

## FAQ - Telerehab Centre for ABI

We offer **GROUP** therapies in an interactive, **ONLINE** format to individuals across Ontario living with the enduring effects of an acquired brain injury. The therapies involve discussion and interaction with other participants during the group session, as well as between-session, self-directed readings and home practice. *All therapies are delivered through a secure videoconferencing platform.*

### Services Offered

We offer several different groups, each requiring a commitment of approximately 2.0 hours/week for 6-10 weeks. Eligibility for each group is determined by clinicians at the Centre. The groups focus on education as well as developing and practicing strategies for optimizing day-to-day functioning after brain injury.

- **Goal Management Training** (*a cognitive intervention focused on minimizing attentional slips and improving planning and organization to increase goal attainment*)
- **Cognitive Behaviour Therapy Skills** (*a psychological intervention focused on developing skills and strategies to manage difficult emotions*)
- **Mindfulness Skills Training** (*an intervention focused on developing skills for stress management and to improve emotional well-being*)
- **Concussion Education and Symptom Management** (*for individuals who have sustained a mild traumatic brain injury and are experiencing persistent symptoms*)

### Who should be Referred?

Referrals **must** meet the following criteria:

- history of any acquired brain injury (e.g., mild to severe TBI, stroke, MS, hydrocephalus, tumor)
- > 6-months post-injury (some clients may be eligible earlier, please contact the Centre to discuss)
- no aphasia, dysarthria, or other communication disorder that would affect participation in an online group
- good insight
- no active psychosis or mania
- 18 years of age or older
- fluent in English
- basic computer literacy

***Please visit the website [www.tritelerehab.ca](http://www.tritelerehab.ca) to download and print the current referral form. You can also email us at [telerehab.abi@uhn.ca](mailto:telerehab.abi@uhn.ca) for more information.***