

2009

HARNESSING THE POWER AFTER BRAIN INJURY

PROVINCIAL ACQUIRED BRAIN INJURY CONFERENCE

WEDNESDAY, OCTOBER 28TH - FRIDAY, OCTOBER 30TH

SHERATON ON THE FALLS HOTEL, NIAGARA FALLS, ON



**ONTARIO
BRAIN INJURY
ASSOCIATION**



**BRAIN INJURY
ASSOCIATION
OF NIAGARA**

Welcome and Introduction

Hosts

The Ontario Brain Injury Association (OBIA) in collaboration with the Community Support Network (CSN) and with host association the Brain Injury Association of Niagara (BIAN) welcome you to the 2009 Provincial Acquired Brain Injury Conference.

Our Target Audience

This conference will be of special interest to professionals in the field of ABI rehabilitation including, but not limited to, Physiotherapists, Occupational Therapists, Speech and Language Pathologist, Psychologists, Physicians, Case Managers, insurance and legal representatives.

We will also be offering a stream of workshops specially selected for survivors, their families and caregivers.

Continuing Education Credits

A certificate of attendance for CEU credits will be provided in the delegate package. Participants are encouraged to contact their professional/college association for continuing education credits.

Evaluation Prizes

Delegates who complete evaluation forms will be eligible for prizes. Draws will take place throughout the conference.

Keynote Speakers

Abe Sniderman MD, FRCPC has been the director of Toronto Rehab's neuropsychiatry clinic since 1995. Dr. Sniderman holds a specialist certificate in Psychiatry and a sub specialist designation in Neuropsychiatry, both from the University of Toronto. Dr. Sniderman's presentation *Who's life is it now? Cognitive and Emotional Issues after Brain Injury* will deal with the cognitive, behavioural and emotional consequences of brain injury from a neuropsychiatric point of view. Current theories about diagnosis and treatment of such problems will be addressed.

Bryan Kolb Ph.D. has long been considered one of the world's most influential neuroscientists and is the Associate Director of CIFAR's Experience-based Brain and Biological Development program. Dr. Kolb has been described as a "founding father of behavioural neuroscience." He combines neuroscience and psychology to examine the important interplay between experiences, neuron changes and behaviour. Dr. Kolb will present *Harnessing the Power of Brain Plasticity to Stimulate Recovery from Brain Injury* from a multiple perspective on neuroplasticity including incorporating his personal experience with respect to having sustained a stroke.

Feature Speakers

Val Lougheed M.Ed., R.S.W., CCRC, CVE, RRP is the President of Northern Lights Vocational Services. For the past 20 years, Ms. Lougheed has also been designing and delivering staff training for professionals across Canada and abroad. Ms. Lougheed's presentation *Trauma, Rehabilitation and Recovery* chronicles her own recuperation from catastrophic injuries sustained in a head-on collision in 2003 and provides practitioners with profound yet practical insights into the experience of recovery.

Greg Goldberg B.A. (Hon), B.Ed has a background in film and television productions, stand-up comedy, and is the author of the novel *The Organ of Intelligence*. Mr. Goldberg conducted extensive research in the aftermath of head injuries, but he didn't just research it, he lived it. *Time with the Temporal Lobe* promises to be entertaining, uplifting, and strategic; leaving the audience inspired and ready to take on new life challenges.

Concurrent Presentations

Session A

- A1. **There Is a Little Bit of Kramer in All of Us – Rolf Gainer, Ph.D. Psych. and Dan Harren, B.A. (Hon) Psych.** will demonstrate how a social skills program can be made more effective through the use of the amplified life situations found in "sitcoms". They will explain how material from these shows can be used to promote self awareness and increase the self-regulation of behaviour.
- A2. **Research evidence for Mindfulness: Impact on Quality of Life for ABI Survivors- Janine Maitland, M.Sc., Audrey Devitt, B.A.Sc., and Paula Rogers, B.A.Sc.** will discuss the impact of a 10 week mindfulness program for survivors with mild to moderate ABI. The presentation will describe the key results as well as the challenges encountered.
- A3. **Brain Fitness Basics: Harnessing the Power from our Neurons - Paula Hilborn, B.Sc., OT Reg. (Ont.) and Tina Jhajj, M.Sc., OT Reg. (Ont.)** will provide a basic understanding of brain fitness and recommendations about how to incorporate this into one's practice. A literature review of the latest research and resources will also be provided.
- A4. **Interpreting the Culture, Not the Language - Frank Tenuta, M.A.** will help professionals understand the impact culture has on rehabilitation practices for ABI survivors. Methods for recognizing the person's cultural background in the rehabilitation setting will be identified.
- A5. **Talk of Transformation - Donna Lee Zmenak, SLP, and Kevin Baker** will present a framework for practical and highly effective ways to regain a sense of connection, value, purpose and self-empowerment through conscious communication and thinking about thinking.
- A6. **Navigating the Way to Driving After an ABI - Marjorie Green, B.Sc., OT Reg. (Ont.), CDRS, Elke McLellan, OT, and Bindhu Sadasivan, B.Sc., OT Reg. (Ont.)** will help you gain an understanding of how impairments as a result of a brain injury impact driving performance. They will highlight the various roles that relevant health care professionals in Rehab facilities, the community and Driver Rehab Centre's play in the return to driving independence.

Session B

- B1. **Development of Classification of Catastrophic Brain Injury - Mark Bayley, M.D. F.R.C.P.C.** will present the outcomes of The Consensus Conference including the evidence based classification of brain impairment and application to catastrophic impairment classification report which provides an evidence-based prognostic framework to predict future health care needs after traumatic brain Injury (TBI) in adults.
- B2. **Lessons Learned Along the Road to Mindfulness - Melissa Felteau, M.A.d. Ed. (C)** will highlight on the research findings of a Mindfulness-Based Cognitive Therapy (MBCT). This studies aim is to inspire hope in the possibility of emotional recovery following TBI. Discussions will also include the functional neuroanatomy of mindfulness meditation.
- B3. **The Rights of a Disabled (Brain Injured) Person in Returning to Work, and the Rights of an Employer to Deny Their Return - David Payne, LLP and David Tenzsen, LLP** will provide an understanding about the legal barriers and how to overcome them. He will review leading employment cases, current legislation, and explain wrongful dismissal, constructive dismissal and The Human Rights Act.
- B4. **Crash Test - My Brother's Accident and the Race of Our Lives - Chris Bye and Rick Bye** were professional race car drivers. Rick, on his way to compete in Daytona had a near fatal car crash. Crash Test is Chris's inspiring story of crisis, transformation, and triumph, showing how two men's tenacity, tested on the racetrack brought them through what would become the race of their lives.
- B5. **Creative Hands: A Site For (re)Building the Self-Esteem of Survivors of TBI/ABI - Claire Smith, M.A., Ph.D. candidate and Glennis Easey, M.Ed. (Counseling), C.C.C.** will give both scholarly and anecdotal evidence about the benefits of Creative Hands including the impact on a client's cognitive rehabilitation, intrapersonal skills and feelings of empowerment.
- B6. **Early Vocational Reintegration Post ABI - Janet Fisher Macquire, B.Sc. (OT) and Lee-Anne Beam (survivor)** will present as a "team" who collaboratively engaged in a return to work experience 6 months post injury. Topics discussed will include utilizing the work experience to enhance cognitive and neurobehavioral skills, adaption of the work environment and team meetings with the employer.

Concurrent Presentations

Session C

- C1. **Plasticity and Recovery in Persons with Complex and Catastrophic Brain Injuries - Josie Turbach, H.B.A., Krista Davis, CBIS Trainer, and Dawn Good, Ph.D., C.Psych.** will present accumulated longitudinal data collected over the past 10 years, that demonstrates results and patterns that are consistent with evidence for neural plasticity activated post trauma and enhanced through enrichment in individuals with catastrophic brain injuries.
- C2. **Helping Individuals with Mental Health Issues Achieve Success after ABI - Abbey Bird, M.S.W., R.S.W., Lisa Iliadis, B.A., B.H.Sc., OT Reg. (Ont.), and Leah Fletcher, B.App.Sc.,** will identify barriers and discuss practical strategies clinicians can implement when working with individuals with mental health and/or substance abuse issues.
- C3. **Brain Power: Empowering Healthcare Specialists – Nigel Gilby, LLP** will offer treatment providers tips on preparing notes, records and reports in a way that will best assist the brain injury survivor in working through the insurance and litigation process.
- C4. **Connecting the Dots After Childhood Stroke - Anna Marie Batelaan, B.S.W., M.S.W., R.S.W., Nicole Young, OT Reg. (Ont.), B.A., M.Sc., and Jennifer Ryan, PT** will illustrate the challenges pediatric stroke survivors experience on their journey to adulthood and the supports that are available through the means of a powerful case study.
- C5. **Virtual Reality Technology as a Tool in the Treatment of Balance Impairments – Through an interactive demonstration, Chris Pollard, PT and Assunta Berardocco, PT** will show how virtual reality can be used for the rehabilitation of adults presenting with balance impairments. The VR system can offer engaging, balance challenging activities while incorporating real-time visual feedback to users.
- C6. **"Becoming" Through Self-Determining Action - Judy Quance, B.Sc. Psych. and Laura Giandomenico, B.Sc., R/TRO** will discuss a collaborative, community based intervention where emphasis is placed on identifying, developing and implementing meaningful recreational and leisure activities as a therapeutic and life-changing medium.
- C7. **Ask the Doctor – Jane Gillett, M.D. F.R.C.P.C.,** will create a comfortable atmosphere for discussion, when she gives survivors and their families an opportunity to ask questions on various topics. **Survivor/Caregiver only**

Session D

- D1. **Substance Use and Brain Injury Community of Practice: There's Power in Numbers Carolyn Lemsky, Ph.D., C.Psych., Tim Godden, M.S.W., R.S.W., and Dennis James, M.Sc. (Counseling Psych.)** will discuss their participation in the Substance Use and Brain Injury Bridging Project (SUBI) and provide information about how to adapt the SUBI materials to varied levels of cognitive functioning as well as an overview of the activities of the newly developing community of practice.
- D2. **Incorporating Yoga and Mindfulness in Brain Injury Rehabilitation Programming - Sherrie Bieman-Copland, Ph.D., C.Psych., Arlene Kerr, R.Y.T., and Lee-Anne Beam** will share multiple perspectives about how yoga and other mindfulness techniques can help therapists and survivors address behavioural problems at the core level of the emotional deregulation.
- D3. **Going to the Dogs: Channeling Canine Charisma - Rebecca Swift-Weir, R.N.** will outline the Animal Assisted Interventions (AAI) being implemented at Brain Injury Services Muskoka Simcoe. Scenarios of sessions will be presented and workshop participants will have the opportunity for hands on activities with Creemore, a five year old retriever.
- D4. **When Reality Television Collides with Rehabilitation: Harnessing Creativity - Leslie Birkett, B.Sc., OT Reg. (Ont.) and Deidre Sperry, M.Sc., SLP (C)** will share emerging work in the area of assessing youth with impairments of executive functioning as it relates to community safety. Real life situations, reminiscent of a reality television scavenger hunt, were used to create this clinically relevant experience.

- D5. **Working together to Energize Lives - Janis Giftopoulos, B.A. (Sociology), B.A. (Gerontology), Jessica Bagu, R.T., and Debbie Deschamps (survivor)** will focus on the partnership between the CNIB Outreach and Brain Injury Services and how the synergy of combining supports for individuals with multiple needs can be channeled to allow latent energies to be actualized.
- D6. **Harnessing our Inner Strengths to Thrive after TBI - Irene Cop, B.Sc., D.C., S.W.C.,** will give simple, proven tools to help clients and their families recognize they do have control over their new lives and to help them harness their most powerful tool of all, their motivation. Dr. Cop has experienced all perspectives related to TBI including, being a professional, a mother of a son with TBI and a survivor of a mild TBI.

Session E

- E1. **The Power of Collaboration Projects in Community Practice - Ellen Pellett, B.Sc., OT Reg. (Ont.), Rita Lenhardt, SLP, Reg. CASLPO, CCC-SLP, and Jack Rafacz (survivor)** will demonstrate how client-driven projects have proven to be a powerful tool in recovery and rehabilitation by building on the client's strengths, interests and skills. Dr. Ylvisaker will discuss the use of meaningful projects in rehabilitation and their potential role in relation to the cognitive, self-regulatory, behavioural and emotional domains of intervention.
- E2. **Treatment of Affective Disorders and Challenging Behaviour Following Brain Injury – Jo-Anne Aubut, B.A.** will review evidence-based research focusing on the treatment and interventions of challenging behaviours and affective disorders following ABI in adult populations.
- E3. **Promoting social engagement by understanding and enhancing emotional responsivity in persons who have experienced ABI – Dawn Good, Ph.D., C.Psych.** will discuss how psychosocial outcomes for survivors of an acquired brain injury (ABI) are challenged by depression and anxiety, and how social interactions are compromised as a function of their reactions and behaviour. Good will present a review of research which has shown that these individuals are less able to interpret emotional signals from themselves or others; and improving their arousal/stress can ameliorate these outcomes.
- E4. **Neuropsychological Injury and the Legal System: Walking a Survivor Through The Process - Saadia Ahmad, Ph.D., C. Psych. and Melanie Gardin, LLP** will provide an understanding about the implications of neuropsychological injury when telling an accurate story in legal settings. Tools and strategies to assist survivors will also be presented.
- E5. **Maximizing Communication Potentials: A Model to Empower Survivors - Mary-Ellen Thompson, Ph.D., SLP, Lianne Smith, and Kaitlyn Woods, Grade 10** student will discuss a model of communication which provides an effective method to address poor intelligibility of speech in dysarthria associated with TBI. A case study will be also be presented.
- E6. **You Can Teach an Old Dog... - Debby Vigoda, Ed.D.** will demonstrate from personal experience that there is still potential for learning and growth by older survivors and dispel some of the negative stereotypes related to older adults.
- E7. **A Caregiver and Survivor Restorative through Yoga & Mindfulness - Arlene Kerr, R.Y.T.** will provide caregivers and survivors with an experiential opportunity to practice a number of techniques that promote deep breathing, full body relaxation and gentle stretching to restore the body and mind.

Check online for detailed abstracts

Delegate Registration

Name _____

Company _____

Address _____

City _____ Prov./State _____ Postal Code _____

Phone _____ Email (Required) _____

Please indicate any dietary restrictions

- I will be attending the Gluckstein & Associates LLP welcoming reception on Wednesday evening.
- I will be attending the Conference Dinner hosted by ONF on Thursday evening.
- My attendant will be accompanying me (OBIA will contact you to arrange details).
- I do not wish to have my name included in the Delegate Directory.

Concurrent Sessions

I will be attending: (Please mark the first choice with a 1 and the alternate choice with a 2)

- Session A** A1 _____ A2 _____ A3 _____ A4 _____ A5 _____ A6 _____
- Session B** B1 _____ B2 _____ B3 _____ B4 _____ B5 _____ B6 _____
- Session C** C1 _____ C2 _____ C3 _____ C4 _____ C5 _____ C6 _____ C7 _____
- Session D** D1 _____ D2 _____ D3 _____ D4 _____ D5 _____ D6 _____
- Session E** E1 _____ E2 _____ E3 _____ E4 _____ E5 _____ E6 _____ E7 _____

Attention Survivors and Family Members

Thanks to the generosity of the **Thomson, Rogers Diamond Sponsorship** a limited number of delegates will be able to receive a subsidized conference rate of \$50 per person. **Diamond Sponsorship does not include accommodations or travel expenses.**

If you are interested in attending as a sponsored delegate, please indicate below

- I am a survivor/family member and would like to be CONSIDERED for the **Thomson, Rogers Diamond Sponsorship** to subsidize my registration.

Registration Options/Fees

Registration will be confirmed only upon receipt of payment - check your registration option.

- Option 1 @ \$350: Early Bird Registration Rate** - By September 21, 2009
- Option 2 @ \$400: Final Registration Rate** - After September 21, 2009
- I wish to bring a guest to dinner at an additional cost of \$60*

Payment Options

- Cheque/Money Order** **VISA** **Mastercard** **Amex**
- (Please make cheques and money orders payable to the Ontario Brain Injury Association) Credit Card# _____ Exp. Date _____ / _____
- Name on Card: _____

Return your completed form(s) with your payment(s) to:
Ontario Brain Injury Association, PO Box 2338, St. Catharines, ON L2R 7R9, Canada
or Fax to 905.641.0323

Privacy and Disclaimer

The Ontario Brain Injury Association (OBIA) respects your privacy. We protect your personal information and adhere to all legislative requirements with respect to privacy. We do not rent, sell or trade our mailing lists. Collecting your personal information ensures that we may fulfill your request. From time-to-time, we may also keep you informed and up to date on programs or activities by OBIA.

Refund of registration fees will be made, less a \$50.00 administration fee, with written notice postmarked by 10/16/2009. No refunds will be issued after this date although delegate substitution is acceptable.

Cheques returned due to insufficient funds, will be subject to a \$15.00 administration fee.

Late Registrations will not be guaranteed delegate kits or meals.

No registrations on day of conference.

Please Join Us For:

Gluckstein & Associates LLP
Welcoming Reception
Wednesday, October 28th
7:00 P.M. – 9 P.M.

Gluckstein & Associates LLP
Cocktail Reception
Thursday, October 29th, 2009
5:15 P.M. – 6:00 PM



Conference Schedule

Wednesday, October 28th

7:00 PM - 9:00 PM: Gluckstein & Associates LLP Welcoming Reception & Pre-Registration

Thursday, October 29th

7:15 - 8:30 AM: Registration and Breakfast (hosted by Mackesy, Smye LLP)

8:45 - 9:00 AM: Welcome and Introductions

9:00 - 10:00 AM: **Keynote Presentation: "Who's life is it now"? Cognitive and Emotional Issues after Brain Injury by Abe Sniderman MD, FRCPC**

10:00 - 10:35 AM: Refreshment Break (hosted by Daniel & Partners)
Exhibits and Creative Energy Displays

10:35 - 11:35 AM: Concurrent Session A

11:45 - 1:15 PM: Lunch (hosted by Neinstein & Associates LLP) and Draws

1:15 - 2:30 PM: **Feature Speaker: Trauma, Rehabilitation and Recovery by Val Loughed M.Ed., R.S.W., CCRC, CVE, RRP**

2:40 - 3:40 PM: Concurrent Session B

3:40 - 4:15 PM: Refreshment Break (hosted by Daniel & Partners)
Exhibits and Creative Energy Displays

4:15 - 5:15 PM: Concurrent Session C

5:15 - 6:00 PM: Gluckstein & Associates LLP Cocktail Reception

6:00 - 7:30 PM: Conference Dinner (hosted by the Ontario Neurotrauma Foundation) & Draws

Friday, October 30th

7:00 - 8:00 AM: Breakfast (hosted by Oatley, Vigmond)

8:15 - 8:30 AM: Greetings and Introductions

8:30 - 9:30 AM: **Keynote Speaker: Harnessing the Power of Brain Plasticity to Stimulate Recovery from Brain Injury by Bryan Kolb Ph.D.**

9:40 - 10:40 AM: Concurrent Session D

10:40 - 11:15 AM: Refreshment Break (hosted by Daniel & Partners)
Exhibits and Creative Energy Displays

11:15 - 12:15 PM: Concurrent Session E

12:30 - 2:00 PM: Lunch (hosted by Bogoroch & Associates) and Draws

2:00 - 3:00 PM: **Feature Speaker: Time with the Temporal Lobe by Greg Goldberg, B.A. (Hon), B.Ed**

3:00 - 3:15 PM: Closing Remarks and Draws

Accommodations

Delegates are responsible for arranging their own accommodations. A selected number of rooms have been held for conference delegates at the host facility at a special negotiated rate. **To receive this rate you must book prior to September 27, 2009 and request the special convention rate for the Ontario Brain Injury Association.**

Sheraton On The Falls
(across from the Rainbow Bridge)
5875 Falls Avenue
Niagara Falls, Ontario
L2G 3K7
**Phone: 905-374-4445 or
1-800-519-9911**

Hotel Rates

- \$95.00 for traditional room + tax
- \$145.00 for falls view + tax

Directions

From Toronto

- Take QEW to Niagara
- From QEW, take Hwy 420 towards the Rainbow Bridge and "The Falls" to Falls Avenue

From London

- Take 401 East
- Take 403 towards Hamilton
- Take the Red Hill Parkway to the QEW
- Take QEW to Niagara
- From QEW, take Hwy 420 towards the Rainbow Bridge and "The Falls" to Falls Avenue

From Fort Erie

- Take QEW to Toronto
- From QEW, take Hwy 420 towards the Rainbow Bridge and "The Falls" to Falls Avenue

Transportation from the Toronto or Hamilton Airport

- Go to www.niagaraairbus.com and when prompted enter code 410 for a special discount

