

The Road to Emotional Recovery

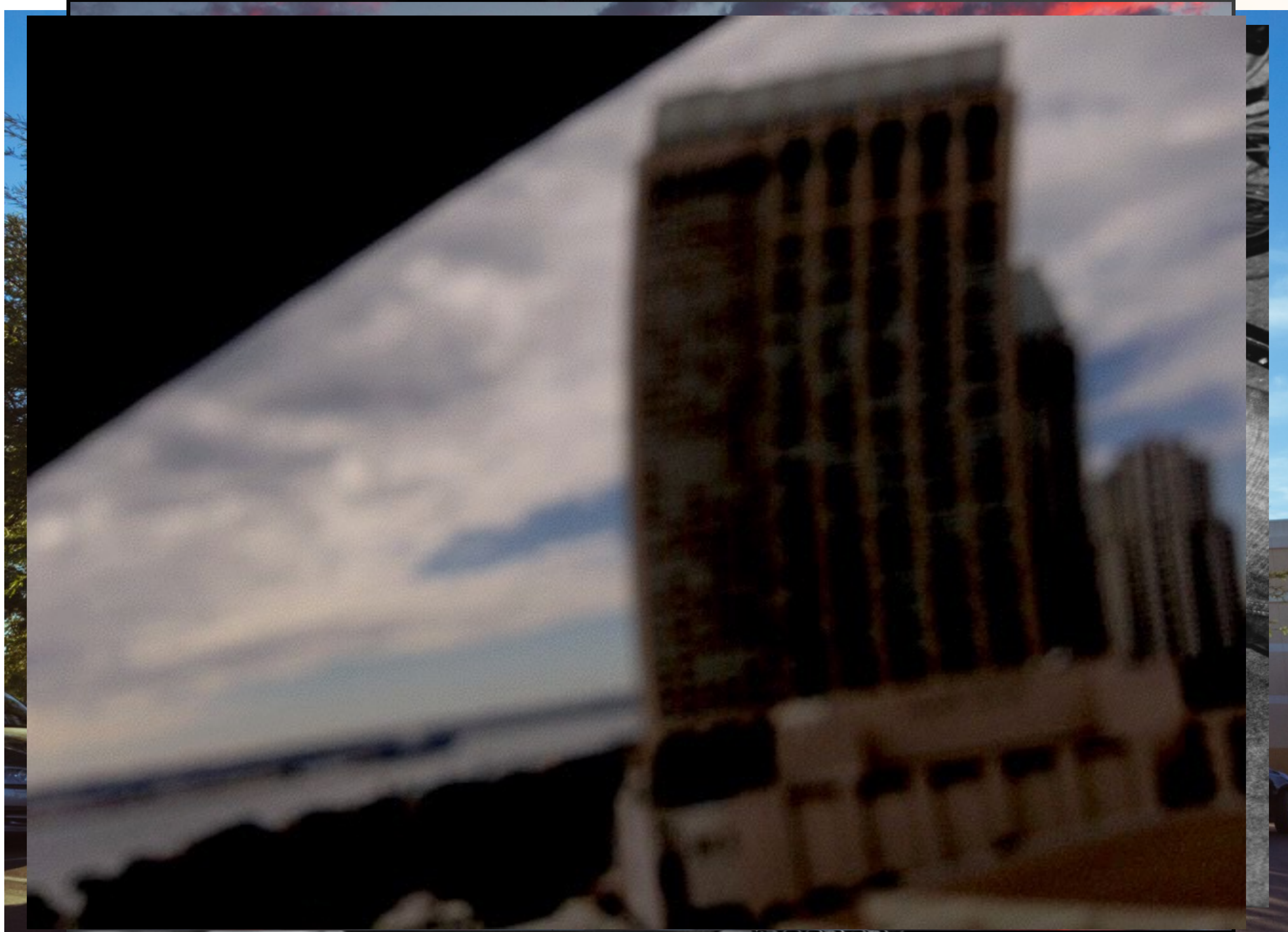
Jon Pearson QLI Director of Life Path Services



What If?



What If?



Emotional Recovery Defined

- Looking at the Overlooked

- Difficult to Observe/Measure, Predict, Plan and it's COMPLEX
- Customer Expectations
- Expert Model Limitations
- Time Constraints in Rehab
- The Search for the Magic Bullet



Life Path



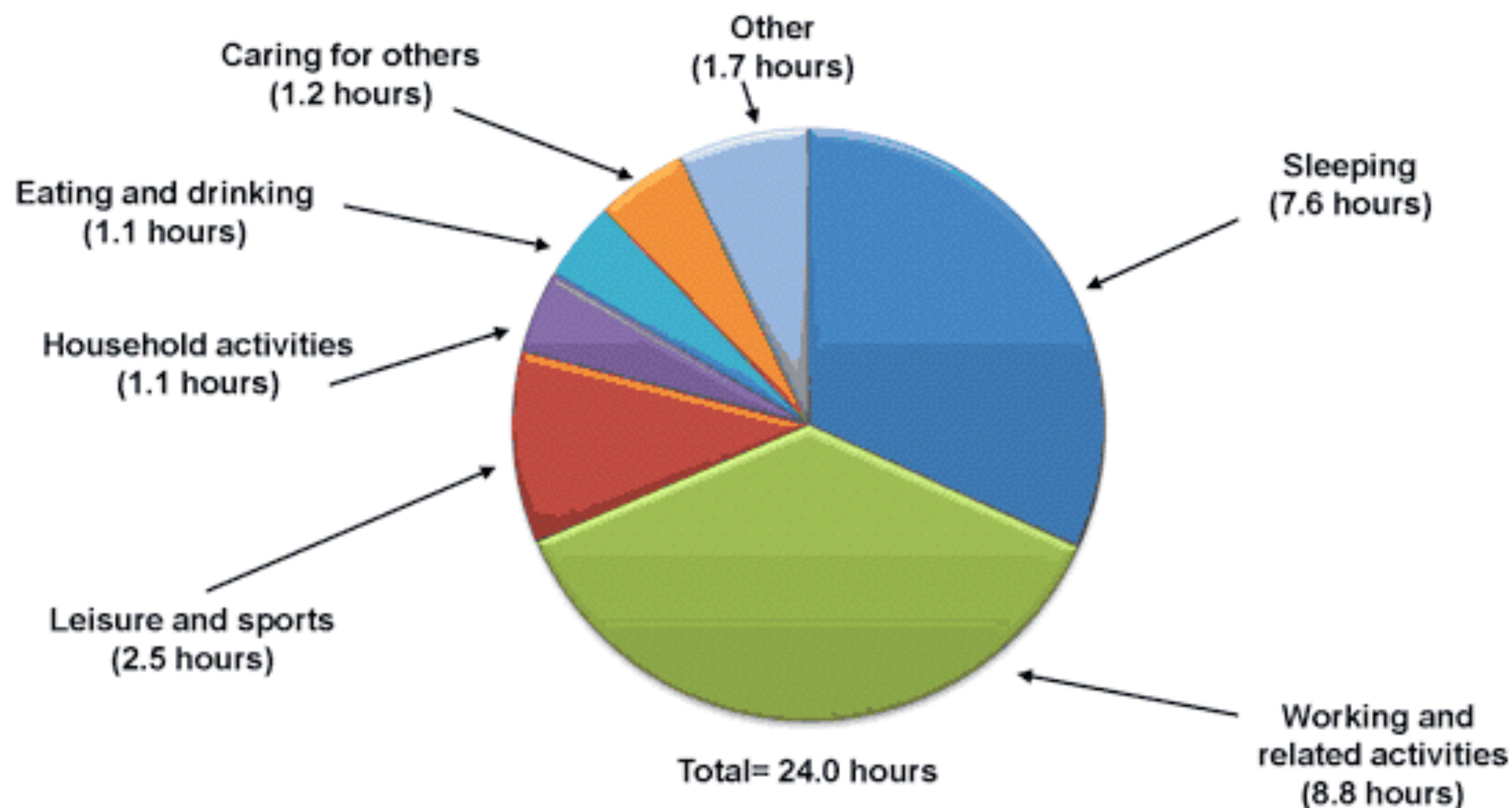
- Vivid Picture of Life Path Before Injury
- Pre-Existing Obstacles (Treat a Person, NOT an Injury)
- What's Most Important-Who vs. What
- Assessment of Impact of Injury
- Vision of Life Path Beyond Injury and a PLAN of ACTION



You Don't Miss Your Water...



Time use on an average work day for employed persons ages 25 to 54 with children



NOTE: Data include employed persons on days they worked, ages 25 to 54, who lived in households with children under 18. Data include non-holiday weekdays and are annual averages for 2011. Data include related travel for each activity.

SOURCE: Bureau of Labor Statistics, American Time Use Survey

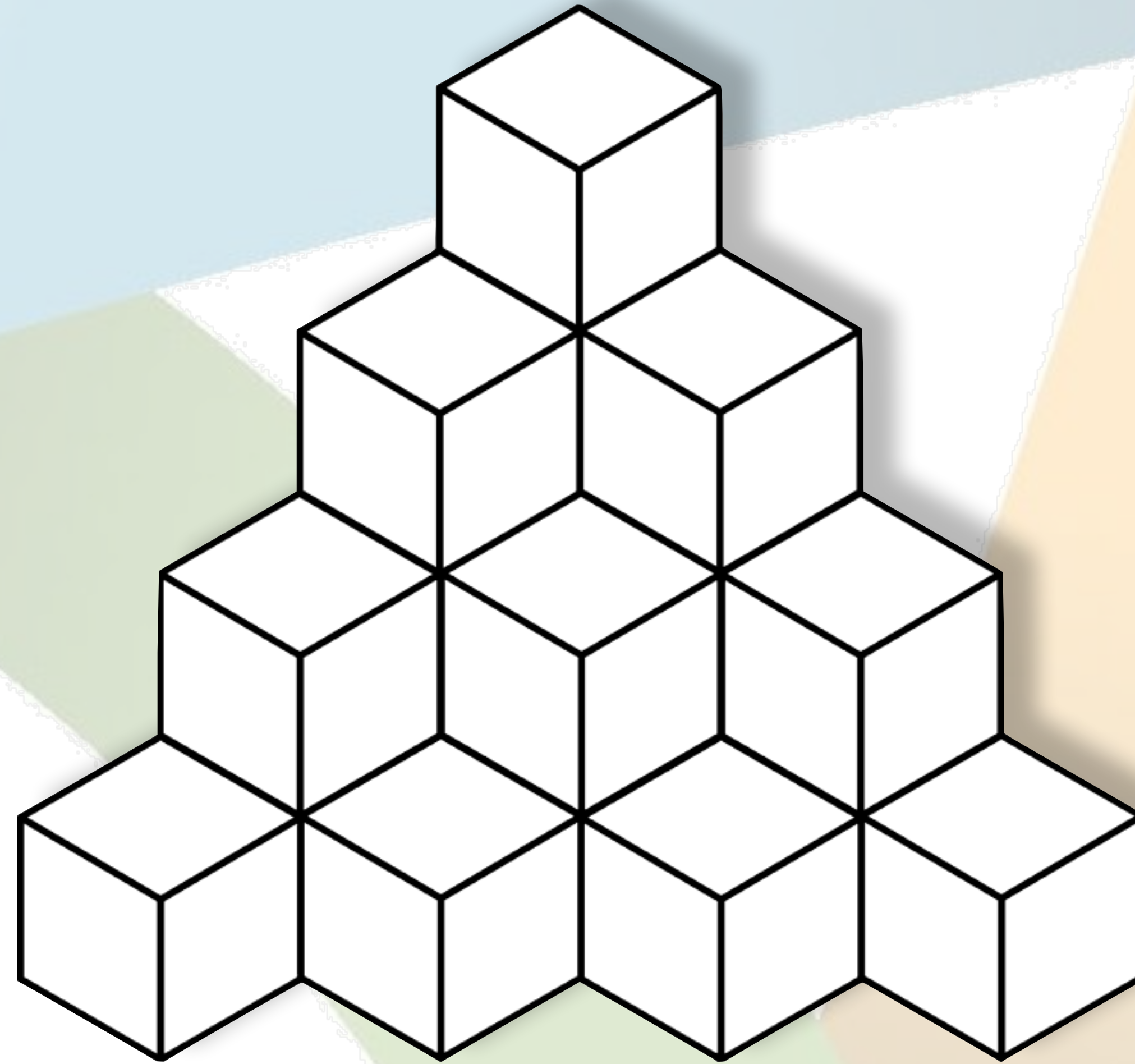
Passions and Motivators

- Look Beyond the “What”

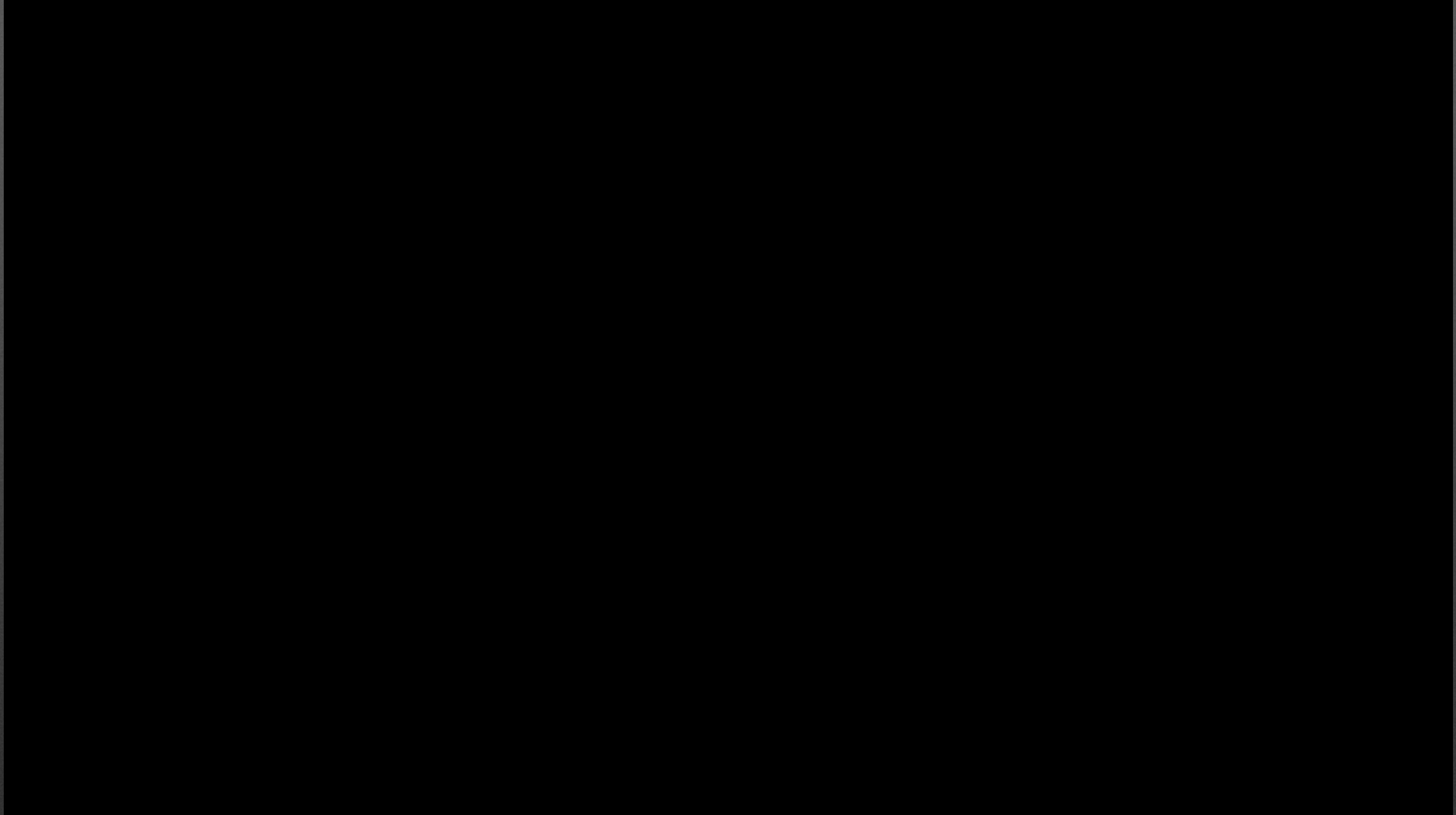
- Dig Deeper!



Cognitive Building Blocks



Shane



Awareness and Acceptance

- Awareness = A clear and accurate understanding of our abilities and life situation
- Acceptance= Coming to terms with life while maintaining a sense of peace, pleasure, perspective, hope and optimism



Keys to Acceptance

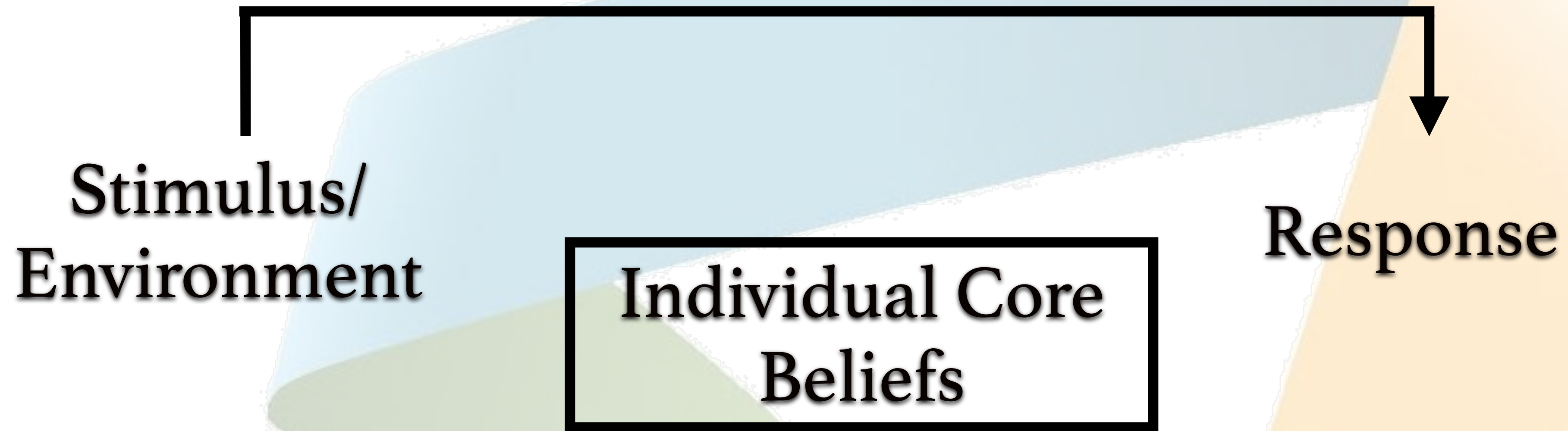
- Anticipating Powerful Upcoming Events
- Rational and Positive Outlook
- Openness to New Learning and Experiences
- Strong Social Support
- Faith
- Element of Control
- Sense of Humor
- Willingness to Adapt



Culture



Interventions-Cognitive Behavioral Therapy



These core beliefs shape our emotions, thoughts and behaviors



Cognitive/Emotional Pitfalls

- If I Avoid It, It Will Go Away
- Catastrophizing
- The Pain and Hurt Will Never Go Away
- If I Can't Do It Like I Did Before, I Don't Want To Do It At All
- They Are All Thinking About Me
- Change is BAD
- Why Me? Bad Things Always Happen to Me.



Rachael



Goal Mapping

Rational core beliefs should be supportive of our goals!

Goal: Become a Psychologist

Education

Become Licensed in Nebraska

Graduate with PhD

Complete Master's in Counseling Program

Determine preferred branch of study

Graduate with Bachelor's in Psychology

Complete undergrad prerequisites

Life Experience/Skill Building

Interview at least 3 respected psychologists for guidance

Meet with mentors on assertiveness, interviewing, and conflict resolution

Establish paid or volunteer positions in the field

Shadow and co-treat with QLI head of psychology



Other Strategies

- Mindfulness/Relaxation/Visualization Techniques eg. ACT (Acceptance, Commitment Therapy)
- Healthy Support Groups and Mentor Programs
- Exercise/Wellness and Holistic Approaches



Passing the Torch



A Final What if...

