



St. Jude's Brain Injury 101: Cognitive Training

WEEK 3

Attention: Emotional Influence



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GOD,
grant me the
Serenity
to accept the things
I cannot CHANGE;
Courage
to CHANGE
the things I can;
and
Wisdom
to know the DIFFERENCE.



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Check-in's: How was your week?

Strategy 1: Home for your stuff



Strategy 2: Calendar



Strategy 3: Notebook (journal)



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Weekly Log

MISTAKES

1. Yelled at cat (**feeling – bad**)
2. At work I threw notebook (**feeling – ashamed**)
3. Made snarky comment to mom over the phone (**guilty**)
- 4.
- 5.
- 6.

SUCCESES

1. 10-minute break from work (**relieved**)
2. Noticed frustration & took a breath on the phone with loved one (**relaxed**)
3. Slept 8 hours for once! (**rested**)
- 4.
- 5.
- 6.

What didn't work out well? Where did things begin to go wrong? To fix, we must know.

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What did you notice?

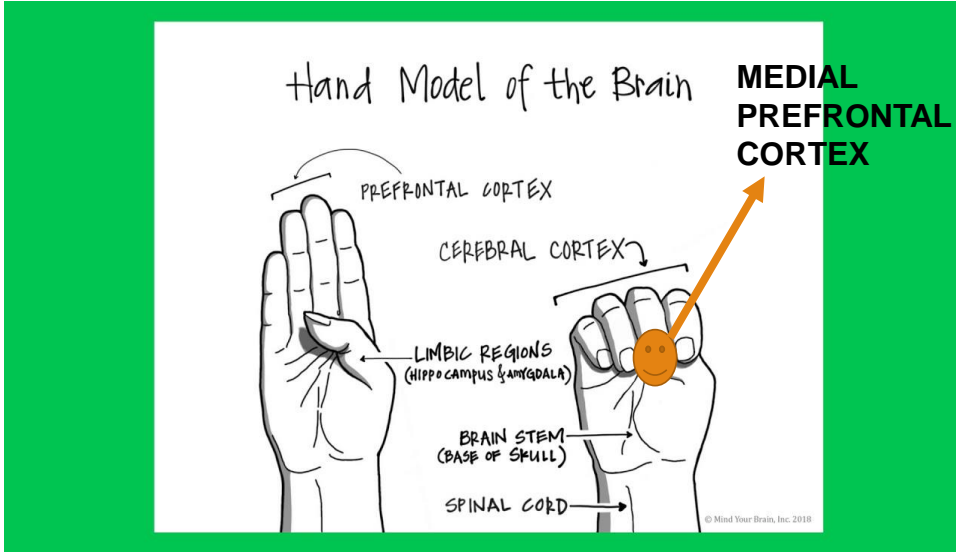
1. Patterns?
2. Anything interesting?
3. Share a mistake BUT remember to then share a success!!
4. **One thing that you will work toward this week!**

Neural Emotion Center: THE LIMBIC SYSTEM

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=5CPRY9-MIHA&AB_CHANNEL=DR.RUSSHARRIS-ACCEPTANCECOMMITMENTTHERAPY](https://www.youtube.com/watch?v=5CPRY9-MIHA&ab_channel=Dr.Russharris-AcceptanceCommitmentTherapy)



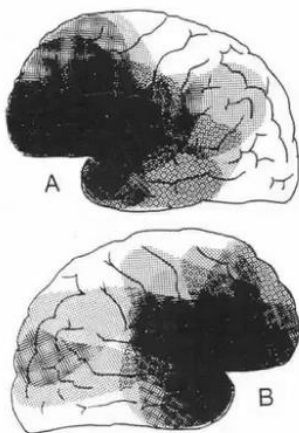
Dan Seigal's Interpersonal Neurobiology Hand Model



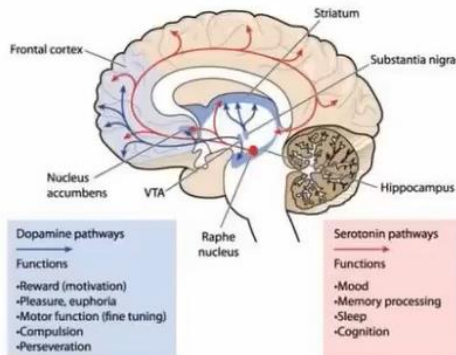
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The Finger print of TBI

Pattern of Injury



Neuroanatomy of Reward



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Break: 5 minutes!

1. What did you do last time?
2. Try something different?
3. Assess your better breaks



DEPRESSION

SIGNS AND SYMPTOMS

- HELPLESSNESS**
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- THOUGHTS OF DEATH**
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- GUILT**
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- CHANGES IN APPETITE**
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- ANGER**
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- ENERGY LOSS**
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- WITHDRAWING FROM FRIENDS & FAMILY**
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- SLEEP PROBLEM**
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- NO CONCENTRATION**
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- ALCOHOL AND DRUG ABUSE**
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How To Recognise the Signs of Anxiety

- Needing Reassurance
- Memory Issues
- Overthinking
- Avoidance
- Insomnia
- Sweating
- Rapid Heartbeat
- Stomach Issues
- Headaches
- Trouble Breathing
- Procrastination
- Panic Attacks
- Constant Worrying
- Trouble Concentrating
- Lack of Patience

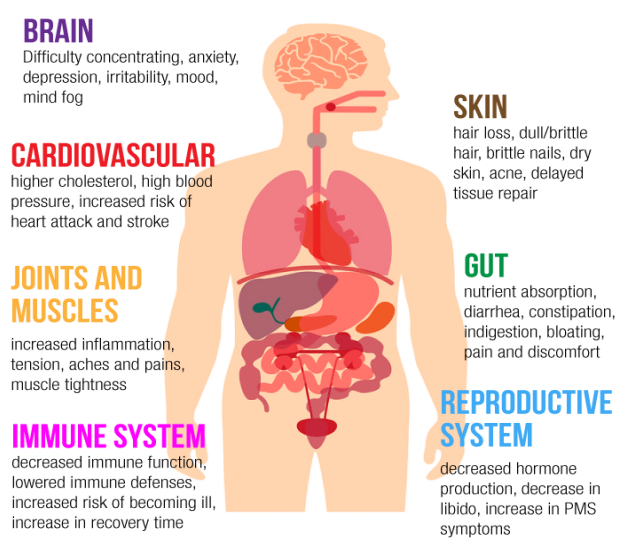
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HOW STRESS AFFECTS THE BODY



BRAIN
 Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

CARDIOVASCULAR
 higher cholesterol, high blood pressure, increased risk of heart attack and stroke

JOINTS AND MUSCLES
 increased inflammation, tension, aches and pains, muscle tightness

IMMUNE SYSTEM
 decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time

SKIN
 hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

GUT
 nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

REPRODUCTIVE SYSTEM
 decreased hormone production, decrease in libido, increase in PMS symptoms

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Neuropsychiatric Symptoms

1. Depression, Anxiety, & Stress can cause **cognitive symptoms**
2. Brain injury can also cause **cognitive symptoms**
3. The Brain manages depression, anxiety, & stress...

So, what happens when the thing that deals with problems,
 is the thing with the problem??

Amygdala Hijack!

https://www.youtube.com/watch?v=aHm3ZKzVP7w&ab_channel=SarahNollWilson





Think about the Hijack

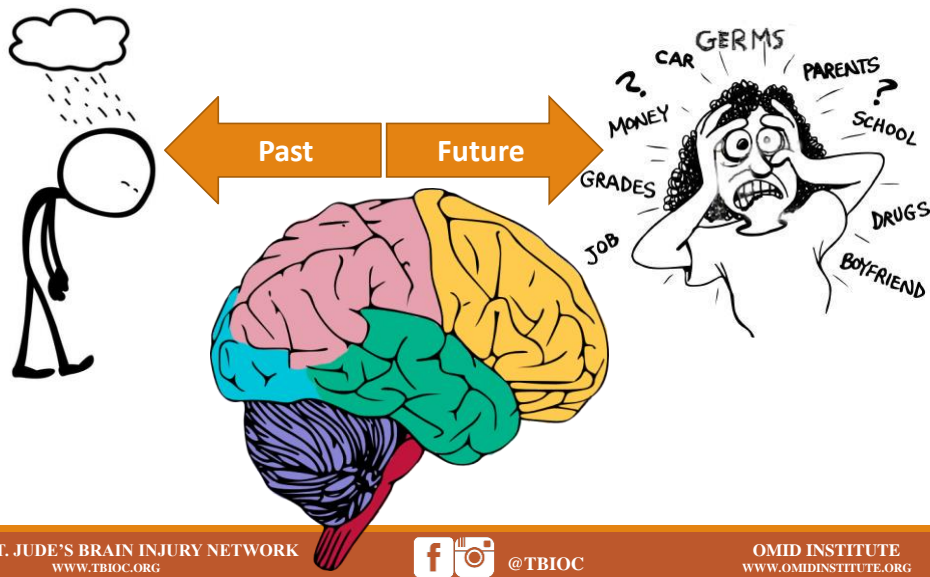
1. When was the last time you lost it?
2. When did you start getting frustrated? How do you know?
3. How could you have handled things differently?
4. What did you do successfully?

Mindfulness Based Stress Reduction (MBSR)

1. Relaxed state of consciousness.
 1. Relax body and mind
 2. Notice/become aware of consciousness
 3. Relief from everyday stress
2. Learned technique for refocusing attention
3. **Mindfulness meditation (what is it?)**



Mindfulness as a practice



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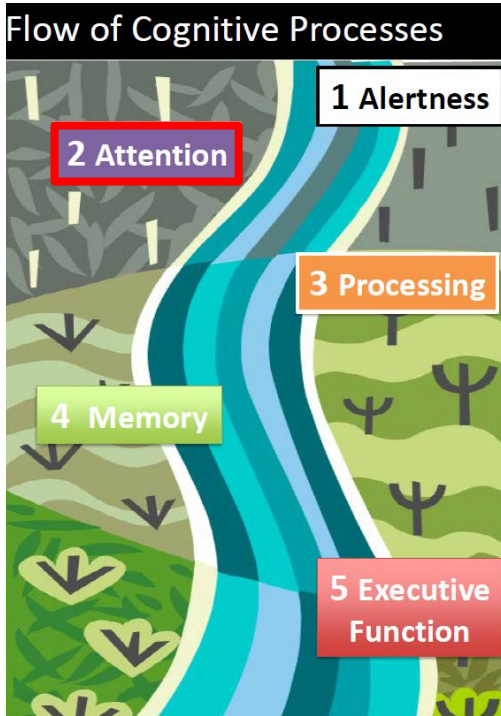
5-4-3-2-1 Grounding Technique

https://www.youtube.com/watch?v=30VMIEmA114&t=3s&ab_channel=ThePartnershipInEducation

Break: 5 minutes!

1. What did you do last time?
2. Try something different?
3. Assess your better breaks





What's your first step in blocking the hijack?

Noticing and paying attention to your frustration

If you can't, other processes don't work

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Attention Types?

1. Deficits in attention/concentration go under recognized/misdiagnosed in the assessment of cognitive function following brain injury.
2. Problems in attention are very common in individuals with ABI (TBI & Stroke)!
 1. Initiating/shifting tasks, coming back/remembering where you left off, walking into a room and forgetting



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Types of Attention

“Allocation of consciousness”

(Sohlberg & Mateer, 2001)

THERE’S 5 DIFFERENT KINDS THAT ALL
 BUILD ON EACH OTHER!

Focused Attention

1. Ability to respond to specific stimuli
2. Often disrupted in early stages of coma
3. Typically only responsive to internal stimuli





Sustained Attention

1. Ability to maintain consistent response
2. Disrupted when a person can only maintain for brief periods
3. Or fluctuates in performance after brief periods

Selective Attention

1. "Freedom from distractibility"
2. Disturbance is seen with inability to complete tasks in stimulating environment (e.g., noisy, tv on, people talking)
3. Deficits are easily drawn off tasks through:
 1. External sights or sounds
 2. Internal distractions (worry, rumination, stress)





Alternating Attention

1. Ability for mental flexibility to shift focus of attention
2. Move between tasks that have different requirements
3. Difficulties in changing tasks or needs extra cuing to initiate new tasks and pick up where left off
4. Real-life demands for alternating attention are frequent

Divided Attention

1. Capacity to manage multiple simultaneous demands
 1. Driving a car while singing to the radio
 2. Having a conversation while preparing dinner
2. May involve rapid alternating attention or dependence on more automatic processing for at least one of the tasks





See you next
 Saturday 1-3 pm =>
 & Individual during
 the week!

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