

Services for Traumatic Brain Injury (TBI), Post-Concussive Disorder & PTSD

The well-experienced clinicians at ABTC utilize a very thorough, scientifically evidenced-based approach to *the assessment and treatment* of TBI, Post-Concussive disorders and comorbid PTSD. We are familiar with and sensitive to the complexity of brain injury issues and overlapping symptoms which can typically result from motor vehicle accidents, sports and recreational incidents, blast injuries, slips and falls and other mishaps.

We provide a skills-oriented, methodical protocol, individualized to each unique situation. We approach every case with compassion, sensitivity and respect while working closely with legal counsel to promote the most successful outcome in each individual injury situation and/or personal injury case. Our evaluative services have proven to be useful in many personal injury case settlements. We aim to rehabilitate brain-injured individuals by coaching, modeling, educating and helping restore functioning, relying on their innate capacity to heal.

Clinical Evaluation Services

Expert witness & consultation / Assessment of incident impact to premorbid functioning
Use of standardized assessments to evaluate & clarify injury impact
Evidence-based (e.g. scientific research) support of incident impact to functioning
Comprehensive synoptic analysis reports, essential to personal injury litigation process
Liaison with multidisciplinary service providers

Comprehensive Treatment Services

Supportive, Cognitive Behavioral Therapy (CBT); Acceptance & Commitment Therapy (ACT)
Clinical Hypnotherapy (Body Pain & Sensations, Headaches, Phobia & Fears, Moods, PTSD, etc.)
Eye Movement Desensitization Reprocessing (EMDR therapy) for PTSD symptoms

Cognitive Restoration Therapy for:

Cognitive Executive Functioning (Focus, Attention, Memory, Processing, Concentration, etc.)
Activities of Daily Living (ADLs) Skill Enhancement
Enhancement of Daily Functioning, Productivity, Situational Adaptation
Behavioral Activation / Problem-Solving / Decision-Making / Task Management / Organization

Cognitive Behavioral Therapy (CBT) Strategies for:

Management of Stress, Mental Fatigue, Pain, Anxiety, Anger & Irritability
Mood & Emotional Regulation / Sleep Enhancement
Adaptive Behavioral Coping Skills / Personality & Behavioral Changes
Vocational & Career Impact / Relationship Impact
PTSD Symptoms (nightmares, flashbacks, avoidance, fear triggers, etc.)
Social Skills / Self-Advocacy / Academic Accommodations
Sensory Sensitivities / Cognitive Restructuring (adaptive self-talk & reframing)
Modification of Personal, Family & Work Expectations
Recognition & Management of Overlapping Symptoms

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*****Certified Brain Injury Specialist (ACBIS) Certification # 19928*** and member of:**

Brain Inj. Assoc. of Amer., No. Amer. Brain Inj. Soc., Brain Inj. Alliance of CO., Internat. Paediatric Brain Inj. Soc.