

Breakfast Club

Lecture Series 2017



The Summer Foundation is proud to announce the **Breakfast Club** professional development lecture series on brain injury rehabilitation. These lectures, originally established by the Victorian Brain Injury Recovery Association (VBIRA), provide information about up-to-date research and clinical practice.

1 Wednesday 8 March

Topic: Behaviours of concern following traumatic brain injury

Presenters: **Dr Kate Gould**, Research Fellow, Monash Epworth Rehabilitation Research Centre and Clinical Neuropsychologist, Osborn Sloan and Associates *and* **Amelia Hicks**, Research Fellow, Monash Epworth Rehabilitation Research Centre

2 Wednesday 10 May

Topic: Management of prolonged concussion symptoms: What do we know now?

Presenters: **Katie Davies**, Director, Neurological Rehabilitation Group *and* **Amy Blencowe**, Senior Therapist, Neurological Rehabilitation Group

3 Wednesday 9 August

Topic: Treating fatigue and sleep disturbance following brain injury with cognitive behaviour therapy

Presenters: **Dr Adam McKay**, Senior Lecturer, Monash University and Senior Neuropsychologist, Epworth Healthcare *and* **Dr Dana Wong**, Senior Lecturer, Monash University and Director, Neurorehabilitation Clinic, Monash Psychology Centre

4 Wednesday 18 October

Topic: "He went back into his shell like a tortoise": Exploring the challenging journey of stroke survival

Presenter: **Professor Jacinta Douglas**, Summer Foundation Chair of Living Well with Acquired Brain Injury at La Trobe University

Venue: Meeting Room 1, Therapy Services Building,
Royal Talbot Rehabilitation Centre, 1 Yarra Boulevard, Kew, 3121
NB. Parking is available within Royal Talbot grounds for \$3.00

Time: 8.00-10.00am. Breakfast served from 7.30am for an 8.00am start

Cost: \$30 per lecture or \$100 for the four lecture series



To book, please visit:
trybooking.com/OJKJ

For more information

Contact Julie Gibson on 9894 7006 or email julie.gibson@summerfoundation.org.au

Podcasts of the 2016 Breakfast Club series are available at summerfoundation.org.au/lectures-2016





Wednesday 8 March 2017

Behaviours of Concern Following Traumatic Brain Injury

Presenters: **Dr Kate Gould**, Research Fellow, Monash Epworth Rehabilitation Research Centre (MERRC) and Clinical Neuropsychologist, Osborn Sloan and Associates *and* **Amelia Hicks**, Research Fellow, MERRC

About the lecture

Behaviours of Concern (BoC) such as aggression are a debilitating and distressing consequence of traumatic brain injury (TBI). Through their research, Kate and Amelia explored the lived experience of BoC and treatment history in individuals with TBI, and their family members and/or clinicians. In brief, it was found that participants with TBI and their informants described frequent and persistent BoC, particularly physical and verbal aggression and socially inappropriate behaviour, even many years post-injury. Kate and Amelia highlighted the impact of BoC on relationships and employment which can lead to social isolation, a loss of sense of self, anger, depression, and in turn, aggressive behaviours.

About the Presenters



Dr Kate Gould is a scientist-practitioner working in the field of ABI rehabilitation and specialising in understanding and treating the cognitive, behavioural and psychiatric features of acquired brain injury. She is an early career research fellow at the Monash-Epworth Rehabilitation Research Centre, directed by Professor Jennie Ponsford and based in Melbourne.

Kate was the 2012 Recipient of the Centre of Excellence in Traumatic Brain Injury Research – Rehabilitation Fellowship – based at the National Trauma Research Institute in Melbourne. Kate is currently a project manager and therapist in an ISCRF funded trial to evaluate a positive behaviour support based intervention for challenging behaviours after ABI.

Kate also practises as a clinical neuropsychologist, and has worked at Osborn Sloan and Associates since she completed a specialised internship in 2008. In this role she works in a community-based rehabilitation service and an inpatient brain disorders unit and undertakes neuropsychological medicolegal assessments.



Amelia Hicks is a research fellow with the Monash-Epworth Rehabilitation Research Centre. Amelia completed her Master of Psychology (Clinical Neuropsychology) in 2013 at The University of Melbourne, with a thesis focused on possible protective factors in obstructive sleep apnoea.

She has held a previous research position at the Murdoch Children's Research Institute, coordinating a cluster randomised controlled trial of a parenting program to reduce behavioural problems in young children. Currently, she works across numerous projects focused on the various cognitive and behavioural outcomes after acquired brain injury (ABI). As part of her role she is coordinating the research aspect of a large randomised controlled trial of positive behaviour support for challenging behaviour after an ABI. Amelia is also completing a PhD at Monash University exploring a possible relationship between traumatic brain injury and dementia.



Wednesday 10 May 2017

Management of prolonged concussion symptoms: What do we know now?

Presenters: **Katie Davies**, Director, Neurological Rehabilitation Group *and* **Amy Blencowe**, Senior Therapist, Neurological Rehabilitation Group

About the lecture

Katie and Amy have been treating concussion patients for over four years. Using their clinical experience as a base, they will discuss how they developed a concussion assessment that includes all the possible anatomical and physiologic substrates that can be involved in a concussion presentation. The lecture will also address the role other allied health practitioners play in achieving optimal outcomes for patients.

About the Presenters



Katie Davies is the Director of the Neurological Rehabilitation Group. A key focus of her neurological physiotherapy work is vestibular rehabilitation and concussion management. Katie works closely with several doctors who were involved in the formulation of the Zurich Concussion Statement and recently Katie was invited to assist in the grant application for a large concussion trial in children through the Murdoch Institute. Alongside her colleague Amy Blencowe, Katie will travel to North America in 2017 to visit leading clinics in concussion management.



Amy Blencowe is a senior therapist at the Neurological Rehabilitation Group. Amy has a keen interest in vestibular rehabilitation and completed the Susan Herdman Vestibular Course in 2015.



Wednesday 9 August 2017

Treating fatigue and sleep disturbance following brain injury with cognitive behaviour therapy

Presenters: **Dr Adam McKay**, Senior Lecturer, Monash University and Senior Neuropsychologist, Epworth Healthcare *and* **Dr Dana Wong**, Senior Lecturer, Monash University and Director, Neurorehabilitation Clinic, Monash Psychology Centre

About the lecture

Fatigue and sleep disturbance represent two of the most common symptoms after acquired brain injury, and cause significant difficulties with activity participation and quality of life. Despite this, there has been limited investigation of treatments and currently there are no treatment guidelines for managing fatigue and sleep problems following traumatic brain injury (TBI) or stroke. This presentation will focus on the use of cognitive behaviour therapy to treat fatigue and sleep problems after brain injury and will include discussion of the findings of a randomised controlled trial conducted at the Monash-Epworth Rehabilitation Research Centre, on which Adam and Dana are co-investigators.

About the Presenters



Dr Adam McKay holds both academic and clinical positions in clinical neuropsychology. He is a Senior Lecturer in the School of Psychological Sciences at Monash University where he is involved in teaching, research, supervision, and placement coordination for the DPpsych in Clinical Neuropsychology. He is also a Senior Clinical Neuropsychologist at Epworth Healthcare where he works in the brain injury program providing rehabilitation to clients with traumatic brain injury (TBI) and other neurological conditions. Adam is engaged in a number of clinical research projects focused on understanding and improving the functional and psychosocial outcomes after brain injury. His recent work has focused on evaluating rehabilitation methods in the early stages after a brain injury, as well as the benefits of cognitive behaviour therapy for treating more chronic difficulties such as anxiety, depression, sleep disturbance and fatigue after brain injury.



Dr Dana Wong is a Senior Lecturer in the School of Psychological Sciences at Monash University and Director of the Neurorehabilitation Clinic at the Monash Psychological Centre (MPC). Her role incorporates clinical supervision, lecturing, research, curriculum design and student mentoring on the Doctor of Psychology programs at Monash University. Dana leads a clinical translational body of research and clinical education in innovative neuropsychological rehabilitation techniques (including cognitive rehabilitation and cognitive behaviour therapy) to improve the lives of brain injury survivors, and enhancing clinician competence in delivering cognitive and psychological interventions. She received the 2016 Australasian Society for the Study of Brain Impairment (ASSBI) Clinical Innovation Award for her development of the Monash Memory Skills Group.



Wednesday 18 October 2017

“He went back into his shell like a tortoise”: Exploring the challenging journey of stroke survival

Presenter: Professor Jacinta Douglas, Summer Foundation Research Chair of Living Well with Acquired Brain Injury at La Trobe University

About the lecture

Stroke has been described as a double crisis because survivors and families are faced with both the need to adapt to the physical, cognitive and emotional consequences of the stroke and the need to negotiate a foreign culture - the health care system.

The aim of this project was to gain some understanding of how stroke survivors and their family carers have experienced the stroke care continuum. In her lecture, Jacinta will discuss how the care experience emerged as a process comprising a series of phases that could both overlap and re-occur.

About the Presenter



Professor Jacinta Douglas is the Summer Foundation Chair of Living Well with Brain Injury at La Trobe University in the Living with Disability Research Centre.

Jacinta's qualifications span the disciplines of speech pathology, clinical psychology and neuropsychology. She has extensive research and clinical experience in the rehabilitation of adults with acquired brain injury (ABI). Her research contribution is internationally recognised and has advanced knowledge in the domains of interpersonal communication and psychosocial functioning following brain injury. Her work in these areas focuses on maximising the ability of people with brain injury to participate fully in society across all levels of functioning.

Jacinta leads the \$3 million dollar research partnership between La Trobe University and the Summer Foundation. This research program will measure the outcomes of interventions related to the lifetime support of people with ABI and neurological conditions such as MS and Huntington's Disease.

Jacinta is a Fellow and President (elect) of the Australasian Society for the Study of Brain Impairment and the Speech Pathology Association of Australia and is founding co-editor of the multidisciplinary journal Brain Impairment.
