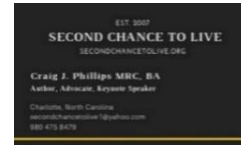


Empowering Current and Future Leaders in Brain Injury Recovery and Rehabilitation to Empower Self-advocacy in Individuals Living with Brain Injuries Presentation

Craig J. Phillips MRC, BA Second Chance to Live



Background Insights

My Process and Journey in a “Nutshell”

Traumatic brain injury, car accident, in 1967 when I was 10 years old. Open skull fracture, right frontal lobe damage, a severe brain bruise with brain stem involvement. Coma for 3 weeks. Fractured left femur (thigh bone), traction 7 weeks, Spica (full-body) cast for 5 months. 2 EEG's, battery of psychosocial testing. Was not supposed to succeed beyond high school academically. Learned how to walk, talk, read, write and speak in complete sentences. Tutored at home in 5th grade. Mainstreamed back into elementary school in the 6th grade. Graduated on time with my high school class in 1975. Went on to get my undergraduate degree in 10 years (2 universities, 1 community college). Obtained my master's degree (2 graduate schools) Rehabilitation Counseling. Credentials CRC. 20-year history of getting and losing jobs, client with 2 different State Department of Vocational Rehabilitation. 2nd Vocational Rehabilitation evaluation determined that I was not employable. Applied 3 times for SSDI, the 3rd application approved. Felt like someone all dressed up with nowhere to go. A lot of disappointments and discouragement despite all my efforts.

Created my weblog, later my website, Second Chance to Live 7 years after I was determined to not be employable and disabled on February 6, 2007.

“Everyone is a genius, but if you judge a fish by its ability to climb trees it will live its whole life believing that it is stupid.”

Albert Einstein

On my Own

I did not have Dr.'s, to helps me as the impact of my brain injury became invisible. Consequently, I had to "figure out" how to navigate life with an invisible disability on my own. What I share in this presentation is what I believe would have benefited me, if I had known then what I know now.

What I share through this presentation will help you to empower individuals who are impacted by and living with the invisible nature of a brain injury.

Lessons Learned through my Process and Journey

"It is not as important, what happened or happens to us, as how we respond to what happened or happens to us." Craig J. Phillips MRC, BA.

"In my experience I have found that adversity is what has made me successful, because I refused to give up because of adversity." Craig J. Phillips MRC, BA

"The process of living with the impact of a brain injury and an invisible disability involves a journey of steps. The good news is that once we take that first step and keep walking, before long we will be able to look back and see how far we have come. How far we have come because we did not give up." Craig J. Phillips MRC, BA

"I was told over and over again that I would never be successful. That I was not going to be competitive and the technique was simply not going to work. All I could do was shrug my shoulders and say, "We'll just have to see." Dick Fosbury (inventor of the Fosbury Flop and winner of a gold medal in the 1968 Mexico City Olympics

What I Share in this Presentation

What I am about to below, I share more extensively in my other **30 presentations**. Presentations that I have developed and share what helped me to arrive at these conclusions. Let me know if you would like me to share any of these presentations with your group or organization.

[Brain Injury Recovery Keynote and Discussion Presentations to Encourage and Empower Purpose and Hope](#)

Among the places where I have spoken and will speak:

Cleveland Clinic, Medstar National Rehabilitation Hospital, Penn Presbyterian Hospital, Overland Park Rehabilitation Hospital, Adventist Rehabilitation Hospital, Inova Loudon Outpatient Specialty Rehabilitation Hospital, Magee Rehabilitation Hospital, Encompass Rehabilitation Hospital, Brooks Rehabilitation Hospital, Carolinas Rehab, Colorado Department of Education, University of North Dakota, University of North Carolina — Chapel Hill, Harvard University Synapse, University of California at Berkley Synapse, Columbia University Synapse, Synapse National Conference, NeuroRestorative -- Charlotte, Brown University Synapse, Temple University Synapse, University of Michigan Synapse, University of California – Irvine Synapse, University of Pittsburgh Synapse, University of California – Davis Synapse and Johns Hopkins University Synapse and State Brain Injury Associations

[Public Speaking; Craig J. Phillips MRC, BA Second Chance to Live](#)

Advice for Current and Future Leaders in Brain Injury Recovery and Rehabilitation to Encourage Self-Advocacy in an Ongoing Process

What advice do you have for future professionals in this field?

What kind of healthcare professionals (for example, rehabilitation specialists, neurologists, speech therapists) have been most impactful in your recovery?

Why should students consider a career in Brain Injury?

What role do you think aspiring healthcare providers can play in advocating for the needs of individuals within the brain injury community?

What's one thing healthcare providers can improve in their care of individuals with brain injury? What's one thing you think they already do well?

What do you wish more healthcare professionals knew about living with a brain injury?

Every one is susceptible to a brain injury. **Treat People** like you would like to be treated.

Learn about the **Grieving Process** – denial, anger, bargaining, depression and acceptance.

Good place to start is Elizabeth Kubler-Ross's book, **On Death and Dying**

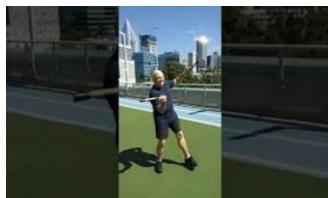
Encourage people you work with to **grieve** what they are powerless to change. **Powerless to Change** so that they can create their new normal.

Help the people you work with to change perspectives -- From **“Why Me?”** to **“Why Not Me?”** and from **“What Isn't”** to **“What Is?”**

Ask a **“High Power”** to guide you through your recovery and rehabilitation process, one day at a time. And don't give up!

Start a program of **Neuroplasticity** – creating new neural pathways and brain reorganization – as soon as they are able after their brain injury. Do so through repetitive mirrored movements.

Neuroplasticity 2021 Using Modern Arnis, Kali, Western Boxing, Knife and Wing Chun



Brain-Body Connection Craig J Phillips MRC, BA, Second Chance to Live March 2024



To watch the progression of development during the past 26 years.

Developing a Brain-Body Connection — Second Chance to Live — with an Invitation March 2024

Get the people that you are working with tested to find out how they learn best. **Learning Styles** Whether they are visual, auditory or kinesthetic learners or a combination of these styles.

Encourage, model and empower people living with brain injuries to **Advocate** for themselves. Advocate for themselves in their ongoing brain injury recovery process.

Encourage people living with brain injuries to remember that recovery is about a **Process** and a **Journey not a Destination**. A process and a journey through patience and persistence.

Encourage people with living with brain injuries to see their brain injury as a **Change in Direction**, not a **Stop Sign** to living their best lives.

Encourage and empower people living with brain injuries that they can **Create Hope** in their lives. **Create hope** in their lives, a day at a time in their mind, body, spirit, soul and emotions.

Encourage people living with brain injuries to realize that they have **Genius**. That they can explore the possibilities to develop their genius through their gifts, talents and abilities.

Empower the individual living with a brain injury, **not their brain injury**. Focus on what they can do with their time and energy, not what they can't do because deficits and limitations.

Encourage people living with brain injuries that they can **Create Hope in their Lives**. A little at a time. One day at a time through combining skills and skill sets

Encourage people living with brain injuries to not buy into the **Limitations of Labels, Stereotypes or Stigmatization**. They are not their brain injury.

Encourage people living with brain injuries to consider the **Vastness of Possibilities**. Vastness of possibilities through using their gifts, talents and abilities in ways that work for them.

Encourage people living with brain injuries to **THINK outside the "box"**. To think outside the box of a diagnosis, prognosis, label, stereotype and stigmatization.

Encourage people living with brain injuries to understand **That They are Not Limited** because of their brain injuries, deficits or limitations. They just have to find a way (s) that will work.

Encourage people living with brain injuries to **Advocate for Themselves**. Advocate for themselves in their mind, body, spirit, soul and emotions in their ongoing process and journey.

Teach them how to Advocate for themselves beyond the world of billable hours.

Encourage people living with brain injuries to **See Beyond a Diagnosis and a Prognosis**.

Encourage people to understand that there are no **Silver Bullets or Magic Potions** to speed up brain injury recovery and rehabilitation. **Recovery and Rehabilitation just takes time.**

Encourage people living with brain injuries to understand that success is measured by one skill at a time. **One Skill and One Skill Set at a Time**. Celebrate small successes.

Encourage people to realize that they are not a **Victim of their Brain Injury**. Their brain injury was only an event that happened. That they are more than a survivor of a brain injury.

Encourage people living with brain injuries that they can create a **Good Life for Themselves**.

Encourage people to realize that they do not **Deserve to be Discriminated or Patronized**. Discriminated or patronized by anyone. **Professionals included**.

Encourage people living with brain injuries to realize that although they may be **Minimized, Marginalized, Dismissed and Discounted**, they have **Great Worth and Value**.

Encourage individuals living with brain injuries that **They Can Have a Profound Impact** upon their ongoing brain injury recovery and rehabilitation process. Encourage individuals living with brain injuries to **NOT GIVE UP**. More will be revealed with time.

What I need to remember and encourage: “I am (we are) not our brain injury, symptoms, deficits or limitations. They do not define us, because we can create hope beyond symptoms, deficits and limitations.” Craig J. Phillips MRC, BA

My Dedication, Focus, Mission and Vision

Beyond Brain Injury Symptom Management — Resources to Empower an Ongoing Holistic Brain Injury Recovery Process

Since 2007 my interest has been to encourage individuals living with the impact of brain injuries. To encourage them to realize and remember that they are not the impact of their brain injury, their symptoms, their deficits or their limitations.

That although I (we) are powerless over the impact of our brain injury, symptoms, deficits and limitations, we can create a good life. Create a good life by engaging in a holistic brain injury recovery process.

Ongoing Holistic Brain Injury Recovery Process

That is why I encourage an ongoing holistic brain injury recovery process.

An ongoing holistic recovery process beyond brain injury symptom management. I encourage this approach because I have found that waiting on brain injury symptom management can leave the individual feeling stuck. Stuck by believing that they have to wait until their brain injury symptoms are managed and “fixed” before they can recover.

Waiting for Symptoms to be Managed

In waiting on symptom management, the individual may develop a learned helplessness. A learned helplessness and a dependency on the outcome (s) of their brain injury symptom management. As a result, the individual living with a brain injury may find that they lose motivation and ambition. Their motivation and ambition to achieve or accomplish anything beyond the outcome (s) of the symptom management.

A Definition of Learned Helplessness

A phenomenon in which repeated exposure to uncontrollable stressors results in individuals failing to use any control options that may later

become available. Essentially, individuals are said to learn that they lack behavioral control over environmental events, which, in turn, undermines the motivation to make changes or attempt to alter situations.” The phenomenon was first described in 1967 by U.S. psychologists J. Bruce Overmier (1938–) and Martin E. P. Seligman (1942–). The source of this:
APA Dictionary of Psychology

Becomes Our Focus

Living with the impact of a brain injury or a stroke can keep us focused on the symptoms related to the effects of the brain injury and stroke. When things do not change after their brain injury and stroke, the individual may find themselves focused on what cannot be done because of the symptoms. Because of the notion that unless the symptom (s) is “fixed” the individual may buy into the belief that there is little hope.

To Move beyond Believing that I was Dependent on the Symptom being Fixed

In my process and journey, I found that I needed to change the way I saw myself. I needed to see myself as an individual living with the impact of a brain injury, instead of as a “brain injury survivor.” I found that by changing the way that I saw myself I was able to stop seeing myself as someone who was/is a victim of my circumstances. Someone who was and is stuck because of symptoms, deficits and limitations.

Removing the Label and the power of Symptoms over Me

Removing the label of being a “brain injury survivor” helped me to stop identifying myself with my set of circumstances. Removing the label of “brain injury survivor” helped me to stop defining myself by symptom, deficits and limitations. Removing the label of being a “brain injury survivor” helped me to take back my power, as I realized that I no longer had to be limited because of my symptoms, limitations and deficits.

“The most common way people give up their power is by thinking they don’t have any.” Alice Walker

Resources that Helped to Empower my Ongoing Holistic Brain Injury Recovery Process beyond Brain Injury Symptom Management

“Never be bullied into silence. Never allow yourself to be made a victim. Accept no one’s definition of your life; define yourself.” Robert Frost

“I am not my brain injury, symptoms, deficits or limitations. They will not define me, because I create hope beyond symptoms, deficits and limitations.” Craig J. Phillips MRC, BA

Background Information

[Second Chance to Live Author’s Autobiography in Bullet Points](#)
[Comprehensive History of Second Chance to Live — Answering the Call](#)

Translate Second Chance to Live

To give non-English speaking and reading visitors to Second Chance to Live I have created a tool. A tool to translate into a variety of languages. To translate Second Chance to Live, right click on the below desired language link. Then click on open link in new tab. Then select from English to your desired language

[Albanian](#) **[Arabic](#) **[Bulgarian](#) **[Catalan](#) **[Chinese Simplified](#) **[Chinese Traditional](#) **[Croatian](#) **[Czech](#) **[Danish](#) **[Dutch](#) **[Estonian](#) **[Filipino](#) **[Finnish](#) **[French](#) **[Galician](#) **[German](#) **[Greek](#) **[Hebrew](#) **[Hindi](#) **[Hungarian](#) **[Indonesian](#) **[Italian](#) **[Japanese](#) **[Korean](#) **[Latvian](#) **[Lithuanian](#) **[Maltese](#) **[Norwegian](#) **[Polish](#) **[Portuguese](#) **[Romanian](#) **[Russian](#) **[Serbian](#) **[Slovak](#) **[Slovenian](#) **[Spanish](#) **[Swedish](#) **[Thai](#) **[Turkish](#)

Articles, Video Presentations and Slideshow Presentations

[2169 Article/Video Presentation Links within 13 Peer Support Categories](#)

[Navigating Life After a Traumatic Brain Injury 459 Video Presentations Playlist](#)

[30 Power Point Presentations Public Speaking Availability](#)

[Navigating Life After a Traumatic Brain Injury 49 Video Presentation Series Playlist](#)

[Second Chance to Live — 20 Brain Injury Recovery Slideshow Presentations](#)

[Building Your Life After a Traumatic Brain Injury 30 Video Presentation Playlist](#)

[See Testimonies and Endorsements for Second Chance to Live](#)

Categories Designed to Encourage and Empower Individuals to Create Hope

[Category Building Self-Esteem after Brain Injury — List of Articles](#)

[Category How to Stop Feeling Helpless after Brain Injury — List of Articles](#)

[Category Brain Injury Recovery An Ongoing Process — List of Articles](#)

[Category Self-Acceptance after a Brain Injury — List of Articles](#)

[Category Celebrating Success Following a Brain Injury — List of Articles](#)

[Category Creating Hope after Brain Injury — List of Articles](#)

[Category Finding and Knowing Peace after Brain Injury — List of Articles](#)

[Category Finding Purpose after a Brain Injury — List of Articles](#)

[Category Fulfilling Dreams after Brain Injury — List of Articles](#)

[Category My Journey Living with a Brain Injury — List of Articles](#)

[Category Overcoming Bullying after Brain Injury — List of Articles](#)

[Category Peer Support after Brain Injury — We are Not Alone — List of Articles](#)

[Category Relationships Following a Brain Injury — List of Articles](#)

[The Global Brain Injury Peer Support Network](#)

Sharing Hope through Neuroplasticity

Neuroplasticity, Setting Goals and Creating Hope After Brain Injury and Stroke Keynote Presentation

How I Use Neuroplasticity to Create Neural Pathways/Brain Reorganization

Nine Habits to Benefit from Using the Principle of Neuroplasticity

Encouraging the Creation of Hope through Neuroplasticity

My Process and Journey with Neuroplasticity

I have been using different martial art disciplines for the past 26 years to create new neural pathways and brain reorganization (neuroplasticity) through repetitive mirrored movements.

Benefits

To improve and enhance muscle memory, coordination, agility, body awareness, hand/foot/eye coordination, precision, dexterity, spatial orientation and balance on both the right and left side of my body.

Develop Your Own Program

For more information to develop your own programs to create new neural pathways and brain reorganization click on the below link.

Neuroplasticity, Small Successes and Learning/Relearning Skills and Skill Sets

The Process and Goal

The goal has been to improve my ability to mirror the same abilities on both the non-dominant side (left side) of my body with the dominant side (right side) of my body. As in the below demonstrations, I engage both sides of my body (my hands, arms, elbows, legs, knees, and feet).

I engage both sides of my body to improve my gross, fine motor skills and muscle memory. I engage both sides of my body to improve my dexterity, hand-eye coordination, agility, balance, stamina, precision, focus and

awareness. I engage both sides of my body to improve my skills and abilities.

I engage both sides of my body to improve and enhance the quality of my life and well-being. I engage both sides of my brain and body to create.

Create Your Own Program

In the event that you have not begun, I would encourage you to create a program. Create a program that will empower you to create neural pathways and brain reorganization. Brain reorganization through repetitive mirrored movements on your dominant and non-dominant sides of your body. Brain reorganization to improve and enhance your quality of life and well-being.

Neuroplasticity through Martial Arts 2013

<https://youtu.be/snHjkxYrRYU>

Neuroplasticity Demonstration August 2014

<https://youtu.be/sV82V2y-Jrk>

Brain Injury, Neuroplasticity and Personal Gains August 2015

<https://youtu.be/j4BajiK5qB8>

Balance and Coordination through Repetitive Mirrored Movement 2016

https://youtu.be/Ljsr_S18Fng

Brain Injury Recovery and Repetitive Mirrored Movements 2017

<https://youtu.be/EXVq5vICWZI>

Improving Our Brain and Body's Ability to Excel after Brain Injury 2018

<https://youtu.be/syCBmRi-P3E>

Due to a shoulder injury, I was unable to create a video presentation in 2019. Due to Covid I was unable to create a presentation in 2020.

Stick Fighting, Knife, Western Boxing & Wing Chun Drills Created September 2, 2021

<https://youtu.be/YLOeOUq4170>

Transition Drills to Improve Agility, Focus, Speed & Coordination Created September 6, 2021

https://youtu.be/4JOel_4upWM

Hand Eye Coordination and Precision Drills using Fine Motor Skills Created September 12, 2021

<https://youtu.be/seeH9xbkKDs>

Using upper and lower body coordination and movement to improve focus, agility and balance of upper body and lower body martial art skills. Created February 14, 2022

<https://youtu.be/nBSQx0y3aP0>

Developing a Brain-Body Connection — Second Chance to Live — with an Invitation March 2024

<https://youtu.be/9fWG-wPssY8>

Below is a list of Keynote Presentations and Discussion Topics

Workshop Topics Designed to Encourage and Empower Purpose and Hope

[You Are Not Crazy. You have an Invisible Disability Discussion Topic](#)

[Yes, I am Disabled, but Don't Count Me Out because...! Discussion Topic](#)

[Learning to Accept Ourselves when Other People Can't or Won't Discussion Topic](#)

[Creating Practical Hope in Our Lives through the Power of Identification Discussion Topic](#)

[Empowering Ongoing Brain Injury Recovery: 9 Key Concepts and Principles for Success Discussion Topic](#)

[Navigating Life's Railroad Switch — Finding Purpose and Passion After Brain Injury Discussion Topic](#)

[Living and Thriving Beyond Brain Injury Awareness to Create a Good Life for Ourselves Discussion Topic](#)

[Embracing Change A Three-Stage Journey to Journey to Learning and Success Presentation Discussion Topic](#)

[Don't Let Anyone tell You, You Aren't Enough Because...You are Smart, Intuitive and Courageous Discussion Topic](#)

Keynote Presentations Designed to Encourage and Empower Purpose and Hope

[My TED TALK Craig J. Phillips MRC, BA Second Chance to Live Finding Purpose and not Giving Up after Brain Injury Presentation](#)

[Making Our Lives Magical after Brain Injury and Stroke Keynote Presentation](#)

[Hope and the Progression of Living our Best Life after Brain Injury Presentation](#)

[Facing Adversity and Having Options When Life Does Not Make Sense Presentation](#)

[Neuroplasticity, Setting Goals, Repetition and Creating Hope After Brain Injury Presentation](#)

[12 Ways to Enhance Our Lives, Well-Beings and Relationships after a Brain Injury Presentation](#)

[Brain Injury and The Power of “I CAN” in an Ongoing Brain Injury Recovery Process Presentation](#)

[Living and Thriving Beyond Brain Injury Awareness to Create a Good Life for Ourselves Presentation](#)

[Getting Comfortable in Our “Own Skin” Living with a Brain Injury and an Invisible Disability Presentation](#)

[Believing in Ourselves through Self-Advocacy — A Guide to Owning Our Power after Brain Injury Presentation](#)

[Navigating Life After a Traumatic Brain Injury: Embracing Reality and the Journey to Acceptance Presentation](#)

[Celebrating Goals and Dreams in the Now, Overcoming Obstacles, Odds and Impacting Generations Presentation](#)

[Hope and Purpose after a Brain Injury after a Brain Injury, a Stroke or a Spinal Cord Injury Keynote Presentation](#)

[Some Things to Consider so We Don't Stay Stuck Living with a Brain Injury and an Invisible Disability Presentation](#)

[Finding Freedom from Feeling Alone, Isolated, Alienated, Intimidated and Diminished Living with a Brain injury and an Invisible Disability Presentation](#)

Keynote Presentations sharing My Process Designed to Encourage and Empower Purpose and Hope

[Second Chance to Live and Succeeding Beyond my Special Needs from 10 Years of Age Presentation](#)

[Comprehensive History of Second Chance to Live — Answering the Call that never Came Presentation](#)

Keynote Presentations Designed to Empower and Empower Groups and Organizations

[Living with Long Covid-19 Invisible Disability — Hope, Encouragement and Support Presentation](#)

[Empowering Current and Future Leaders in Brain Injury Recovery and Rehabilitation to Empower Self-advocacy in Individuals Living with Brain Injuries Presentation](#)

Invitation to Join Our Two Communities

Second Chance to Live Community which you are welcome and invited to join. Click on the link below. Once the page has opened, and at the top right of the page, click subscribe. Enter your email. Each time I publish an article on **Second Chance to Live** that article will be sent to you email inbox.

[Second Chance to Live Community](#)

Building Your Life after Traumatic Brain Injury Facebook Community, which you are also welcome and invited to join. Click on the below link and ask to join the community.

[Building Your Life after Traumatic Brain Injury Facebook Community](#)

We look forward to having you as a member in both of our communities.