



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

About Dr. Kurth:

Lisa Kurth, Ph.D., MSCP, CBIS, LPC is a licensed psychotherapist of over 4 decades, a ***Certified Brain Injury Specialist*** and is the Clinical Director of *Alpine Behavior Therapy Clinic* in Fort Collins, Colorado

Dr. Kurth is well acquainted with and highly respected among personal injury attorneys throughout Colorado and Wyoming and is proficient as an expert witness in personal injury cases. She is also an in-network provider for multiple lien-based funding agencies serving individuals involved in personal injury cases.

Psychological Counseling Services:

Counseling is provided both **in-person** and **virtually**, using a secure online platform, allowing individuals throughout all Colorado and regionally to be clinically accommodated. Services are provided for children, teens and adults. Flexible scheduling is available on Mon-Thursdays, 9- 5 pm. and on some Fridays upon request.

Dr. Kurth applies *Cognitive-Behavioral Therapy (CBT)*, *Psychoeducation*, *Integrative Medicine* and *EMDR* in her comprehensive treatment approach, individually tailored to address the wide variance in symptom profiles.

She relies on scientific, evidenced-based guidelines in her assessment and treatment of TBI, Post-Concussive Disorder and comorbid PTSD. Dr. Kurth is familiar with and clinically sensitive to the complexity of brain injury issues and overlapping, persistent, and prolonged symptoms which can typically result from: *Motor Vehicle Accidents (MVAs)*, *Slips & Falls*, *Sports/Recreational incidents*, *Blasts*, and *other mishaps*.

Therapy for Injured Individuals:

- ❖ Guiding, supporting, validating, and educating patients on injury impact and symptom awareness.
- ❖ Providing practical, portable coping skills, tools and research-based techniques aimed at recapturing functioning, rehabilitating individuals, *resetting the brain* and restoring a sense of hope and security.
- ❖ Monitoring patient progress in mood, cognitive & social skills, and routine functional ability.
- ❖ Providing compensatory strategies aimed at stimulating functional recovery and brain healing.
- ❖ Prevention of future risks of injury complications and/or re-injury, to promote positive outcomes.
- ❖ Reducing incident-related trauma & fear, enhancing sleep, easing physical pain, neurological repair.
- ❖ Collaborating with case MDs/ other clinical disciplines, (speech, vision, physical therapy, etc.).
- ❖ Guidance on integration of nutrition, vitamins & supplements, pharmacological agents, nature exposure.
- ❖ Psychoeducation regarding self-care, mindfulness and self-compassion to enhance recovery.

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Active Membership in:

Brain Injury Assoc. of America / North American Brain Injury Society / Brain Injury Alliance of Colorado International. Paediatric Brain Injury Society / National Neurotrauma Society, American Psychological Assn.