

# CONTINUING EDUCATION & ENRICHMENT

*Inform, Knowledge, Lifelong Learning*

January–June, 2009

## CLASSES AT A GLANCE

**JANUARY 27**

**BRAIN INJURY:  
INTRODUCTION**

**FEBRUARY 25**

**WEDNESDAY WORKSHOP:  
ASSISTIVE TECHNOLOGY**

**MARCH 24**

**BRAIN INJURY:  
INTRODUCTION**

**MARCH 25**

**WEDNESDAY WORKSHOP:  
HEG & EEG BIOFEEDBACK**

**APRIL 28**

**BRAIN INJURY: ADJUSTMENT  
TO DISABILITY**

**APRIL 29**

**WEDNESDAY WORKSHOP:  
INTERACTIVE METRONOME**

**MAY 19**

**BRAIN INJURY: CAREGIVING**

**MAY 26**

**BRAIN INJURY: ADJUSTMENT  
TO DISABILITY**

**MAY 27**

**WEDNESDAY WORKSHOP:  
BRAIN INJURY AND  
VOCATIONAL  
REHABILITATION**

**JUNE 10**

**BRAIN INJURY: CAREGIVING**

Training Opportunities for Professionals who support persons affected by brain injury and free or low-cost education opportunities for all people affected by brain injury, including family and friends. Continuing Education Units (CEU's) are available for select training opportunities.

## BRAIN INJURY BASICS

The Brain Injury Basics workshops are available to those who have sustained brain injury, their family, friends, and the professionals who support them.

### Brain Injury: An Introduction

An introductory workshop that presents basic facts about the brain and brain injury, living with brain injury and its effects, brain injury resources and more.

- Date: January 27 and March 24
- Time: 6 – 7:30 p.m.



### Brain Injury: Adjustment to Disability

A workshop addressing the life changes that occur with brain injury, including: the process of adjustment, emotional aspects of changes and adjustment challenges for individuals with brain injury and their loved ones.

- Date: April 28 and May 26
- Time: 6 – 7:30 p.m.

### Brain Injury: Caregiving

Brain injury not only impacts the person who sustained the injury, but also all individuals in their lives. These individuals play an important role in enhancing quality of life and promoting adjustment to life after a loved one's brain injury through their caregiving. Learn more about brain injury, tips on supporting the person with brain injury and "taking care of the caregiver."

- Date: May 19 and June 10
- Time: 6 – 7:30 p.m.

Registration is required. All workshops take place in the Education Center at the Brain Injury Association of Minnesota. Brain Injury Basics workshops are FREE for persons with brain injury, family members and friends. The fee for professionals is \$20 per person per session (up to 2.5 CEU's included). For more information or to register for any of our educational classes, call 612-378-2742 or 1-800-669-6442, or visit our Web site at [www.braininjurymn.org](http://www.braininjurymn.org).

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## WEDNESDAY WORKSHOPS

The Wednesday Workshops are brief and intensive educational sessions for a relatively small group of professionals focusing on a different brain injury topic each month.

**February 25, 2009**

### **Assistive Technology (AT): Enhancing Education, Employment and Community Living Success for Individuals with Traumatic Brain Injury**

*Presented by Erika Frake, MFCS; Brain Injury Association of Minnesota*

*and Janet Peters; Great Lakes ADA Center*



Participants will learn how AT can improve opportunities for success in education, employment, and community living. The presentation will also highlight what the law says about the use of AT in education and the work force. Resources for identifying, acquiring and funding AT will be identified.

**March 25, 2009**

### **HEG and EEG Biofeedback**

*Presented by Lyle Elenkiwich, LICSW;*

*Emotional Health Care*

This presentation will examine what part of the brain is responsible for certain behaviors, including goal setting and boundaries. It also will include a discussion on how to determine what areas of the brain are underactive, overactive or

unstable. Many brain injured individuals (including returning soldiers) are finding new ways to help the brain heal and adjust. HEG and EEG can aid the brain learn to be performing repetitive cognitive exercises. Just as a muscle increases in strength by exercise, research has discovered the brain can increase its ability to do its job by specific exercises.

**April 29, 2009**

### **Interactive Metronome (IM) - Exercising the Brain**

*Presented by LeAnn Mateffy-Horn, MS, OTR/L;*

*Courage Center*

IM can be used by both adult and pediatric clients as a computer-based program to improve both cognition thinking skills and motor skills.



**May 27, 2009**

### **Brain Injury and Vocational Rehabilitation in the Minnesota Worker's Compensation System**

*Presented by Tom Saby, MS, CRC, QRC, Saby Consulting Services*

This presentation will look at the general description of the Minnesota worker's compensation system with particular attention to the vocational rehabilitation benefits available to workers with injuries. The progression of several hypothetical cases through the steps in the vocational rehabilitation process will be described as well as the process of providing accommodations needed for people with brain injuries.

**Who:** Brain injury professionals and caregivers

**What:** Monthly Wednesday Workshops

**Where:** Brain Injury Association of Minnesota Education Center: 34 13th Avenue Northeast, Minneapolis

**When:** 1:30 to 4 p.m., February 25, March 25, April 29, May 27

**Cost:** \$40 per person per session

**Benefit:** 2.5 Continuing Education Units (CEU's) are available for each Wednesday Workshop

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## ON SITE TRAINING OPPORTUNITIES

### Brain Injury Basics for Professionals

This class is an interactive introduction for professionals about the functional issues of brain injury, adjustment to disability issues and needs, management strategies, behavior review, intentional interactions and co-occurring disorders. (1.5 to 2.5 hour versions)

### Beyond Brain Injury: Supported Employment

This is a training session for professionals and paraprofessionals working in vocational environments with persons with brain injury.

Individuals with brain injury often incur life-long issues that may affect their return to work. This presentation will address some of the residual challenges of brain injury and show how teamwork and a holistic approach can provide a network of support.

Course participants will become familiar with basic brain anatomy and its primary functions, address issues and identify factors related to returning to work, explore reasons for vocational failure, and look at placement considerations for persons with brain injury. (3 hours)

### Case Management and Brain Injury: Adapting your Style for Successful Outcomes

Learn how brain trauma affects behavior, communication and relationships. This class also teaches strategies for positive case management outcomes and discusses ways to adapt the environment for persons with brain injury. You will also learn how to adapt your own style for the intake process when working with persons with brain injury. (2.5 hours)

### Shaken Baby Syndrome/inflicted Traumatic Brain Injury (SBS/iTBI)

This class defines SBS/iTBI and discusses the who, what, when, and why this abuse happens. Learn about the consequences of SBS/iTBI for the child and their family and strategies for prevention. (2 hours)

The Association offers on-site training at your facility. Training fees are \$125 per hour. Mileage plus overnight expenses may be added when training occurs more than 65 miles outside the Twin Cities metro area. Contact the Association's Education department at 612-378-2742 or 800-669-6442 for more information on these training opportunities. Continuing Education Units are available for selected classes.

**24th Annual Conference**

for Professionals  
in Brain Injury  
Foundations  
for the  
Future

The 24th Annual Conference for Professionals in Brain Injury will be take place on Thursday and Friday, April 23 and 24 at the St. Cloud Civic Center in St. Cloud. More information and registration for the 24th Annual Conference will be available in mid-to late-February. Keep up-to-date by visiting [www.braininjurymn.org](http://www.braininjurymn.org).

ON SITE TRAINING OPPORTUNITIES

# Education Services at the Brain Injury Association of Minnesota



## Family Violence and Brain Injury

This class discusses research on the high incidence of traumatic brain injury in victims of family violence and how traumatic brain injury compounds the challenges faced by these victims. Learn about common practices for working with victims of family violence. (1.5 hours of CEU's available)

## Long-Term Care and Participants with Brain Injury

The Brain Injury Association of Minnesota offers flexible training of residential staff who work with persons with a brain injury. Participants will receive basic brain injury education, learn how to enhance relationships between caregivers and residents, create quality home environments and methods to manage interruptive behaviors.

“Take away” training materials will be provided to participants, so that they may train staff at their facility.

Participants can gain up to seven CEU's.

The cost is \$250 per person for the seven hour training. Lunch is provided.

**See inside for more educational opportunities!**