



South West Wales
Brain Injury Group

Wednesday 16 October 2019
Parc Y Scarlets,
Llanelli, SA14 9UZ

Chaired by Dr Jeremy Tree, join us for our Autumn Workshops.

Agenda

9:00 Registration, refreshments & networking

9:30 Workshop 1 - Managing sleep after brain injury - *Dr Megan Crawford & Dr Samantha Fisher-Hicks*. This session will outline some of the common sleep difficulties people can experience following acquired brain injury with a focus on insomnia. We will describe a behavioural intervention called iCBT (Cognitive Behavioural Therapy for Insomnia) that we have been running in partnership for people experiencing insomnia following brain injury. We will also outline the evidence for such approaches.

10:15 Tea, coffee and cake

10:45 Workshop 2 - Managing fatigue - *Helen Bankhead, OT Therapist & Lowri Wilkie, Assistant Psychologist - Morriston Traumatic Brain Injury Service*. The session will be delivered in two parts. Part one, will provide some of the evidence regarding fatigue and fatigue management post brain injury. Practical strategies will be explored that many of our service users have found helpful. Part two, will introduce mindfulness practice and the evidence associated with its application for people living with neurological conditions. We will then give you some mindful experiences which we hope will give you greater insight into what mindfulness is and how you could make use of some of the techniques.

11:45 Reinvigorate session - After a morning of talking sleep, fatigue and mindfulness we thought it might be useful to do a few exercises to wake you up and get you alert before the journey home.

12:00 Thanks and close down

PTO for speaker biographies.

This event is open to anyone connected to Brain Injury in South West Wales.

To book your place sign up at:

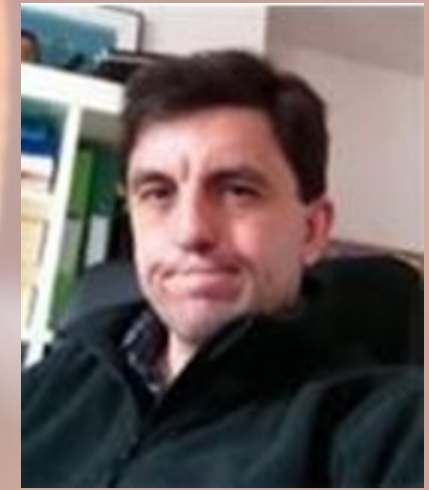
<https://swwbig-workshop-2019.eventbrite.co.uk>

£10pp for professionals.

Free for brain injury survivors, family and non paid carers.

For all enquiries please telephone **01792 525578** or email **events@jcpsolicitors.co.uk**

Dr Jeremy Tree is an Associate Professor in the Department of Psychology at Swansea University. Dr Tree is a Registered Chartered Psychologist (C. Psychol.), an Associate Fellow of the British Psychological Society (AFBPsS), a member of the Health Professionals Council and Fellow of the Higher Education Academy (HEA). His research interests include the consequences of brain injury on specific cognitive functions (cognitive neuropsychology) – in particular, disorders of reading (dyslexia), speech production (aphasia), memory (amnesia) and face processing (prosopagnosia). In each case the work seeks to better illuminate the processing components of these specific functions in the human brain.



Dr Jeremy Tree

Dr Fisher-Hicks works as a Consultant Clinical Neuropsychologist at the Regional Neuropsychology and Brain Injury Service, Morriston Hospital, Abertawe Bro Morgannwg NHS Trust. She has over 10 years experience working with individuals with acquired brain injury and their families. She is on the BPS Specialist Register of Clinical Neuropsychologists and Register of Applied Psychology Practice Supervisors. She is an Honorary lecturer at Cardiff University and an Honorary Clinical Research Fellow at Swansea University, School of Medicine. Dr Fisher-Hicks is also a founding partner at Positive Neuro Rehab and has been providing independent neuropsychological assessments and treatment since 2010. She has a range of publications including the self-help book entitled 'Rebuilding Your Life After Stroke: Positive Steps to Wellbeing'.



Dr Samantha Fisher-Hicks

Dr Megan Crawford is a Lecturer in Psychology at the University of Strathclyde. Her research focuses on using behavioural approaches to treat sleep disorders such as insomnia. She is very interested in improving sleep problems when they occur in the context of other medical conditions for example, migraine, sleep apnoea and brain injuries. She has studied in Chicago, Swansea and Sydney and has now settled down in Glasgow.



Dr Megan Crawford

Helen Bankhead is an Occupational Therapist working in the community brain injury service at Swansea Bay Health Board. She qualified as an OT in 1999 from the University of Brighton. Since 2015 Helen has specialised in the assessment and treatment of people living with brain injury. She has a special the application of relaxation, mindfulness, mindful photography and positive psychology to promote wellbeing. She has recently contributed to a publication regarding the impact of positive psychology interventions for people with brain injury. Her work and that of her team has been recognised for several awards within the health service and university.



Helen Bankhead

Lowri currently works part-time at the Traumatic Brain Injury service in Morriston Hospital. She joined TBIS in September 2018, where she undertook a year-long professional placement as part of her studies at Cardiff University. Lowri recently developed and delivered a mindfulness group tailored specifically to individuals with brain injury. She has a strong interest in research and has been collaborating with colleagues at Swansea University to contribute to the development of a new model of healthcare. They have recently submitted two papers for publication; an updated theoretical framework for understanding how to build wellbeing for people with chronic conditions, and the other; a qualitative analysis of a positive psychology intervention they have developed alongside their service users and academic partners.



Lowri Wilkie