Therapeutic Use of Self in the Treatment of People with Traumatic Brain Injury

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Introduction

Therapeutic Use of Self

“The key to this business is personal therapeutic relationships”.
(Dicky Fox, in Jerry Maguire)

Therapeutic Use of Self

The use of oneself in such a way that one becomes an effective tool in the evaluation and intervention process
(Mosey, 1986)
**Therapeutic Use of Self**

The artful, selective, or intuitive use of personal attributes to enhance therapy
(Hagedorn, 1995)

**Therapeutic Use of Self**

Developing an individual style that promotes change and growth
(Cara and MacRae, 2005)

**Therapeutic Use of Self**

An intentional relationship
(deliberate.)
(on purpose.)
(planned.)
(Taylor, 2008)

**Objectives**

- Understand characteristics of an intentional therapeutic relationship
- Learn principles for using yourself therapeutically in the treatment of TBI rehabilitation
- Discuss and explore ways to use yourself therapeutically specifically in TBI rehabilitation

**Characteristics of an intentional therapeutic relationship:**

- Client Centered
- Caring/Empathy
- Clinical Reasoning
- Therapeutic Use of Self

**Therapeutic Use of Self: Principles**

1. Self Awareness:
   - verbal, nonverbal, emotional communication
2. Self Discipline
3. Head over Heart
4. Mindful Empathy
5. Growing Interpersonal Knowledge Base
6. Able to change approach
7. Client Defines Successful Relationship
   - feedback
8. Balance of Activity and Interpersonal Focusing
9. Grounded in Core Values and Ethics
10. Cultural Competence
    (Taylor, 2008)
Therapeutic Use of Self in TBI Rehab: Barriers

“I am out here for you. You don't know what it's like to be ME out here for YOU”

(Jerry Maguire)

Caring/Empathy

Role and Interactions with Families

Feedback

Influencing Arousal: Self-Awareness
Influencing Arousal: Nonverbal Self

Influencing Arousal: Emotional Self

Reactions/Discussion

Influencing the Environment

Influencing Learning: Error Free Learning

Influencing Learning: Hierarchy of Cueing

(1) verbal supportive (encouragement)
(2) verbal non-directive (cue to alert)
(3) verbal directive (instruct)
(4) gestures (point at object)
(5) task/env rearrangement (break task down)
(6) demonstration (demonstrate task/subtask)
(7) physical guidance (hands down, move body part)
(8) physical support ('hands up' lift body part)
(9) total assistance (do task/subtasks for the person).
Client Centered: Tools

• Motivational Interviewing Techniques

• Goal Attainment Scaling

Summary

• Know Yourself

• Know Your Patients

• Plan Ahead

• You are a powerful influence!

References


