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"Brain injury psychotherapy has evolved into a robust subspecialty with a range of evidence-based treatment modalities, ranging from cognitive rehabilitation to behavioral self-management, to insight-oriented psychotherapy. This is presented all in one package by brain injury expert Pamela Klonoff.

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Cognitive-behavioral therapy is the most scientifically verified psychotherapy treatment, with over 1,000 studies on 10,000 patients, all demonstrating its effectiveness. It's been successively used on a variety of disorders, including traumatic brain injury. CBT seeks to help people understand why they

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behave the way they do.

## **Cognitive Behavioral Therapy After Traumatic Brain Injury**

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Some people find that after brain injury they need to develop new coping skills and ways of dealing with frustration. A therapist who specializes in cognitive behavioral therapy (CBT) can help you get “unstuck” and change negative thinking and communication patterns.

## **CBT Therapy for TRAUMATIC BRAIN Injury Survivors, ABCT**

It is common for the individual with brain injury to wonder why the rehabilitation team wants him/her to see a psychologist. A psychologist will frequently help the person with a brain injury and his/her support system to understand and adjust to his/her medical situation and changes in abilities.



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Treating Depression After Brain Injury There are many options available to help you treat depression after brain injury. The two most widely-recommended treatments are antidepressant medications and psychotherapy. Most TBI patients will need a combination of medications and therapy before they see improvements.

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## **Brain Injury and Depression: Finding Happiness After TBI**

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Using chemical biomarkers released by the brain immediately after a head injury occurs, researchers can pinpoint when patients need urgent medical attention. This saves time in delivering vital treatment and avoids patients from undergoing unnecessary tests where no injury has occurred. The technique was developed by a multi-disciplinary team of researchers in the group of [...]

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