



# Overcoming Grief and Loss After Brain Injury

*Janet Niemeier, Robert Karol*

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## **Overcoming Grief and Loss After Brain Injury** Janet Niemeier, Robert Karol

Overcoming Grief and Loss after Brain Injury is a practical, comprehensive, and simply-written book that provides foundational brain injury information and coping resources for persons recovering from and living with the disabilities that accompany this devastating injury. The book guides the reader toward self-assessment of their own concerns related to common post injury domains of impairment. Following help in identifying individual injury-related problems, the book provides clients with instructions and practice in use of a multitude of evidence-based compensatory strategies and coping skills. Clients can use the book to improve their cognitive, emotional, and functional status after brain injury. The book is written to assist patients, even if they are not able to work with a therapist or counselor. The supportive and therapeutic components of the book include the normalizing of brain injury symptoms and emotional responses, supported self-assessment, stress and emotional management techniques, compensatory strategies for a wide range of typical post injury deficits, links to community resources, and ideas for returning to work.

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