

Emotional Recovery from Traumatic Brain Injuries

by Traumatic Brain Injury Attorneys on 01/10/11

Healthcare experts continue searching for positive new ways to help **traumatic brain injury** (TBI) patients heal emotionally from their injuries. Towards this end, Dr. Glen Johnson (clinical neuropsychologist and author of *The Traumatic Brain Injury Survival Guide*) has outlined steps that TBI patients can take while trying to secure a greater sense of inner peace.

Common Responses to Traumatic Brain Injuries

No one wants to regain consciousness after a serious car accident or other mishap to find that their physical and mental functioning has been permanently (or even temporarily) altered. Yet when this happens, many traumatic brain injury (TBI) patients feel angry, depressed and helpless. Some of them also feel betrayed by their own bodies. In order to successfully reintegrate into jobs, schools or regular family life, many **TBI patients** will require extensive psychological help in addition to various physical rehabilitation programs.

Habits for Regaining Emotional Wholeness

Various healthcare providers believe that TBI patients can most successfully accept their injuries by developing some of the following habits:

- Interacting with other TBI support group members who are also trying to make sense of their new challenges and limitations;
- Returning to a job that still hold meaning for them or beginning some type of volunteer work that will let them help others;

- Regularly inquiring about their current physical health status and the realistic goals they can keep setting for themselves;
- Finding a way to talk about their health in a truthful yet *upbeat* manner. Of course, it's fine for TBI patients to have close friends and relatives who will regularly talk with them about all of their most difficult feelings. However, when speaking with those outside that inner circle, it's wise to realize that many people simply can't cope with the reality of permanent or long-term suffering. Therefore, when talking with *new* acquaintances, it's a good idea (for those with serious health problems) to not initially overload others with too much reality;
- Pursuing every promising form of rehabilitation, whether that means working with a speech therapist or a physical rehabilitation specialist. Progress in these other areas can help TBI patients gain a more positive outlook on their futures. Should short-term goals not be met, patients should just remember that they're one day closer to succeeding at other goals;
- Respecting their doctors' and caregivers' time, recognizing that those who help them need to also take care of their own needs;
- Making sure to share all gains and accomplishments (even if they're just feeling greater optimism about their health) with those who care about them – this will not only help keep others motivated to stay in the picture, it can also help improve the way the injured patients see their own lives;
- Pursuing new dreams or looking for new ways to realize some of their older ones. Even when dreams may seem unattainable to others, people can still realistically experience true joy when trying to develop new skills or talents.

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