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# BackUp! A manual based psychotherapeutic intervention for adults with acquired brain injuries

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## INTRODUCTION

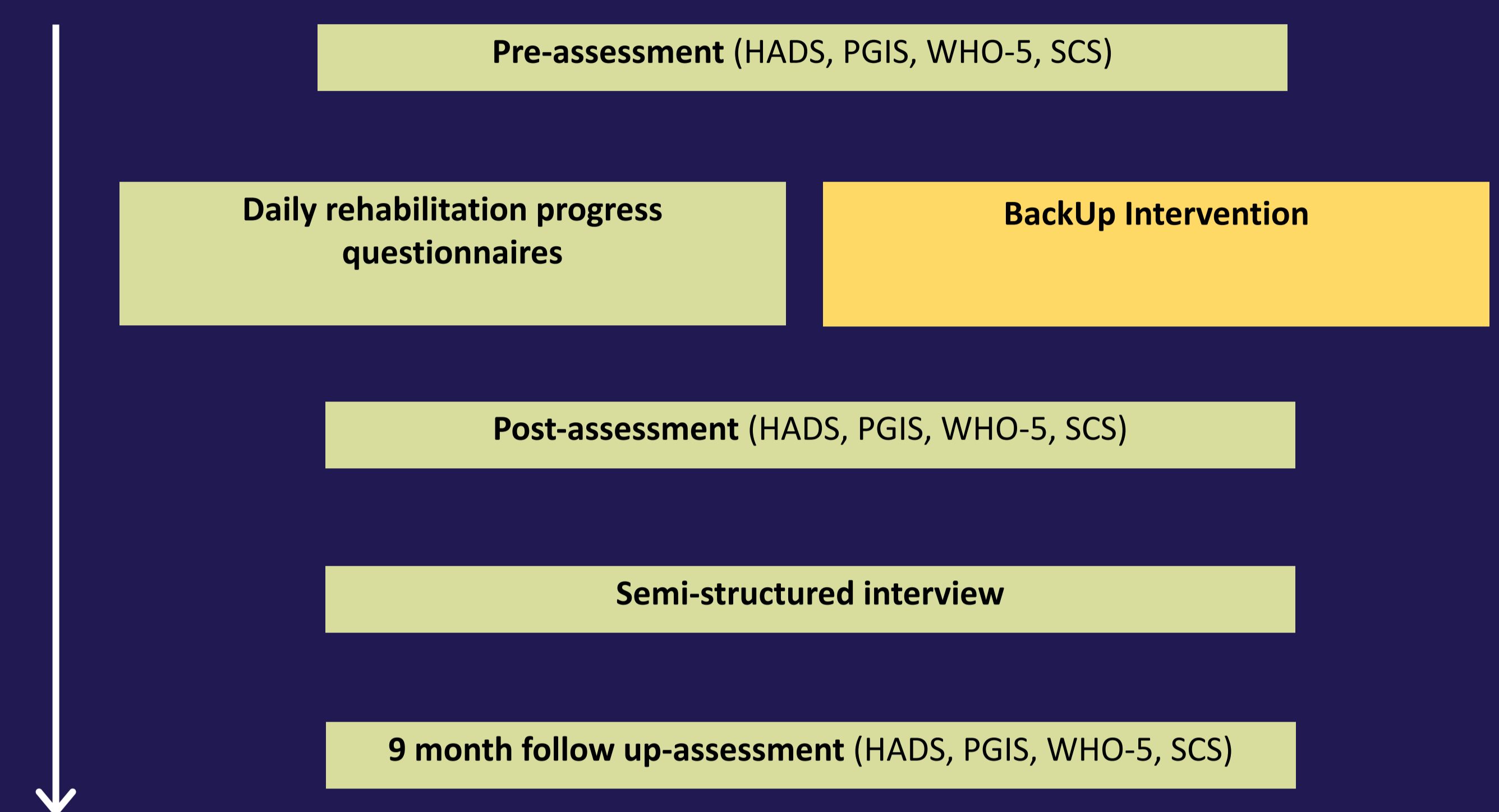
A moderate-to-severe acquired brain injury (ABI) can have tremendous lifelong emotional consequences for ABI-survivors. Since the 1980s rehabilitation guidelines has aspired to a dynamic, coherent and holistic approach. However, the psychological dimension still seems to be a challenge and research has revealed long term psychosocial impairments after ABI (Glintborg & Hansen, 2020). Therefore, BackUp®, a manual based short term psychological intervention for adults with ABI, was developed.

## AIM

This pilot study sought to explore the feasibility and clinical potential of the BackUp intervention through a case study.

## METHOD – Mixed Method

- Single case ABA design.
- A thematic analyzes of the interview (Braun & Clarke, 2006).



## THE INTERVENTION - BackUp®

- Overall framework of 3rd wave Cognitive Behavioral Therapy
  - ACT, CFT, mindfulness and narrative therapy
- 12 individual therapy sessions
- Once or twice a week, approximately 45 minutes pr. session

- Psychoeducation
  - brain injury and emotional reactions
- Thoughts, feelings, body and behavior
- Self compassion
- Identity reconstruction
- Values and action
- Future transitions
- Social relations



## CASE INTRODUCTION - 58 years old man

### Preinjury

- Active outdoor life, fishing, Social man
- Physically active job in the service industry for 40 years

### After brain injury

- In a wheelchair, neglect, executive difficulties with overview and structure.

### Disagreements between Lars and the healthcare professionals

- Lack of insight

**The official goal:** To become as independent and safe in his home as possible.

**Lars's personal goal:** To be able to go out fishing again.

## CONCLUSION & IMPLICATIONS

This case study suggests a psychological intervention based on the BackUp-manual, specifically designed to support the psychological rehabilitation after an ABI, can support the relation and outcome of rehabilitation in a bio-psycho-social perspective.

- **Systematic psychological support following ABI, may be necessary for support the total outcome of holistic rehabilitation.**
- **The BackUp intervention may enhance the overall rehabilitation outcome and support the client's psychological adjustment after an ABI.**

## ACKNOWLEDGMENT

We would like to thank the participant in this study, Olga Tsukanova Brøndbjerg Carlsen and Trine Stokbro Vesteghem.

## REFERENCES

Glintborg, C. & Hansen, T.G.B. (2020). Psychosocial sequelae after acquired brain injury: a 5-year follow-up study. *Nordic Psychology*  
V. Braun & V. Clarke (2006). Using thematic analysis in psychology, *Qualitative Research in Psychology*, 3:2, 77-101, DOI: 10.1191/1478088706qp063oa

## CONTACT INFO

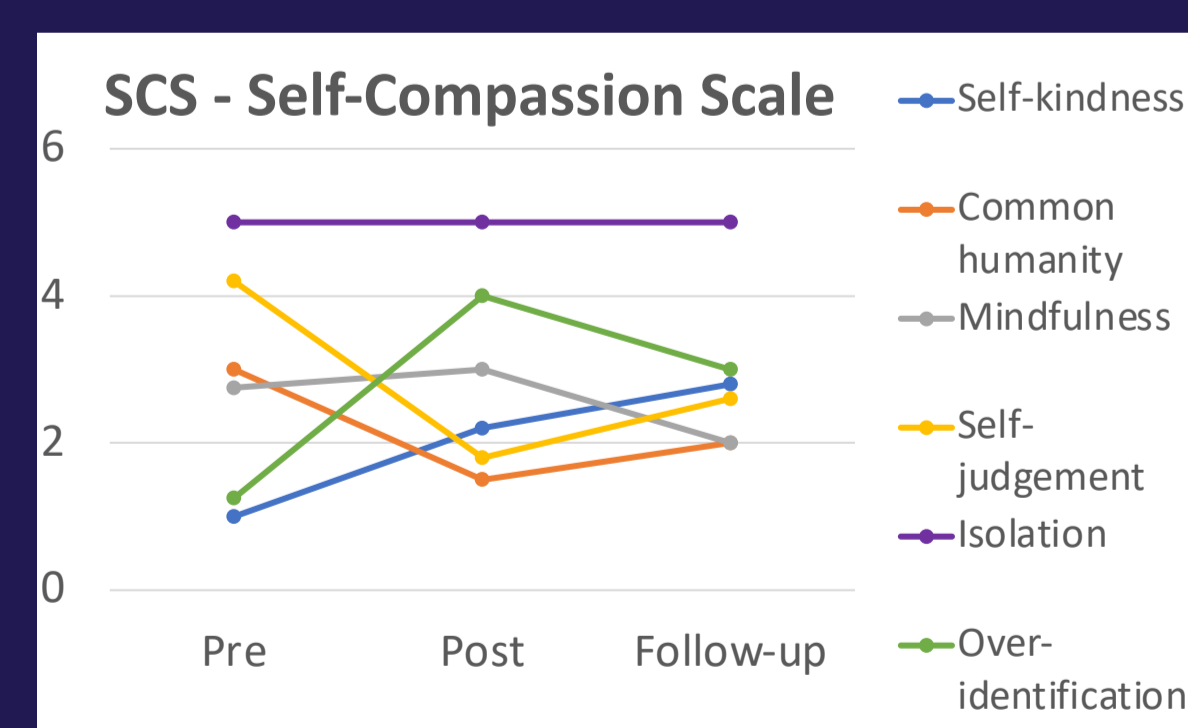
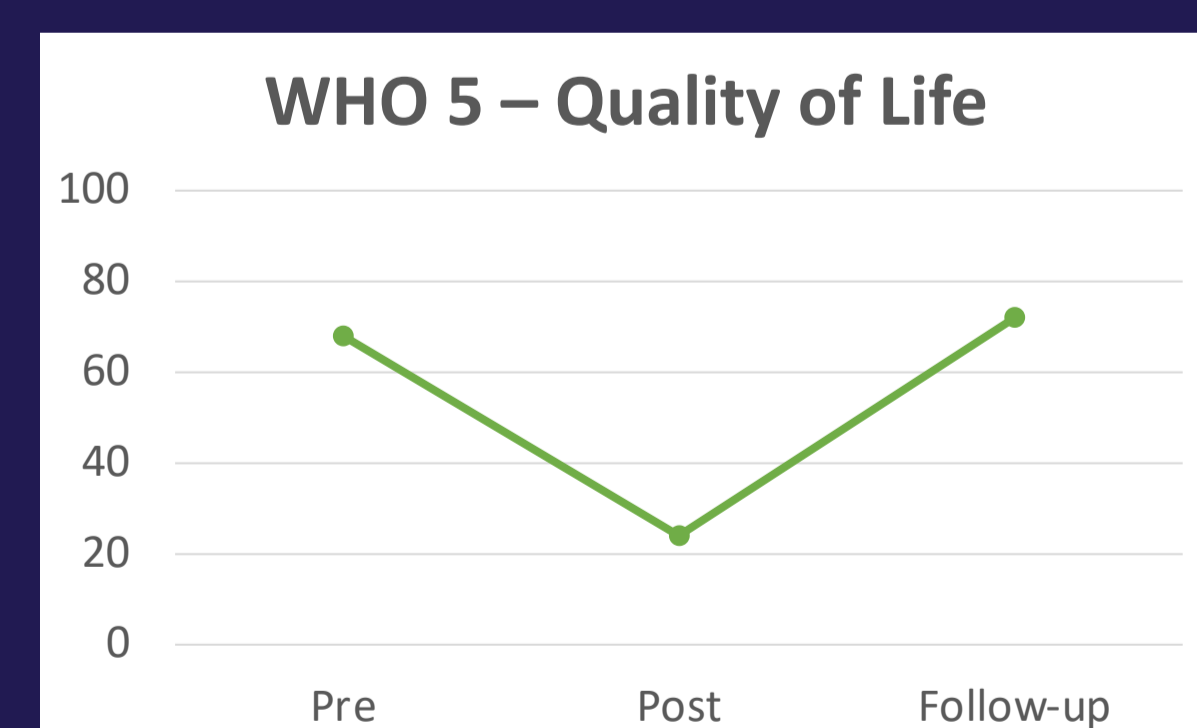
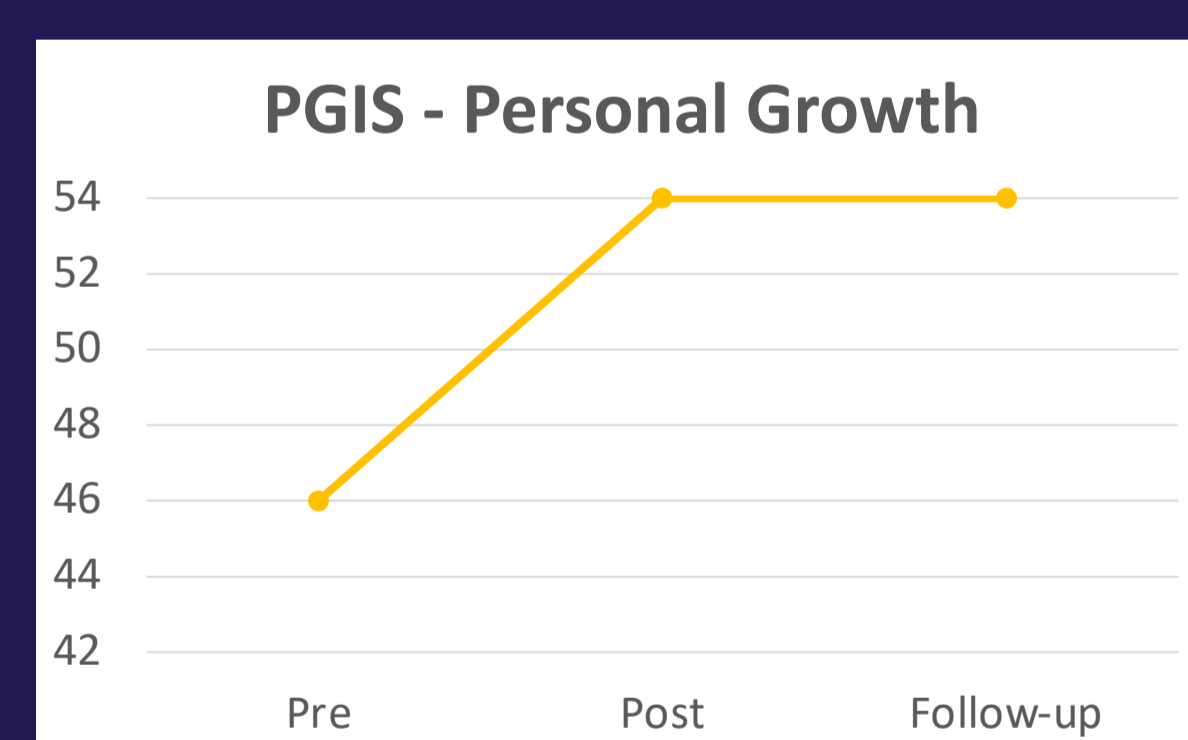
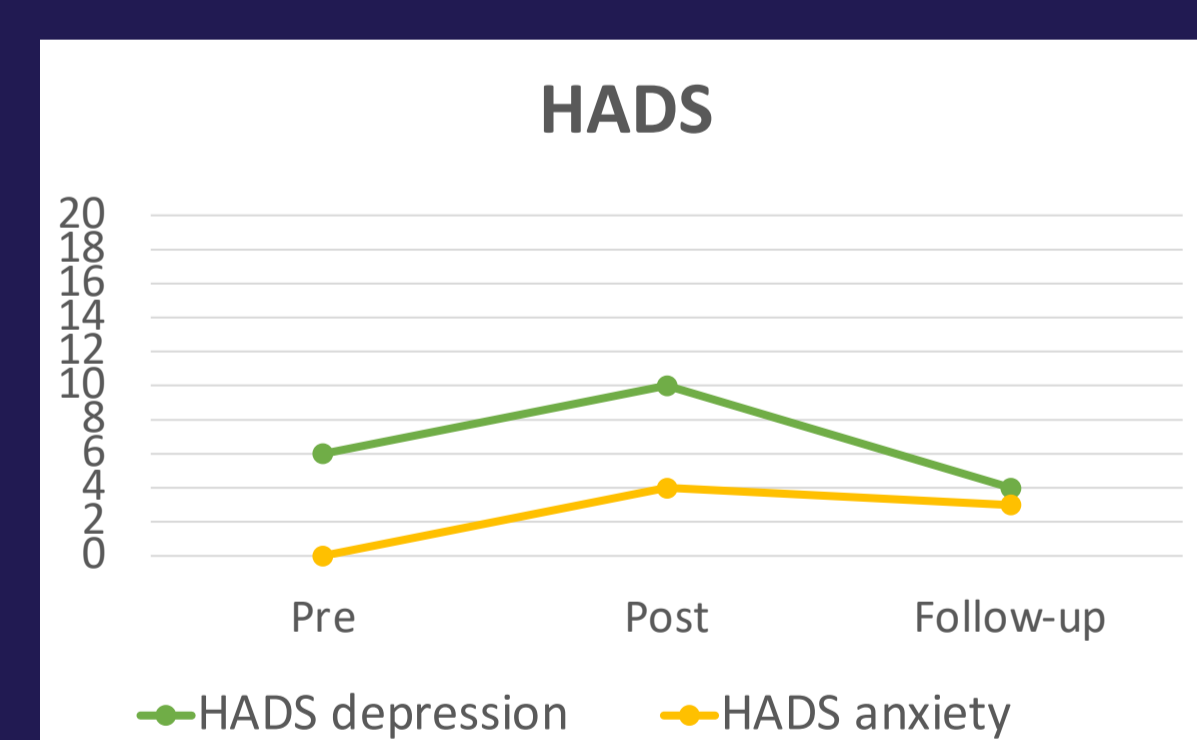
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ASSESSMENT TESTS

## RESULTS



QUALITATIVE INTERVIEW

### 3 main themes emerges

#### Fellowship & Security

- Was important for Lars and
- achieved though therapy

Therapy, inside perspective and holistic rehabilitation

- A balance in the bio-psycho-social model is important to Lars

Training & Rehabilitation Centre

- Concrete everyday experiences, have helped Lars

LARS

*The psychological and the physical, it's related. It helps each other. If one does not work, the other does not work either.*