



17th Annual Brain Injury Conference

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Poster #: 3

Abstract Title: Navigating Grief and Loss: The Impact of Acquired Brain Injury on Family Dynamics and Support Mechanisms.

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ABSTRACT:

Abstract Theme: Mild - Moderate Brain Injury

Topic(s) of Interest: Best Practices

Purpose of Project: It is often said that brain injury affects whole families, not just individuals. Families provide vital support to relatives with brain injury yet shoulder significant stress and anxiety with little help, threatening family cohesion and rehabilitative outcomes. Using the ACT model helps caregivers identify and address personal barriers and obstacles, prioritize values, focusing on their grief.

Methods, Procedure, Results/Outcome, Conclusion:

Caregivers typically provide considerable rehabilitative support to loved ones living with Acquired Brain Injury to manage the physical and psychosocial burdens of long-term disability. Despite extensive literature on the benefits of counseling for survivors of brain injury, therapeutic approaches addressing emotional and functional changes for survivors and their caregivers may be undervalued—and even underutilized. Therapeutic interventions should reconcile notions of hope and acceptance in order to help carers confront the permanence of brain injury and develop sustainable care practices. We recommend that interventions address feelings of unresolved grief and ambiguous loss and develop tailored support for caregivers which targets pertinent psychological concerns. Accepting the losses of relatives' abilities and care demands assists family caregivers to better adapt. Gain a comprehensive approach with the Acceptance and Commitment Therapy (ACT) model and its use with caregivers/families. Utilize the main ACT processes and how to apply them in sessions with caregivers and families. For instance, support families by teaching them about defusion exercises, which can help them disentangle from negative thoughts and emotions.