese and Our Special Caesar Dressing with Chicken</i> 11.95 | |
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<i>Boston Lettuce Tossed with Chopped Bacon, Egg, Blue Cheese, Croutons and Ranch Dressing</i> | |
| R.L.T. SALAD 8.95
<i>Crisp Iceberg Lettuce Covered with Fresh Tomato, Bacon, Chopped Egg and Blue Cheese. Served with Our Bacon Dressing</i> | |
| FRENCH COUNTRY SALAD 8.95
<i>Mixed Greens, Grilled Asparagus, Fresh Beets, Goat Cheese, Candied Pecans and Vinaigrette</i> | FACTORY CHOPPED SALAD 9.95
<i>A Delicious Blend of Chopped Beets, Apple, Edamame, Radicchio, Romaine and Romaine, Grilled Chicken, Tomato, White Cheddar All Chopped with Pomegranate Vinaigrette with Chicken</i> 12.50 |

Tries To Solve Problems In Ways That Don't Make Sense



Gets Stuck On One Idea & Becomes Unable To Consider Other Ideas



How Can We Help Individuals With A Brain Injury Improve Their Problem Solving Skills?



SWAPS: The Mantra

- ❖ Stop! Is there a problem?
- ❖ What is the problem and should I try to solve it?
- ❖ Alternative solutions - what are they?
- ❖ Pick and Plan
- ❖ Satisfied with the plan or the outcome?

(Cantor J, Ashman T, Dams-O'Connor K, et al. Evaluation of the short-term executive plus intervention for executive dysfunction after traumatic brain injury: a randomized controlled trial with minimization. Arch Phys Med Rehabil. 2014)

STEP ONE: Stop! Is There A Problem?

❖ **Give yourself time to recognize if there is a problem**

❖ **Changes that may signal a problem:**

Emotional State Health

Physical State Family Life

Cognitive State Income

Other Life Changes

STEP TWO: What Is The Problem & Should I Try To Solve It?

- ❖ **Find clarification by assessing the components**
- ❖ **Ask yourself:**
 - Is there more to this problem?
 - Am I focused on the problem I need to address right now?
- ❖ **Sometimes you may see that there really isn't a problem at all, just a momentary glitch in your life**

STEP THREE: Alternative Solutions

What are they?

- ❖ **Brainstorm**
- ❖ **Come up with as many solutions as possible**
- ❖ **Stay non-judgmental and think clearly**
- ❖ **Be specific**

STEP FOUR: Pick and Plan

❖ Picking the best alternative:

- Will it help me solve the problem?
- Is it feasible?
- Can I afford the costs? – financially, emotionally, cognitively, time
- What are the benefits, and do they outweigh the cost?

❖ Planning to get it done:

- What actions are needed?
- If needing to act now, DO IT NOW!
- If you can't do it now, schedule when you can
- Put actions on a “To Do List”
- If you can't do any of the above, eliminate it as a solution or re-SWAPS

STEP FIVE: Satisfied With The Plan?

Satisfied With The Outcome?

❖ Determine if you are satisfied with your plan

- Unsatisfied – repeat steps 2, 3 and/or 4 until satisfaction
- Satisfied – carry out your plan

❖ Determine if you are satisfied with the outcome

- If the problem remains unsolved, gets worse or changes, go through the SWAPS process again

Kyra's Use Of SWAPS

Coming from from Philadelphia one evening, I needed to take two buses to get home. I was on the first bus and it was running late. I got off the first bus and needed to cross the street to catch the second bus. As I waited for the light to change, my second bus drove by and I missed it. The next bus wasn't going to be there for another hour. My anxiety was triggered. It started to get dark and desolate. There was no place to sit and I'm unable to stand for too long because of severe knee pain. I didn't have money and didn't have anybody to pick me up.

STOP! Is There A Problem?

YES!



What Is The Problem & Should I Try To Solve It?

- * The next bus isn't scheduled to arrive for another hour
- * Suffer from severe arthritis making it difficult to stand for too long
- * Anxiety is increasing
- * Safety concerns: dark and desolate
- * Did not have money to take a taxi
- * Did not have anybody to pick me up

Alternative Solutions: What Are They?

1. Risk the possibility of falling and push through the pain and wait an hour for the next bus.
2. Take a different bus, that runs more frequently, to the mall and taking a third bus from there.
3. Look out for the next car that stops at the red light, knock on their window and ask to hitch a ride home.
4. Call 911.
5. Use coping skills to calm my anxiety and walk to the restaurant across the street to see if there is anybody in there that can assist me.
6. Run across the street to try and get the bus to stop.

Pick and Plan

Solution #5:

Use coping skills to calm my anxiety and walk to the restaurant across the street and see if there is anybody in there that can assist me.

Coping Skills = acknowledge and label emotion, mindful breathing, doing the opposite of your emotional urges, rationalize

Satisfied With The Plan? With The Outcome?

❖ Satisfied with your plan?

- **NO** – repeat steps 2, 3 and/or 4 until satisfaction
- **YES** – carry out your plan

❖ Satisfied with the outcome?

- Problem remains unsolved – SWAPS it again

Client Testimonials

“SWAPS has helped me to organize my thoughts.”

“It helps me to focus on solutions for real life problems.”

“It helps me to focus more.”

“I use it to stay organized when preparing food in the kitchen.”

“I can come up with more solutions by helping me to think more flexibly.”

“In the community, it helps with making rational decisions.”

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S W A P S Worksheet

Initials: _____

Date: _____

Stop! Is there a problem? _____

What is the problem and should I try to solve it?

Alternative solutions?

Pick and Plan

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Satisfied with the outcome?

No, not at all

Somewhat

Mostly

Yes, very