


**Psychological Injury**

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Chartered Clinical Psychologist



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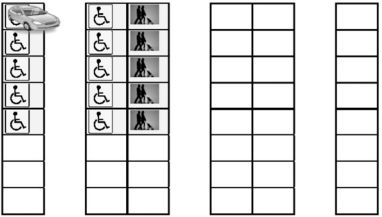
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SUPERMARKET  
ENTRANCE



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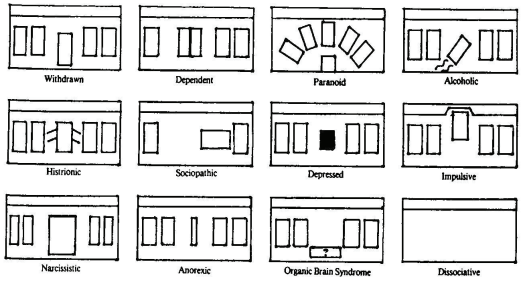
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Withdrawn      Dependent      Paranoid      Alcoholic

Histrionic      Sociopathic      Depressed      Impulsive

Narcissistic      Anorexic      Organic Brain Syndrome      Dissociative

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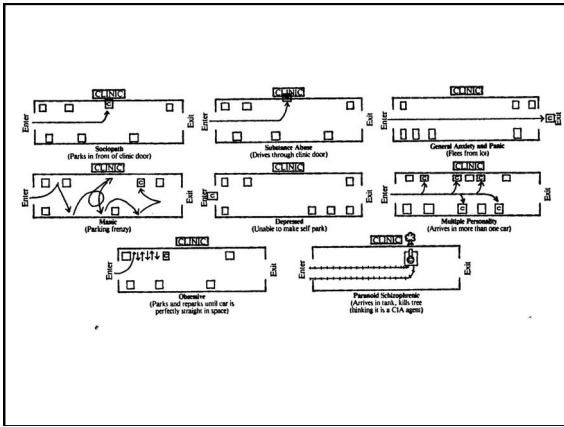
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### Psychological injury and its treatment

- Psychological injury in relation to brain injury
- Psychological impact of injury
- Psychological treatments

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### Brain Injury or Psychological Injury

Nigel Walton - Neuropsychologist:  
Neuropsychologists in legal and clinical settings, are often asked to determine whether there is organic or psychological damage following head injury. The question is fundamentally flawed inasmuch as there is no clear dichotomy and the two probably never exist entirely independently. More likely the two co-exist in an extremely complex fashion, each confounding the other.

The International Handbook of Road Traffic Accidents and Psychological Trauma. 1999  
Brain Injury and the Mind: The Neuropsychology of Mild Traumatic Brain Injury

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### Brain injury or Psychological injury

Some possible commonalities:

- Memory difficulties
- Impulsive behaviour
- Indifference
- Loss of interest
- Reduced ability to concentrate
- Fatigue

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### Psychological Impact of Injury

- Physical injuries damage to the body leading to pain, disfigurement, internal organ damage, ...
- Psychological injuries such as phobia, post traumatic stress disorder, grief, adjustment disorder
- Head injury – symptoms might be memory loss, concentration and attention difficulties, impulse control problems and more

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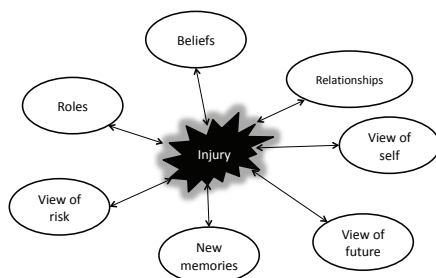
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### A Cognitive Behavioural Approach

- Thoughts that we have can affect the way we feel and what we do
- The way we feel can affect our thoughts and what we do
- What we do can affect what we do and the way we feel

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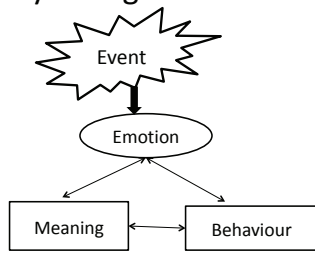
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### The Psychological Model



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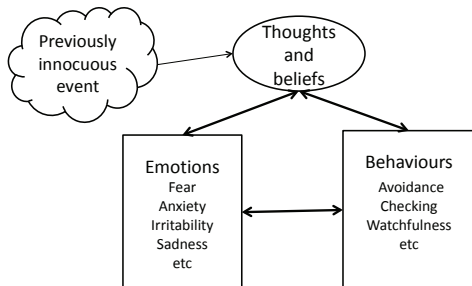
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### When it becomes a problem



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What happens in therapy?

First, the assessment:

- Symptoms
- Triggers
- Background
- Current coping styles
- Risk
- Goals
- Treatment plan

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What happens in therapy?

- Education about normal responses becoming unhelpful
- Increase awareness of
  - Trigger factors
  - Unhelpful thoughts
  - Behaviours that support the unhelpful thoughts
- And ...

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What happens in therapy?

- Arousal management skills
  - Relaxation
  - Breathing
  - Mindfulness
- Experiments, challenging beliefs
  - Re-assessment of risk
  - Imagined exposure to the feared situation
  - Gradual actual exposure to the feared situation

Gradually the person regains their sense of mastery and confidence

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What happens in therapy?

- Plan for possible relapse

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- Single point of contact
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[www.connectpp.co.uk](http://www.connectpp.co.uk)



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