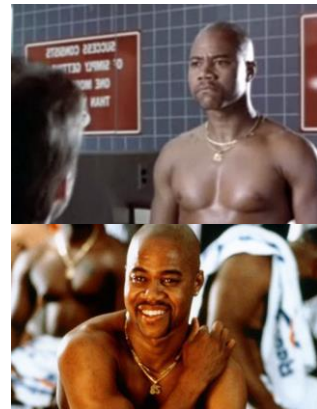


Therapeutic Use of Self in the Treatment of People with Traumatic Brain Injury

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Introduction



Therapeutic Use of Self

“The key to this business is ~~personal~~ **therapeutic** relationships”.

(Dicky Fox, in Jerry Maguire)

Therapeutic Use of Self

The use of oneself in such a way that one becomes an **effective tool** in the evaluation and intervention process

(Mosey, 1986)

Therapeutic Use of Self

The artful, selective, or intuitive use of **personal attributes** to enhance therapy

(Hagedorn, 1995)

Therapeutic Use of Self

Developing an individual style that **promotes change and growth**

(Cara and MacRae, 2005)

Therapeutic Use of Self

An **intentional** relationship

(deliberate.)

(on purpose.)

(planned.)

(Taylor, 2008)

Objectives

- ♥ Understand characteristics of an intentional therapeutic relationship
- ♥ Learn principles for using yourself therapeutically in the treatment of TBI rehabilitation
- ♥ Discuss and explore ways to use yourself therapeutically specifically in TBI rehabilitation

Characteristics of an intentional therapeutic relationship:

Client Centered



Caring/Empathy



Clinical Reasoning



Therapeutic Use of Self



Therapeutic Use of Self: Principles

1. Self Awareness:
 - verbal, nonverbal, emotional communication
 2. Self Discipline
 3. Head over Heart
 4. Mindful Empathy
 5. Growing Interpersonal Knowledge Base
 6. Able to change approach
 7. Client Defines Successful Relationship
 - feedback
 8. Balance of Activity and Interpersonal Focusing
 9. Grounded in Core Values and Ethics
 10. Cultural Competence
- (Taylor, 2008)

Therapeutic Use of Self in TBI Rehab:
Barriers

“I am out here for you. *You don't know what it's like to be ME* out here for *YOU*”

(Jerry Maguire)

Therapeutic Use of Self in TBI Rehab



Caring/Empathy



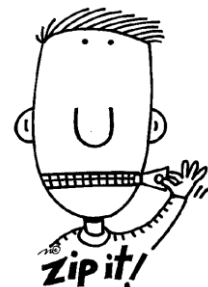
Role and Interactions with Families



Feedback



Influencing Arousal: Self-Awareness



Influencing Arousal: Nonverbal Self



Influencing Arousal: Emotional Self



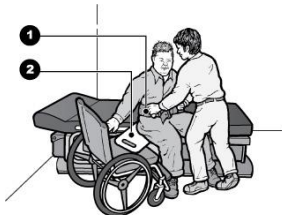
Reactions/Discussion



Influencing the Environment



Influencing Learning: Error Free Learning



Influencing Learning: Hierarchy of Cueing

- (1) verbal supportive (encouragement)
- (2) verbal non-directive (cue to alert)
- (3) verbal directive (instruct)
- (4) gestures (point at object)
- (5) task/env rearrangement (break task down)
- (6) demonstration (demonstrate task/subtask)
- (7) physical guidance (hands down, move body part)
- (8) physical support ('hands up' lift body part)
- (9) total assistance (do task/subtasks for the person).

Client Centered: Tools

- Motivational Interviewing Techniques
- Goal Attainment Scaling

Summary

- Know Yourself
- Know Your Patients
- Plan Ahead
- You are a powerful influence!



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