

SAFE AND EFFECTIVE TELEHEALTH

Counseling and rehabilitation services for people with traumatic brain injury and stroke.

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PROFESSIONAL ORGANIZATIONS

- AOTA
- APA
- APTA
- NBCC
- FSMB



SAFE TECHNOLOGY

- HIPAA-COMPLIANT
- NO RECORDING OR SECURE RECORDING
- HEADPHONES & PRIVATE SCREEN
- PRIVATE ROOM
- STATIONARY



UNSAFE CLIENTS

1. Poor Quality-of-Life
2. Major Depressive Disorder
3. Personality Disorders
4. Dysfunctional Family / Marriage



UNSAFE SERVICES

1. Reconstructive Psychotherapy
2. Trauma Counseling
3. Counseling for MDD, BPD, PDs



SAFE SERVICES

1. Temporary Tele-therapy
2. Coordinating / Case Management
3. Coaching
4. CBT-I / BRS
5. Three Blessing / Happy Hippocampus
6. Values-Based Goaling



WORK-ORIENTED NEUROREHABILITATION

- A systematic process of measuring and developing the work capacity of a person with neurologic, cognitive, emotional, and physical impairments.
- Presumes that participation in work or other meaningful activity is both the context and target of optimally effective services.
- Interdisciplinary in nature, with the principal active disciplines linked to the appropriate rehabilitation stage.



STAGE MODEL OF OCCUPATIONAL NEUROREHABILITATION

Stage	Area Assessed	Measured by, or in terms of ...	Usual Hierarchy of Professions	Usual Hierarchy
8	Earning Capacity	Earned income over expected work-life.	Rehabilitation Counselor, Vocational Evaluator, Economist	RC, VE, E
7	Vocational Handicap	Ability to perform a particular job.	Rehabilitation Counselor, Vocational Evaluator, Occupational Therapist	RC, VE, OT
6	Employability	Ability to become employed in the local labor market.	Rehabilitation Counselor, Vocational Evaluator, Occupational Therapist	RC, VE, OT
5	Vocational Feasibility	Ability to perform fundamental work behaviors.	Occupational Therapist, Vocational Evaluator	OT, VE
4	Occupational Disability	Vocational, social and familial consequences of functional limitations.	Occupational Therapist, Vocational Evaluator, Physical Therapist, SLP	OT, VE, PT, SLP
3	Functional Limitation	Ability to perform component actions and tasks.	Occupational Therapist, Physical Therapist, Speech Therapist, Vocational Evaluator, Neuropsychologist, Rehabilitation Psychologist, Rehabilitation Medicine	OT, PT, SLP, VE, NP, RP, PMR
2	Impairment	Loss or restriction of person component.	Neurologist, Neuropsychologist, Occupational Therapist, Physical Therapist, Speech Therapist	N, NP, OT, PT, SLP
1	Pathologic & Diagnostic	Imaging, laboratory studies, observed signs, reported symptoms.	Neurologist, Neuroendocrinologist, Neuropsychologist	MN, NE, NP



OCCUPATIONAL NEUROREHABILITATION SERVICES

- Client & Family Education & Goaling
- Integrated Work Capacity Evaluation
- Neurofunctional Intervention Services: Delivery & Oversight
- Employer & Vocational Rehab Coordination
- Professional Resource Coordination



OCCUPATIONAL TELE-NEUROREHABILITATION

- Employer-based and home-based services
- Monitoring and encouraging progress through telephone or videoconferencing, plus online or electronically-delivered projects.
 - With a motivated client who has good family support, 1- 2x/ per week will be sufficient.
 - With a client whose motivation fluctuates and/or has poor family support, 4x/week will be necessary.



WON AND VALUES-BASED GOALING

“What’s one thing that, if you lost it, would make life less worth living?”

Danny Munday, Age 15
February 3, 1970



GOALS, GOALING, AND VALUES

- Goals provide a sense safe and abundant living as we integrate goals that are **personally calibrated**.
- Goaling process promotes identification and development of personally-relevant values; helps to clear away confusion.
- Goals stimulate the growth of our value system as we implement them.



WIRED FOR INTENTIONAL LIVING

- The orbitofrontal cortex, nucleus accumbens, and basolateral amygdala are jointly and differentially influenced by dopamine as we approach valued goals.
- Properly-constructed goals have been shown to provide resilience and perseverance in the face of adversity.



GUIDED MASTERY

- Important neurorehabilitation strategy based on Goaling; foster resilience and avoids task-related anxiety.
 - "After perceived efficacy is strengthened to the maximal level by guided mastery, previously intimidating tasks no longer elicit differential autonomic or catecholamine reactions".
- Especially important when ABI is co-morbid with chronic pain; activates endogenous opioid systems
 - (Bandura, Cioffi, Taylor and Brouillard, 1988)



GOALS, FLOW AND COMPETENCE

- Goals are the river bed of Flow, channeling our attention and effort and energy.
- Goals focus the development of occupational competence.
 - The urge towards competence must be focused.
 - Focused development is more efficient internally.
 - Focused development is more externally attuned.



VALUES-BASED GOALING PROCESS

- Systematic process to develop and implement coherent goals to promote healthy growth and development.
 1. Client-Centered Interview
 2. Overnight Review Homework
 3. Reverse Prioritization
 4. Significant-Other or Counselor Review
 5. Publication of the Goal List
- Helps establish a future orientation, develop a basis for planning, and positive feedback.



HELPFUL RESOURCES

Faithful Brain YouTube Channels

Your Faithful Brain: Designed for so much more!

