

### Conference Presentation Abstract

**Title:**

The Effectiveness of Self-Awareness Group Therapy Program for Adults with Long-Term Brain Injuries

**Primary Author:**

Bruce Linder, Brain Injury Services (Hamilton)

**Summary:**

Twenty-two adults with long-standing brain injuries participated in seven weekly two-hour group sessions to enhance self-awareness skills. The group leaders facilitated coping skills and self-awareness raising activities which included educational discussions and videos, cognitive and daily living skill activities and a group "trivia" game. Clients were encouraged to predict their performance and re-evaluate their performance after group activities and video feedback.

**Learning Objectives:**

Considerable research has been conducted on the effectiveness of different techniques of improving the self-awareness deficits often accompanying brain injuries. Most of these studies were conducted with adults in the early stages of recovery. Little is known about the effectiveness of such techniques with those with long-standing injuries. Twenty-two adults with long-standing brain injuries serviced at Brain Injury Services of Hamilton participated in seven weekly two-hour group sessions organized in two groups and lead by two staff each. Coping skills and self-awareness-raising activities were partly based on activities found to be effective in the existing literature and included: educational discussions and videos, cognitive and daily living skill activities with feedback, and a group "trivia"-game activity. Clients were encouraged to predict their performance and re-evaluate their performance after group, group leader, and video feedback. The effectiveness of the group intervention was assessed by a pre-intervention vs. post-intervention comparison of two measures: multiple-choice knowledge tests of the information given during the seven sessions, and the Patient Competency Ratings scales (Prigatano) (PCR) completed by staff and clients. The results indicated that both knowledge and self-awareness improved from pre-to-post testing, implying that the group intervention was effective. The implications of these finding for the management and treatment of severe self-awareness deficits will be discussed.