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Neuropsychotherapeutic Applications as an Integrative Part of Holistic Neurorehabilitation

OBJECTIVES

The objective of this presentation is to describe the applications of neuropsychotherapy in the frame of reference of holistic neuropsychological rehabilitation. A comprehensive neurorehabilitation program (INSURE) for traumatically brain-injured patients will be presented. The evidence-based studies have shown that the holistic approach is particularly promising and efficacious in the rehabilitation of post-acute brain-injured individuals.

METHODS

The INSURE program is a post-acute, interdisciplinary, 6-week rehabilitation program for selected groups of TBI patients. The core of the program is neuropsychological rehabilitation and psychotherapy with vocational interventions, and follow-up support. The program is recommended for post-acute TBI patients who have the potential to resume productive lives and to achieve stable psychological adjustment. The neuropsychotherapy group is the heart of the program.

In a follow-up study the productivity of 19 patients who underwent the rehabilitation program was compared to the productivity of 20 control patients who received conventional clinical care and rehabilitation. Two neuropsychologists who were blind to the rehabilitation history of the patients and to each other's evaluations assessed the productivity status of the subjects.

RESULTS

At two-year follow-up 89% of the treated patients were productive compared to 55% of the controls. Other factors did not explain the better productivity of the treatment group.

CONCLUSIONS

The holistic approach and neuropsychotherapeutic applications have proven to be promising and efficacious in the rehabilitation of a selective group of post-acute brain-injured individuals. In addition to viewing the outcome in terms of productivity, the quality of life is one of the main targets of rehabilitation.