

What is a behavioral health provider?

- At the Complex Concussion Clinic (CCC), behavioral health providers include licensed clinical psychologists and/or licensed clinical social workers. These providers assess, diagnose, and treat patients experiencing psychological distress, which is commonly experienced after an injury.
- Our behavioral health providers at the CCC specialize in sport and rehabilitation psychology and neuropsychology.
 - A sport and rehabilitation psychologist specializes in working with both athletes and non-athletes as they recover from a significant physical or neurological injury, and/or chronic medical difficulties.
 - A neuropsychologist specializes in evaluating and treating individuals with several types of neurological conditions. In addition to providing individual counseling, a neuropsychologist can perform a comprehensive cognitive evaluation to assess a patient's current functioning.

What is the role of a behavioral health provider at the Complex Concussion Clinic?

- Provide individual counseling
- Conduct neuropsychological assessment
- Collaborate with the therapy team on a patient's treatment needs

What would you and a behavioral health provider work on?

- Psychoeducation
- Healthy coping strategies
- Sleep hygiene
- Emotion regulation
- Stress and anxiety management strategies
- Complementary and alternative medicine strategies (E.g., progressive muscle relaxation)
- Post-traumatic growth
- Identity, purpose, and values exploration
- Comprehensive cognitive assessment and recommendations

What might a behavioral health session look like at CCC?

- Behavioral Health Consultation:
 - Referred by CCC physician
 - Meet individually with behavioral health provider to complete a 45-60-minute clinical interview and determine treatment needs and plan of care
- Individual Counseling Session:
 - Activities vary based on each patient's needs and goals
 - A typical session is 45-60 minutes and may include the following activities:



- Complete self-report questionnaires to assess current mood state
 - Provide supportive listening and process current life stressors
 - Provide psychoeducation on mild TBI and reflect on effects on patient's current functioning
 - Use cognitive behavioral therapy interventions to develop a sleep plan
 - Use structured exercises and worksheets to develop and practice effective coping tools
 - Actively practice relaxation and imagery strategies
- Neuropsychological Assessment:
 - Clinical interview with the neuropsychologist (45–90-minutes)
 - Complete neuropsychological testing with a psychometrist, who is trained to administer and score neuropsychological tests (3-6 hours)
 - Feedback session with the neuropsychologist within 2-4 weeks to review the test results and receive treatment recommendations (45-60-minutes)

Additional Comments: