



Brain Injury Family Intervention – Adolescent Version (BIFI-A)

Developed by researchers at Holland Bloorview Kids Rehabilitation Hospital, this structured family system intervention is designed to facilitate adjustment for adolescents (13 – 19 years) with acquired brain injury and their family members. The **BIFI-A** (adapted from Dr. Jeffrey Kreutzer's adult BIFI) incorporates a broad curriculum, comprised of multiple components: education, emotional support, and skill building. Theoretical underpinnings of **BIFI-A** include Family Systems Theory, Cognitive Behavioural Therapy, and Solution Focused Therapy.

The **BIFI-A** intervention manual incorporates a detailed step-by-step protocol, treatment implementation procedures, and guidelines for effective clinical implementation over 12-sessions.

1. Assessment
2. What happens after brain injury? Common changes after brain injury
3. Brain injury happens to the whole family
4. Being a teen and achieving independence
5. Emotional and physical recovery are two different things
6. Coping with loss and change
7. Managing intense emotions
8. Managing stress and taking care of self
9. Setting S.M.A.R.T. goals and tracking progress
10. Learning patience and solving problems
11. School, transitions, and preparing for adulthood
12. Wrap-up

Handouts and additional reading material are provided for in-between session learning and for future reference for families. The **BIFI-A** incorporates a variety of modalities to facilitate engagement of adolescents and interactive learning amongst family members (i.e., vignettes, role plays, discussion, questionnaires, worksheets, and activities). The program is designed to be implemented by Psychologists, Counsellors, Social Workers, Nurses, Rehabilitation Therapists, and Family Therapists. For information about future BIFI/BIFI-A training opportunities, contact:

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