



PSYCHOLOGY  
CHARTERED

***GreyLag geese,  
Kaleidoscopes & the  
perils of independence  
Why relationships matter in  
in Neuro-rehabilitation***

Dr Richard Maddicks  
Consultant Clinical Neuropsychologist  
26<sup>th</sup> November 2018

[psychologychartered.co.uk](http://psychologychartered.co.uk)



**25% of victims of  
Shaken Baby Syndrome  
die.**

**80% of survivors suffer  
permanent damage**

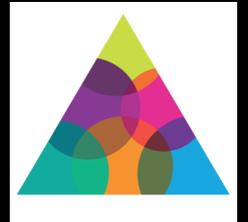






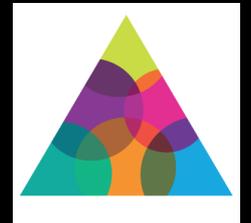
‘Imprinting’ – Konrad Lorenz (1935)

---

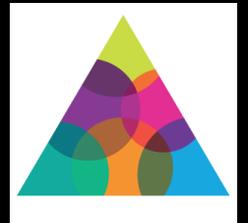




**Attachment Theory - John Bowlby (1907-1990)**



Social isolation can be most profound life change for people following traumatic brain injury

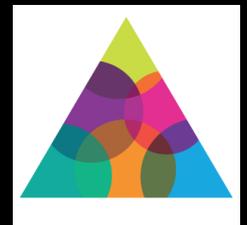


> 50% of individuals with moderate/severe TBI report limited social contacts

30% have no social relationships outside of family members

---

(Hoofien, Gilboa, Vakil, Donovan, 2001)



Decrease in number and  
depth of social  
relationships over time.

(Sander and Struchen, 2011)



# Interpersonal Therapy

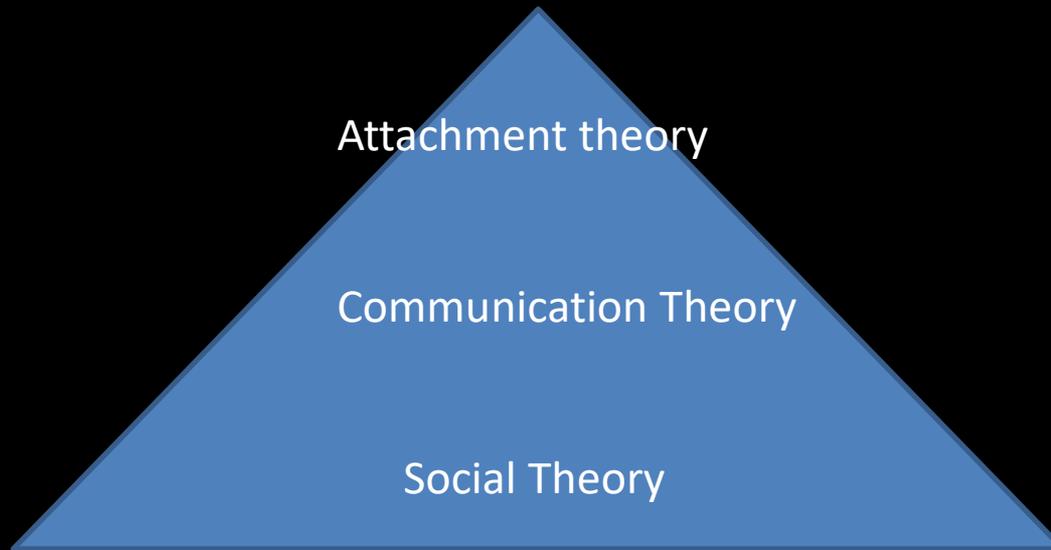
Weissman et al (2000)

NICE recommended  
therapy for mild to  
moderate depression



PSYCHOLOGY  
CHARTERED

# Interpersonal Therapy Components



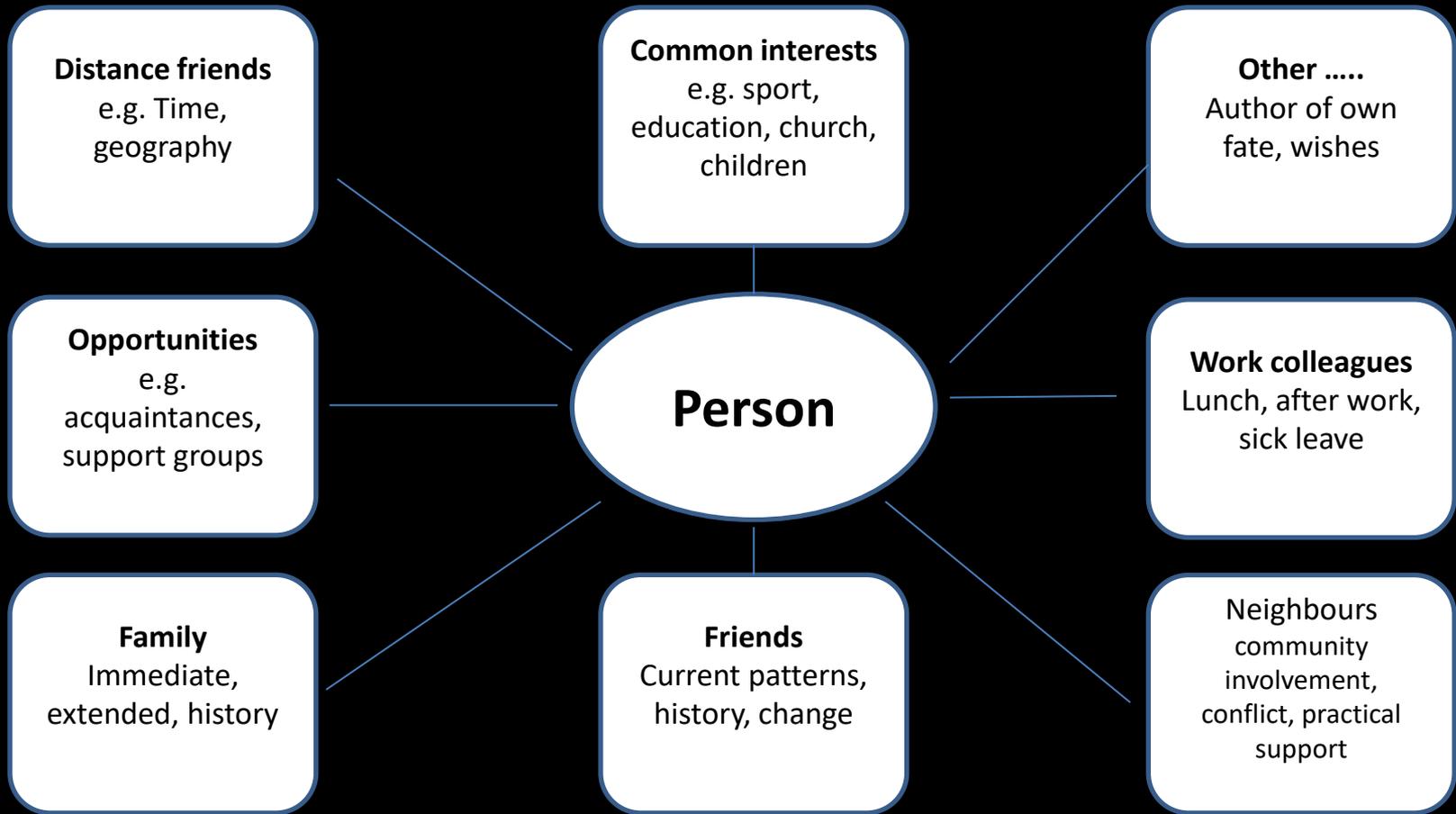
PSYCHOLOGY  
CHARTERED

# Functions of Social Support (Wills, 1985)

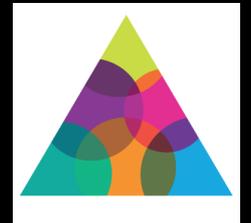
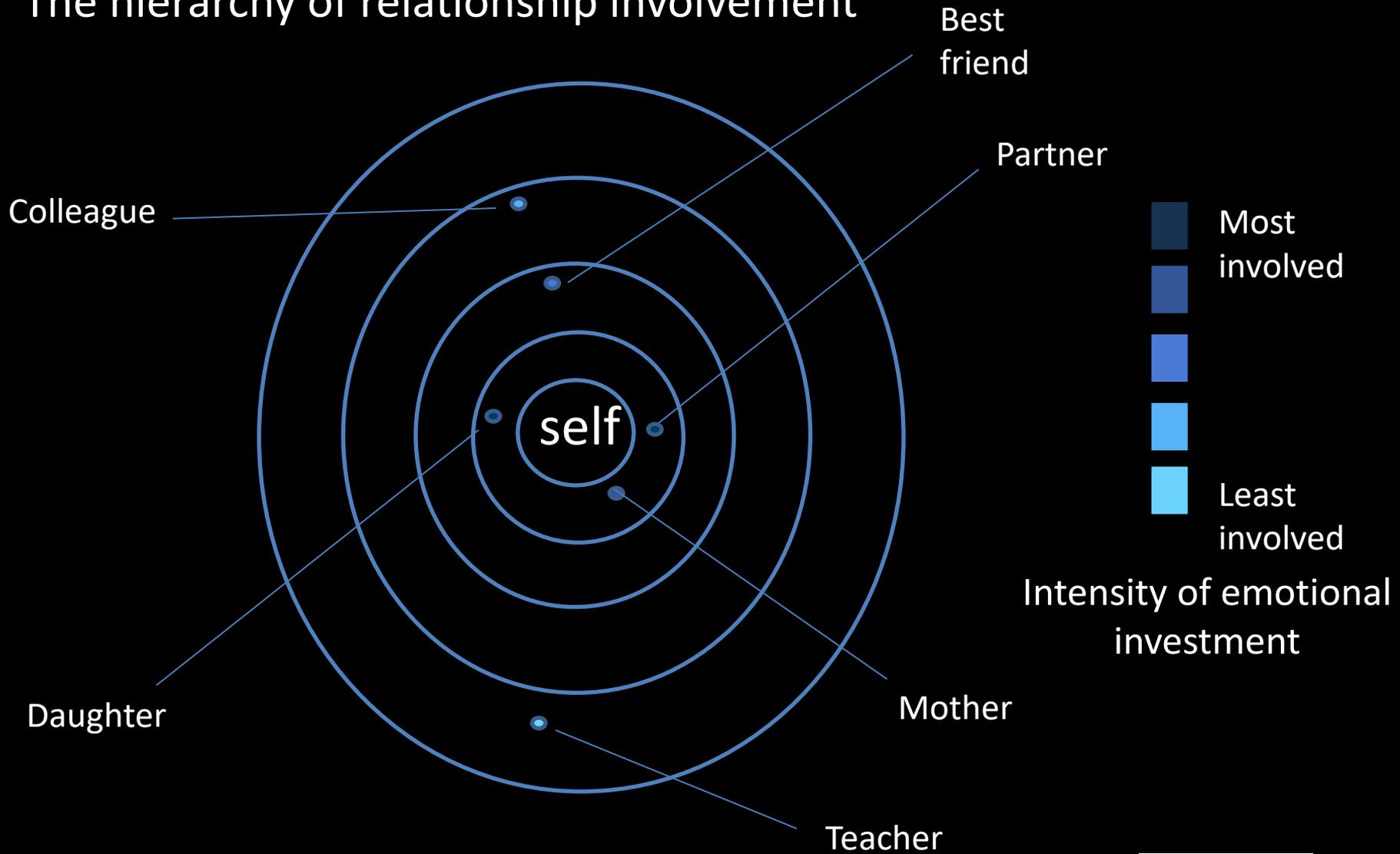
- ✓ Emotional support
- ✓ Instrumental support
- ✓ Social companionship
- ✓ Informative Support
- ✓ Motivational support



PSYCHOLOGY  
CHARTERED



# The hierarchy of relationship involvement



Most people return home to  
live with family member(s) who  
remain pivotal to the rehab  
process

(Oddy & Herbert, 2003; 2009)

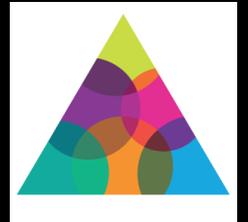


Do I have to tell the story  
Of a thousand rainy days since we  
first met

It's a big enough umbrella  
But it's always me that ends up  
getting wet

Sting - Every little thing she does is magic  
1976

---



# Marital relationships

Spouses experience increased levels of burden after TBI and this burden may increase over time.

(Knox, Douglas, Bigby, 2015)

---



# Marriage Stability after Brain Injury

Kreutzer, et al (2007)

75% = remained married

17% = divorced

8% = separated

- No significant gender difference in separation/divorce rates
- Older people were far less likely to be divorced or separated
- years married prior to injury almost x3 longer for those still married



PSYCHOLOGY  
CHARTERED

# But what about the quality?

Goodwin et al, 2011

## Circumplex model (Olson, 2000)

1. **Flexibility** – rigidity vs chaos
2. **Cohesion** - not disengaged, not enmeshed



PSYCHOLOGY  
CHARTERED

# Relationship Quality Challenges

- Increased stress and strain
- Reduced shared social activity
- Poorer mental health
- Significant changes in previously held role expectations
- Communication

(Knox, Douglas, Bigby, 2015)



PSYCHOLOGY  
CHARTERED

# Decision making

a 'binding' activity

Each participant considers the needs of the other(s)

Requires joint goal setting and emotional controls

Understanding the functional implications of BI on partner

(Knox, Douglas, Bigby, 2015)



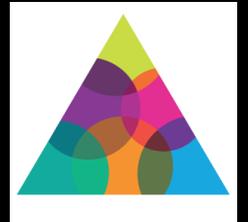
PSYCHOLOGY  
CHARTERED

<https://youtu.be/yNh3N3r48-0>



Quality of life and well-being of the client often depends upon the psychological health and coping skills of family members

(Gan, Campbell, Gemeinhardt & McFadden, 2006)



Many families demonstrate  
positive coping ability and  
resilience following brain injury

(Perlesz, Kinsella & Crowe, 1999; 2000)



Functional impairment

Emotional & behavioural changes

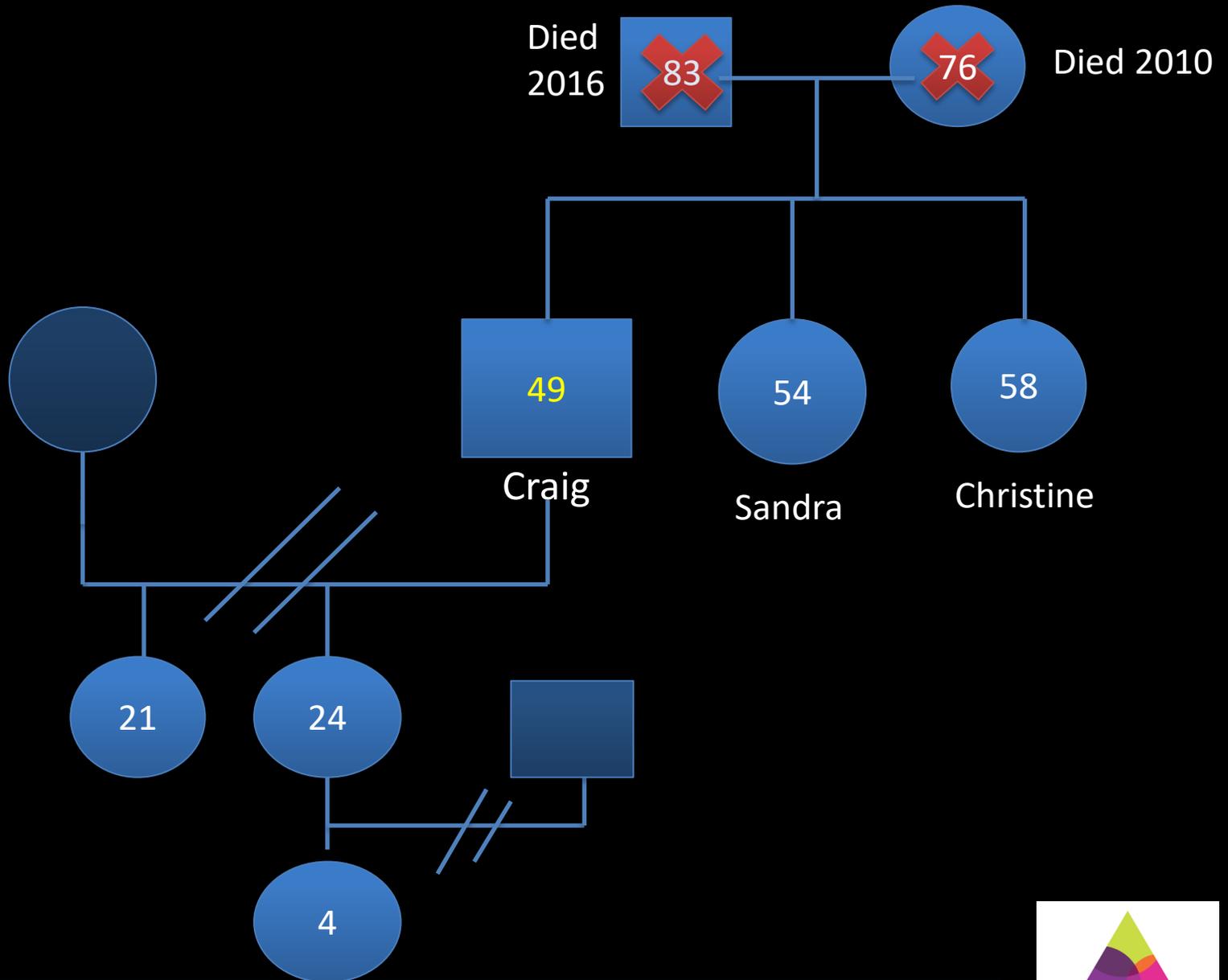
Reduced awareness



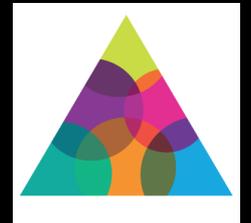
Most importantly.....

Family members  
appraisal of  
stress

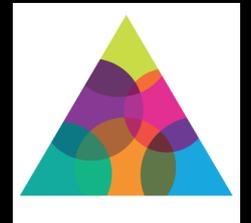




# A slight change, and all patterns alter (Sharon Salzberg)



Family expectation can be  
overwhelming = anxiety  
and focus on individual  
'client'



# A Manifesto for putting the social into rehabilitation?



It's just  
that he's never  
seen anyone talking  
out of their arse  
before!



## Lecture

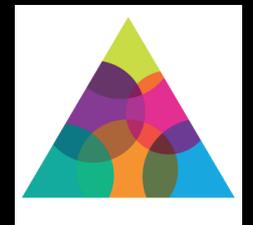
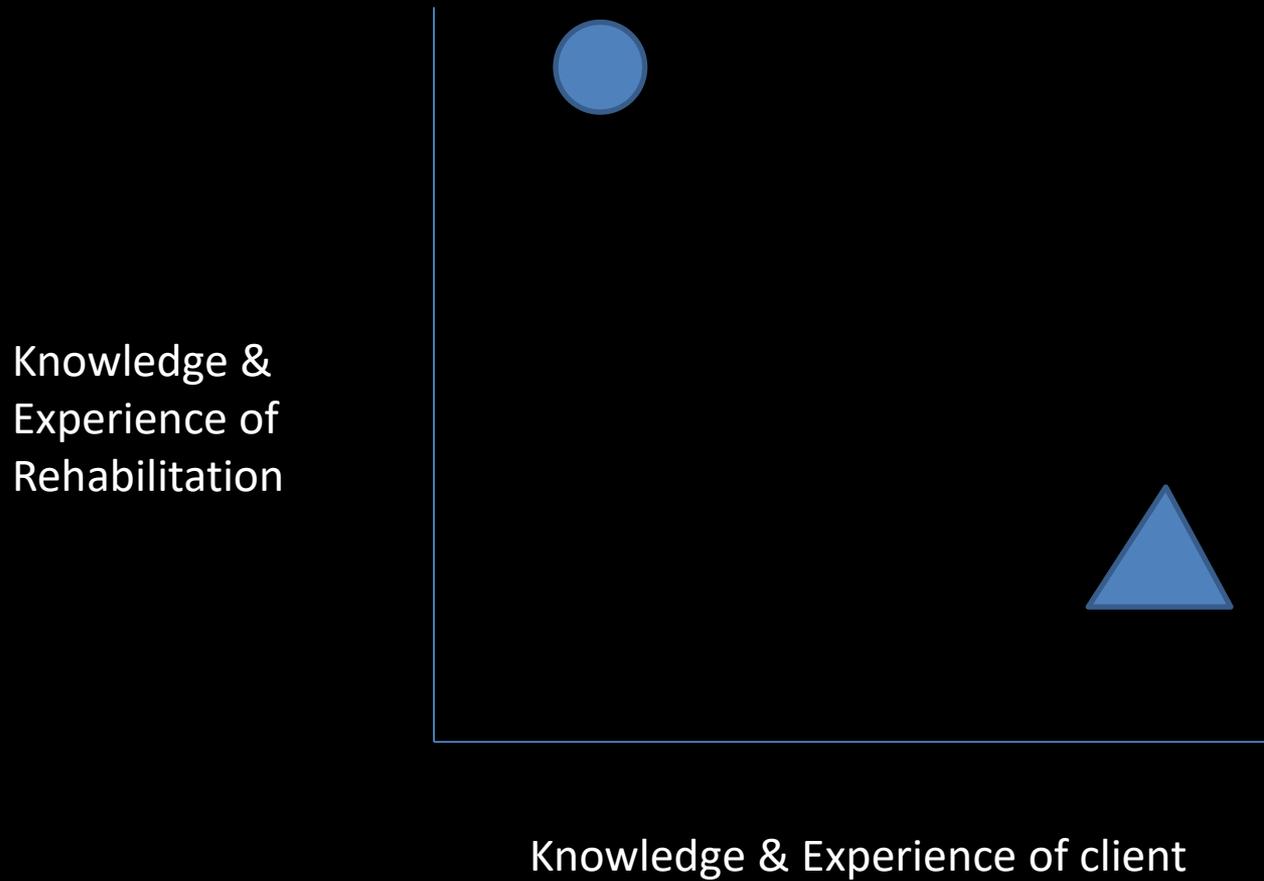
How the  
handicapp  
can learn  
scope and  
to terms  
there less  
than norm  
lives.

A.N.Expert

**Crippen**



- Clinicians
- ▲ Family members



# Assess Social support

Availability

Acceptability

Perceived Adequacy

Range of support

Ability to ask



PSYCHOLOGY  
CHARTERED

Interventions focussing on

Strengthening the injured persons  
*sense of belonging*

*lowering interpersonal conflict*

may benefit the psychological condition of  
adults living with TBI.



No road is  
long with  
good  
company

Turkish proverb



# References

Bay, E. H., Blow, A. J., & Yan, X. (2012). Interpersonal relatedness and psychological functioning following traumatic brain injury: Implications for marital and family therapists. *Journal of marital and family therapy*, 38(3), 556-567.

Gan, C., Campbell, K. A., Gemeinhardt, M., & McFadden, G. T. (2006). Predictors of family system functioning after brain injury. *Brain Injury*, 20(6), 587-600.

Hoofien, D., Gilboa, A., Vakil, E., & Donovan, P. J. (2001). Traumatic brain injury (TBI) 10-20 years later: a comprehensive outcome study of psychiatric symptomatology, cognitive abilities and psychosocial functioning. *Brain injury*, 15(3), 189-209.

Knox, L., Douglas, J. M., & Bigby, C. (2015). 'The biggest thing is trying to live for two people': Spousal experiences of supporting decision-making participation for partners with TBI. *Brain injury*, 29(6), 745-757.

Kreutzer, J. S., Marwitz, J. H., Hsu, N., Williams, K., & Riddick, A. (2007). Marital stability after brain injury: An investigation and analysis. *NeuroRehabilitation*, 22(1), 53-59.



PSYCHOLOGY  
CHARTERED

Oddy, M., & Herbert, C. (2003). Intervention with families following brain injury: Evidence-based practice. *Neuropsychological Rehabilitation, 13*(1-2), 259-273. doi: 10.1080/09602010244000345

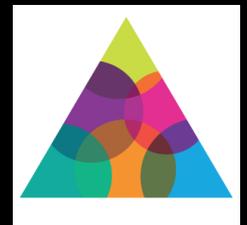
Oddy, M., & Herbert, C. (2009). Brain injury and the family: a review. *Psychological approaches to rehabilitation after traumatic brain injury, 429-448*. [doi.org/10.1002/9781444301762.ch17](https://doi.org/10.1002/9781444301762.ch17)

Olson, D. H. (2000). Circumplex model of marital and family systems. *Journal of family therapy, 22*(2), 144-167.

Perlesz, A., Kinsella, G., & Crowe, S. (1999). Impact of traumatic brain injury on the family: A critical review. *Rehabilitation Psychology, 44*(1), 6-35

Wills, T.A. (1985). Supportive functions of interpersonal relationships. In S.Cohen & S.L. Syme (Eds), *Social support and health* (pp 61-82) New York: Academic Press.

Weissman MM, Markowitz JC, Klerman GL. (2000). *Comprehensive guide to interpersonal psychotherapy*. New York: Basic Books.





PSYCHOLOGY  
CHARTERED

# Thank you

[psychologychartered.co.uk](http://psychologychartered.co.uk)



"Psychology Chartered"



@PsychologyCLtd