

Inner Resiliency Training: Self-Compassionate Mindfulness for those with Mild Traumatic Brain Injury, their Caregivers & Trainers

Many who have experienced a brain injury have difficulty coping with everyday life. It can be very frustrating to not be able to do the things you once did. Sometimes this frustration can lead to many emotions which activate our limbic system and our threat-defense system making it even more difficult to respond to situations. We can become more critical of ourselves and our abilities. Our thinking brain goes off-line and we are unable to respond as we might like.



Inner Resiliency Training is a 6-week course in which we will explore impacts of ABI (Acquired Brain Injury) on those affected, caregivers and trainers using experiential, didactic and small group exercises. Participants will learn about and experience techniques aimed at cultivating mindfulness and self-compassion to respond more skillfully with day to day challenges based on the teachings of Kristin Neff and Chris Germer.

Robin Beardsley, MD is a Physician who practices psychotherapy and a Trained Teacher in Mindful Self-Compassion. She brings her presence, fun and experience to her workshops. (For more info visit website below)

Inner Resiliency Training Aim:

Continue to promote the tremendous benefit of the MBCT support program, which volunteers have generously run for several years:

- Support the existing program by offering MBCT participants and leaders a course in mindfulness and self-compassion (at times that do not interfere with the MBCT support program)
- Mindful Self-Compassion parallels and compliments the MBCT work and may help participants deal with their post-concussion symptoms and live with greater ease.
- Refresh Mindfulness and add a Self Compassionate aspect.

Attendance: It is recommended that you attend all sessions if possible especially session 1. If you need to miss a session, please advise Robin if possible. Missing more than 2 sessions may mean you will not get the full benefit.

***Cost:** Covered by OHIP - Participants must provide:

- OHIP info (name, address, date of birth, OHIP number & version code, expiry date)
- Doctor's referral to Dr. Beardsley for ABI-group therapy.

If your physician is in a "Health Team", they may wish to know that, since Dr Beardsley has a Focused Practice, there will be no impact on access bonuses.

Donations to Trinity: Room Rental: \$50. Please consider making a donation to Trinity for the use of the room.