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.

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

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“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 29 presentations. Presentations that I have developed and share what helped me to arrive at these conclusions. Let me know is 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
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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?”

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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.

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.

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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.