



# CELEBRATING PROGRESS IN BRAIN INJURY SERVICES, SUPPORT AND RESEARCH: HOPE FOR THE FUTURE

AN EDUCATIONAL SERIES

## JOIN US VIRTUALLY

November 5, 2020 through April 22, 2021

20th Year Annual Educational Series

[BIAPA.ORG](http://BIAPA.ORG)



# EDUCATIONAL SERIES INFORMATION

The Brain Injury Association of Pennsylvania (BIAPA) is pleased to announce that the high quality Conference content that the Conference Committee and speakers worked so hard to prepare prior to the onset of COVID-19 will be held as an Educational Series virtually over a span of 6 months. It is our hope that presenting this year's Educational Series virtually will make it available to even more people. Our goal is to make each session interactive, using technology for audience polling, chat, and real-time Q&A. We appreciate our speakers' and audience's flexibility in adapting to this new way of presenting and learning new information and hope that we can reach even more people who have experienced brain injury and their family members along with rehabilitation professionals. Also, please reserve next year's Conference dates, June 27-29, 2021, when we hope to be able to resume our in-person Conference at the Lancaster Marriott at Penn Square.

## REGISTRATION INFORMATION

Register at [biapa.org](http://biapa.org)

<b>Individuals with Brain Injury/Families</b>	<b>\$10 per session</b>	<b>\$100 for 12 sessions (\$20 savings)</b>
<b>Professionals (CEUs included)</b>	<b>\$40 per session</b>	<b>\$180 for 6 sessions (\$60 savings)</b>
		<b>\$300 for 12 sessions (\$180 savings)</b>
<b>Psychologists (APA - additional \$40 charge)</b>		

*Financial assistance to cover the cost of one or more of the educational series sessions, due to financial hardship, is available for brain injury survivors and their families.*

*For information on financial assistance or if you need assistance registering, contact Christine Schneider, [schneider@biapa.org](mailto:schneider@biapa.org) or 1-866-635-7097.*

# BIAPA EDUCATIONAL SERIES NOVEMBER 2020

REGISTER AT [BIAPA.ORG](https://www.biapa.org)

*Thursday November 5, 2020 - 3:00 pm - 4:30 pm - Dr. John Whyte*

## Enhancing Cognitive Functioning after Brain Injury: Progress and Challenges

Cognitive problems are important across the brain injury severity spectrum. Research on disorders of consciousness (DOC) now supports changes in the standard of care and healthcare access. Evidence on treatments for cognitive impairments in higher functioning individuals has been slower to accumulate, and controversies remain regarding the most effective approaches to cognitive rehabilitation, who should deliver them, and whether they should be covered by insurance. This presentation will review the current evidence regarding the ability to improve cognitive function after brain injury, as well as some of the challenges that have limited progress in this area.

*Thursday November 19, 2020 - 3:00 pm - 4:30 pm - Dr. Jeff Kupfer*

## Comprehending Behavior: A Framework for Explanations in Neurobehavioral Treatment

When people seek explanations about behavior (especially when behavior changes suddenly), there is a distinction between “what” is happening, “why” it is happening, and “how” it is happening. Behavior is often mischaracterized because it is in the normal range of actions. If behavior is categorizable, all three categories above must be considered in order to derive more comprehensive and inclusive treatments. Neurobehavior treatment attempts to combine these variables, while seeking out the purpose or function of behavior as well as the best way to talk about it. This presentation will include a case study, along with strategies for integrating Applied Behavior Analysis treatments with medical and rehabilitation treatments. A comprehensive framework for neurobehavior treatment will be presented.

# BIAPA EDUCATIONAL SERIES DECEMBER 2020

REGISTER AT [BIAPA.ORG](https://www.biapa.org)

*Wednesday December 2, 2020 - 3:00 pm - 4:30 pm*

*Dr. David Long, Dr. Edward Murphy, and Jessica Wardell*

**How is memory affected after someone has a brain injury, and what can be done about it?**

When a person has a brain injury, memory difficulty is frequently encountered. This workshop will serve as an update and review of the different types of memory and amnesia (memory impairment), basic underlying brain anatomy, assessment of memory, and treatment approaches including therapy strategies, the use of memory aids, and medications. Although key neuroscience concepts will be presented, an effort will be made to keep the information practical and readily understandable.

*Thursday December 17, 2020 - 3:00 pm - 4:30 pm - Dr. Drew Nagele, Monica Vaccaro*

**Back to the Future: Cognitive Rehabilitation via TeleRehab**

Delivering Cognitive Rehabilitation through remote electronic delivery mechanisms shows promise for being more effective and efficient than utilizing in-person service delivery alone, and may help people become even more successful in their homes/communities. TeleRehab could help to reduce missed appointments, increase access to services, and allow therapists/clients to work in more ecologically-valid environments, increasing treatment efficacy. This presentation will describe the evidence-based research supporting the innovative treatment delivery method, TeleRehab, and a pilot project underway by the PA Department of Health/Brain Injury Association of Pennsylvania, to determine the feasibility, efficacy, and satisfaction of clients/therapists in receiving/providing cognitive rehabilitation through TeleRehab.

# BIAPA EDUCATIONAL SERIES JANUARY 2021

REGISTER AT [BIAPA.ORG](https://www.biapa.org)

*Wednesday January 6, 2021 - 3:00 pm - 4:30 pm*

*Stefani Eichelberger & Dr. Sally Kneipp*

## Traumatic Brain Injuries: Services, Strategies, and Resources to Enhance Employability

This session will address the vocational implications of traumatic brain injuries and the barriers to employment needing sufficient attention for success in industry-integrated competitive employment. Particular emphasis will be placed on the “soft skills” that are essential for sustained positive outcomes, and case examples will be used to highlight the importance of soft skills. Resources of benefit to individuals at various stages of vocational development will be identified and described. The session will include ample time for the audience to raise questions and share experiences related to employment.

*Thursday January 21, 2021 - 3:00 pm - 4:30 pm - Dr. Michael E. Keesler*

## Sustaining Emotional and Physical Intimacy Following Brain Injury

Brain injuries commonly trigger role changes for survivors and their romantic partners. All too often, what was a relatively equal partnership can suddenly shift to a dynamic of caregiver and care-receiver. That shift—and the adjustment to it—can stress both partners, while also challenging the relationship in ways not previously experienced. Like with all challenges to relationships, responses can range from healthy to destructive. This presentation will identify and explore healthy behaviors while also cautioning against some common but avoidable destructive behaviors.

# BIAPA EDUCATIONAL SERIES FEBRUARY 2021

REGISTER AT [BIAPA.ORG](https://biapa.org)

*Wednesday February 3, 2021 - 3:00 pm - 4:30 pm - Mae Reale*

## TBI and Domestic Violence: Using the HELPPS Screening Tool to Support Survivors

Individuals who experience domestic violence are at increased risk for traumatic brain injury (TBI) but frequently remain untreated and undiagnosed. In Pennsylvania, every domestic violence program now uses the HELPPS Screening Tool on intake to ensure survivors seeking shelter and other services are able to identify their risk of TBI and receive assistance with assessment, rehabilitation, and support. In this presentation we will review the connections between domestic violence and TBI and how the HELPPS Screening Tool is utilized throughout the Commonwealth, as well as information on how and when to access local domestic violence programs for help if you or someone you are working with is experiencing domestic violence.

*Thursday February 18, 2021 - 3:00 pm - 4:30 pm - Scott Dillman*

## Fitness Training After Brain Injury: Why and How

Research shows that one of the best things people can do after a brain injury is to exercise. Benefits include improved mood, better health, and changes in cognition and self-esteem. However, figuring out how to get started and what to do can be challenging. This session will discuss why and how to implement a community-based fitness program after brain injury. The presentation will focus on how fitness trainers can develop a plan, promote feelings of health and inclusion, and facilitate changes in quality of life. Part of this presentation will also report on a pilot program for adolescents with brain injury.

# BIAPA EDUCATIONAL SERIES MARCH 2021

REGISTER AT [BIAPA.ORG](https://biapa.org)

*Wednesday March 3, 2021 - 3:00 pm - 4:30 pm - Dr. Ann Marie McLaughlin*

## Care for the Caregiver after Brain Injury

This presentation is geared toward Caregivers. An overview of the impact of caregiver stress will be provided, highlighting the challenges someone caring for a person who has had a brain injury may experience. Issues including age and sex differences, depression, and coping with loss will be discussed. Interventions to support caregivers will be reviewed, including the importance of structure, reframing, and socialization. This session will include a demonstration of progressive muscle relaxation exercise which participants can learn to use as a coping strategy.

*Thursday March 18, 2021 - 3:00 pm - 4:30 pm - Dr. Nabila Enam and  
Dr. Christopher Yang*

## Impact of Sleep Disturbance on Health after Brain Injury

According to the Centers for Disease Control and Prevention, one-third of the US population is affected by sleep disturbance. Sleep disturbance has been associated with chronic diseases such as obesity and heart disease, and is more prevalent after traumatic brain injury (TBI) than in the general population. Sleep deprivation can also affect a person's behavior, cognitive function and quality of life. This presentation will give attendees an overview of prevalence of sleep problems and the effect of sleep on one's health. The attendees will also learn about assessment methods and non-pharmacological interventions to manage sleep problems.



# BIAPA EDUCATIONAL SERIES APRIL 2021

REGISTER AT [BIAPA.ORG](https://biapa.org)

*Wednesday April 7, 2021 - 3:00 pm - 4:30 pm - Sarah Fischer and Laura Fendler*  
**Building Quality of Life after a Brain Injury**

Quality of life factors can improve long term rehabilitation outcomes and increase the likelihood of staying in one's home and community of choice. So what factors make up quality of life and how does one work towards improved quality of life? This presentation will define quality of life and discuss the key factors that make up quality of life, including community engagement and participation, sense of responsibility, purpose and meaning, and social connections, as well as ways to achieve improved quality of life overall following a brain injury.

*Thursday April 22, 2021 - 3:00 pm - 4:30 pm - Madeline DiPasquale, PhD*  
**Building Resiliency: Developing Personal and Community-Based Resources for Hopeful Living after Brain Injury**

Life after acquired brain injury brings many changes. Survivors and their supports often feel overwhelmed by the challenges of recovery. Our discussion on resiliency will focus on how to manage the complicated feelings that are associated with living after brain injury. Understanding and cultivating resiliency personally and in community is our goal. Please join us for our final discussion in our educational series.

# BIAPA EDUCATIONAL SERIES CEU INFORMATION

Continuing education credits or contact hours have been applied for and are pending approval for the disciplines listed below. To receive CEU credits in a specific discipline or a general attendance certificate, you must register, attend, and complete evaluations after attending the sessions. BIAPA is not responsible for individual CEU credits if the process listed above is not followed, and refunds will not be given.

## **Case Managers**

**Certified Brain Injury Specialists**

**Licensed Professional Counselors**

**Occupational Therapists**

**Personal Care Home Administrators**

## **Physical Therapists**

**Psychologists (APA - additional \$40 charge) \* \*\***

**Rehabilitation Counselors \***

**Social Workers**

**Speech Therapists**

\* Psychologist and Rehabilitation Counselors are National CEU's – all the others are PA CEU's



\*\* This conference includes 18 CE. APA Division 22 (Rehabilitation Psychology) is approved by the American Psychological Association to sponsor continuing education for psychologists. APA Division 22 maintains responsibility for this program and its content. For more information about Division 22 or to inquire about membership, please visit [www.div22.org](http://www.div22.org).