

- **The Northeastern University TBI Resource is located on NU's Boston Campus**
<http://www.northeastern.edu/campusmap/>
- **These programs are run at no charge to participants except for transportation related costs to and from Northeastern University**
- **For more info or to enroll in one of these Programs, please contact**
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-E-Mail:
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Resources

**Brain Injury Association of
Massachusetts:**

www.biama.org/

**Brain Injury Association of
America:**

www.biausa.org

**Boston Acquired Brain Injury
Support Group:**

www.babis.info

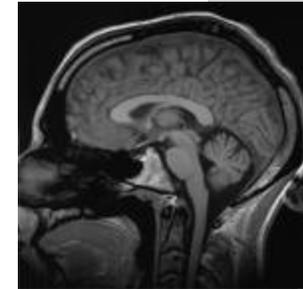
**Massachusetts Rehabilitation
Commission Brain Injury &
Statewide Specialized Services:**

www.mass.gov/mrc/ship



**Northeastern University
TBI Resource**

**Traumatic
Brain Injury
Group
Programs**



*Return to Civilian Life Following
Brain Injury:
Serving Those Who Served Us*

Taking Care of Yourself

Getting Along

Trouble Thinking?

Trouble
Communicating?

Getting Around

Getting A Job

These two Group Programs are offered as a community service to those individuals who sustained a traumatic brain injury while courageously serving our country:

I. Knowledge is Power: Learning Ways to Deal with Mild Traumatic Brain Injury

A. Survivor Group

B. Family Member Group

II. Returning to the Community: Getting Out & About After A Moderate to Severe Traumatic Brain Injury

Traumatic Brain Injury

I. Knowledge is Power: Learning Ways To Deal with Mild Traumatic Brain Injury

A. Survivor Group

Following a mild TBI, a person may experience cognitive-communication difficulties that interfere with their functioning. This group meets weekly, in eight 90-minute sessions. Each session focuses on a different consequence of war-related TBI. Group topics include: The Brain and How it Works, When the Brain Is Injured, Attention, Memory, Problem Solving, Return to Work, and Psychosocial Challenges after Brain Injury.

B. Family Member Group

A mild TBI doesn't just affect the person injured. The family of a person with a mild TBI may not understand how to best assist that person with the cognitive-communication difficulties being experienced. This group meets weekly, in eight 90-minute sessions. The focus of each session parallels the focus of each survivor session.

II. Returning to the Community: Getting Out & About After A Moderate to Severe Traumatic Brain Injury

» Following a moderate to severe TBI, an individual may have difficulty returning to civilian life. This group meets twice weekly, in twelve 90-minute sessions. Sessions focus on different cognitive-communication consequences of war-related TBI that may limit community re-integration, for example: organization, judgment, and interaction skills. Sessions alternate between in-house meetings and community-based meetings. A family member may accompany a group member to all sessions to help that person carry over what is practiced in the group.

