

Rehabilitering og posttraumatisk vækst

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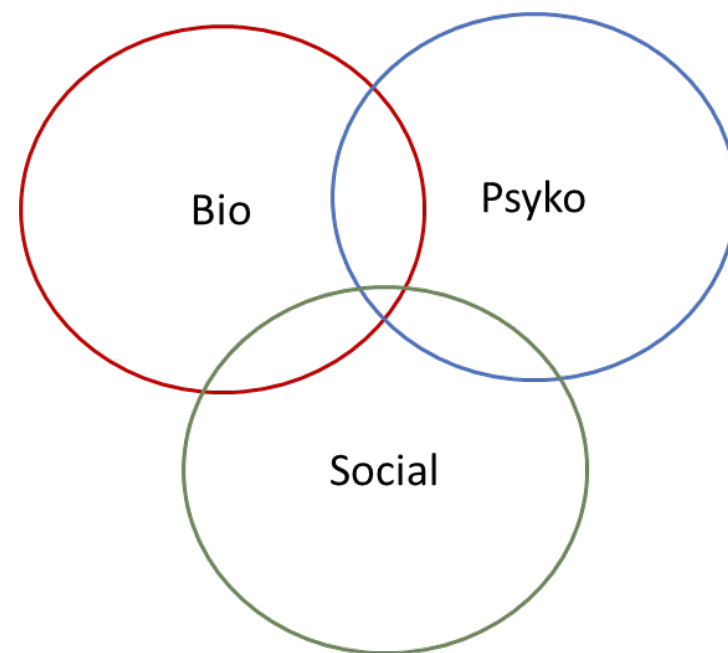
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Negative psykosociale følger

- › Langstrakte udfordringer i et biopsykosocialt perspektiv
- › Mange oplever symptomer på angst og depression
- › Svære følelser – skyld, vrede, skam
- › Sorg og Krise
- › Identitetsforandringer
- › Sociale og positionelle forandringer
- › Adfærdsproblemer
- › Familiesammenbrud
- › Psykisk sygdom
- › Udfordringer på job og uddannelse



”Jeg har fundet mere tid til børnebørnene”

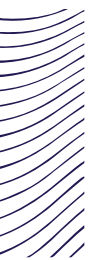
”Jeg har lært at sige pyt”

”Jeg har fundet ud af hvad der er vigtigt for mig”

”Vi har fået en chance mere”

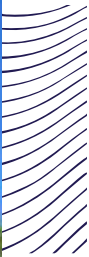
“Jeg er blevet et bedre menneske efter skaden, og jeg vil ikke tilbage til det gamle liv”





Hvor tit har du mødt
lignende udsagn





Take home message

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Det er et udbredt og naturligt fænomen at mennesker oplever PTG efter EH.

“Loss can produce gain”

Individet i centrum og rum for refleksion og prioritering.



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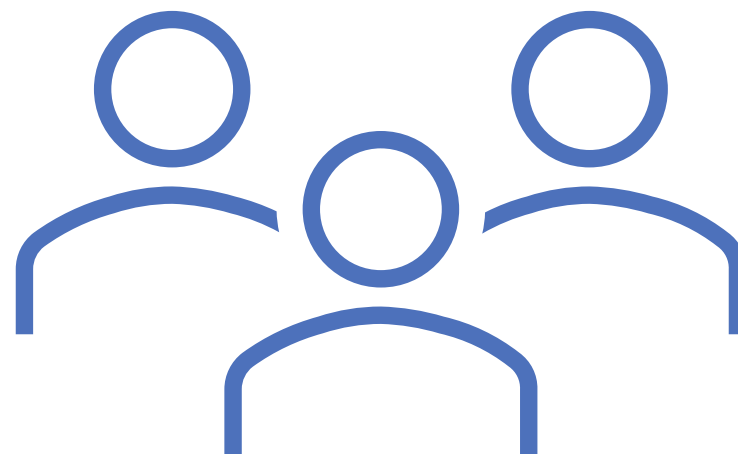
Behov, som alternativ til udfordringer/problemer

Nyere forskning undersøger behov fremfor udfordringer (Vaghela et al., 2021).

Identitetsrekonstruktion

Mulighed for social deltagelse og aktivitet (Nalder et al., 2021)

Social støtte



Prigatano (2013) argued that “the problems that brain injury imposes on the personal adjustment of the individual remain rather constant”.



”Formålet med rehabilitering er at muliggøre et meningsfuldt liv med bedst mulig aktivitet og deltagelse, mestring og livskvalitet.”

(Maribo et al., 2022)



Posttraumatisk vækst

”Post-traumatic growth is the experience of positive change that occurs as a result of the struggle with highly challenging life crises”

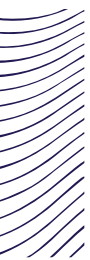
(Tedeschi & Calhoun, 2004, p. 1)



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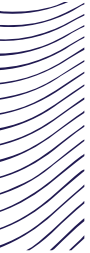


Historisk perspektiv

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- Religion og filosofi
- Positive psykologiske forandringer: Benifit finding, meaning-making, positive adjustment, finding meaning osv.
- Som noget der kan måles
- Andre områder: Kræft, HIV, sorg, krig osv.



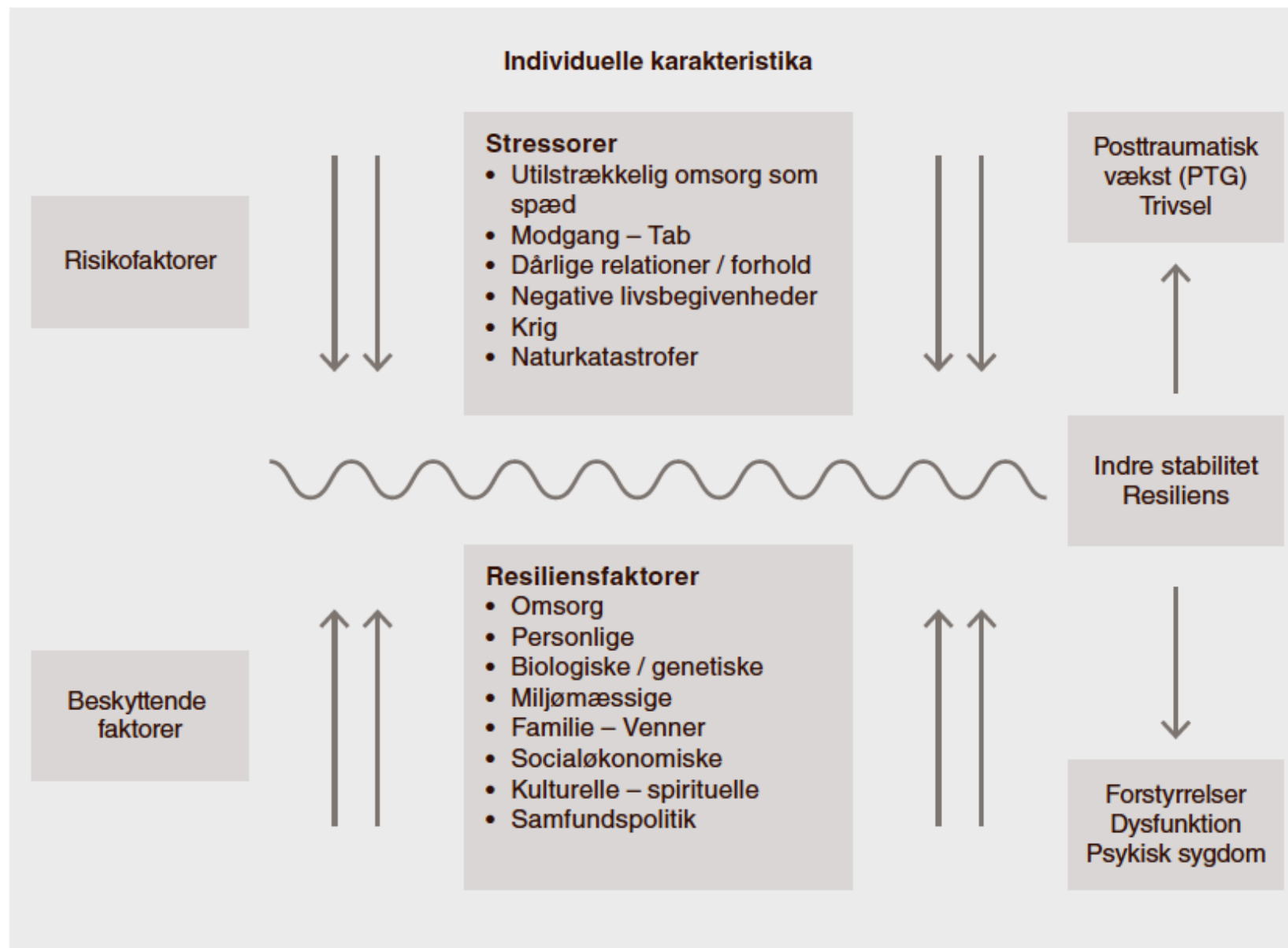


Resiliens og PTG

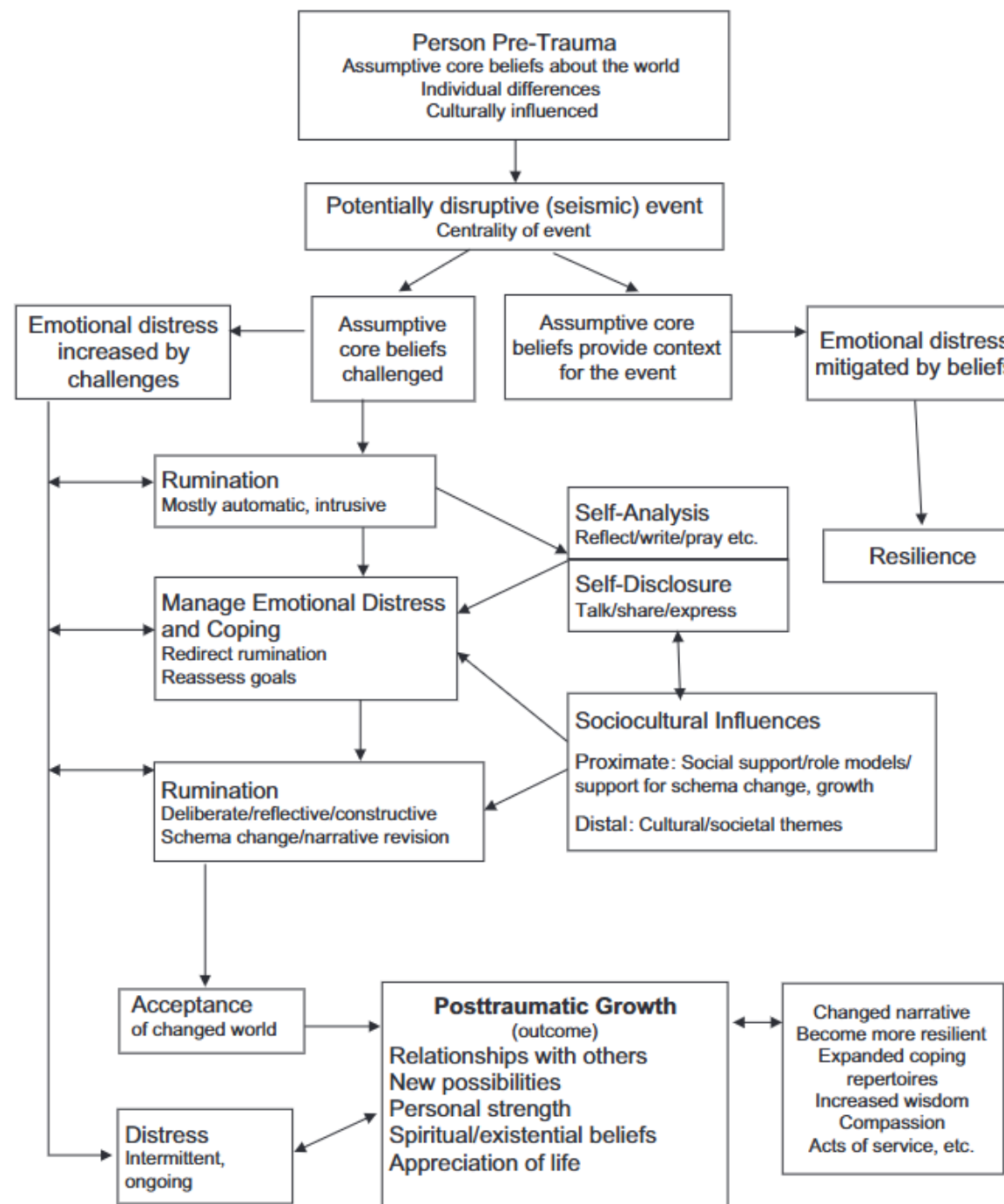
”Resiliens er, i konfrontationen med voldsom modgang, både individets kapacitet til at navigere frem til psykologiske, sociale, kulturelle og fysiske ressourcer, der kan opretholde eget velvære, samt kapacitet til individuelt og kollektivt at kunne forhandle sig frem til, at disse ressourcer tilvejebringes og opleves på en kulturelt meningsfuld møde.” (Ungar, 2008, s. 225)

”Posttraumatic growth is a stage beyond thriving and resilience. It is a construct with multiple dimensions, including an increased appreciation of life, closer intimate relationships, a greater sense of personal strength, finding new opportunities, and increased spiritual development.” (Herrman et al., 2011, p. 262).





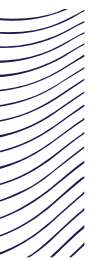
Figur 3.1. Resiliensmodellen (Herrman et al., 2011, egen oversættelse)



Konceptualisering

- Kognitiv rammeforståelse
 - Cognitive appraisal/kognitiv vurdering: måden hvorpå vi forstår og giver mening til en oplevelse påvirker vores måde at cope.
 - › Problemløsende, emotionsfokuserede, eller forståelsesfokuserede coping (inkludere at give positiv mening til det vi oplever) (Lazarus & Folkman, 1984; Silva et al., 2011).
 - Kognitiv rekonstruktion
 - › Akkomodation vs. Assimilation
- Udbredelse – forskning og kliniske erfaringer
- En process og et outcome
 - Kompleks kognitiv, adfærdsmæssig og emotionelt udbytte





P T G O U T C O M E

- Øget personlig styrke
- Mere meningsfulde og intime relationer
- Ny og dybere forståelse af meningen med livet
- Nye prioriteringer
- Spirituel udvikling



Review fra 2024

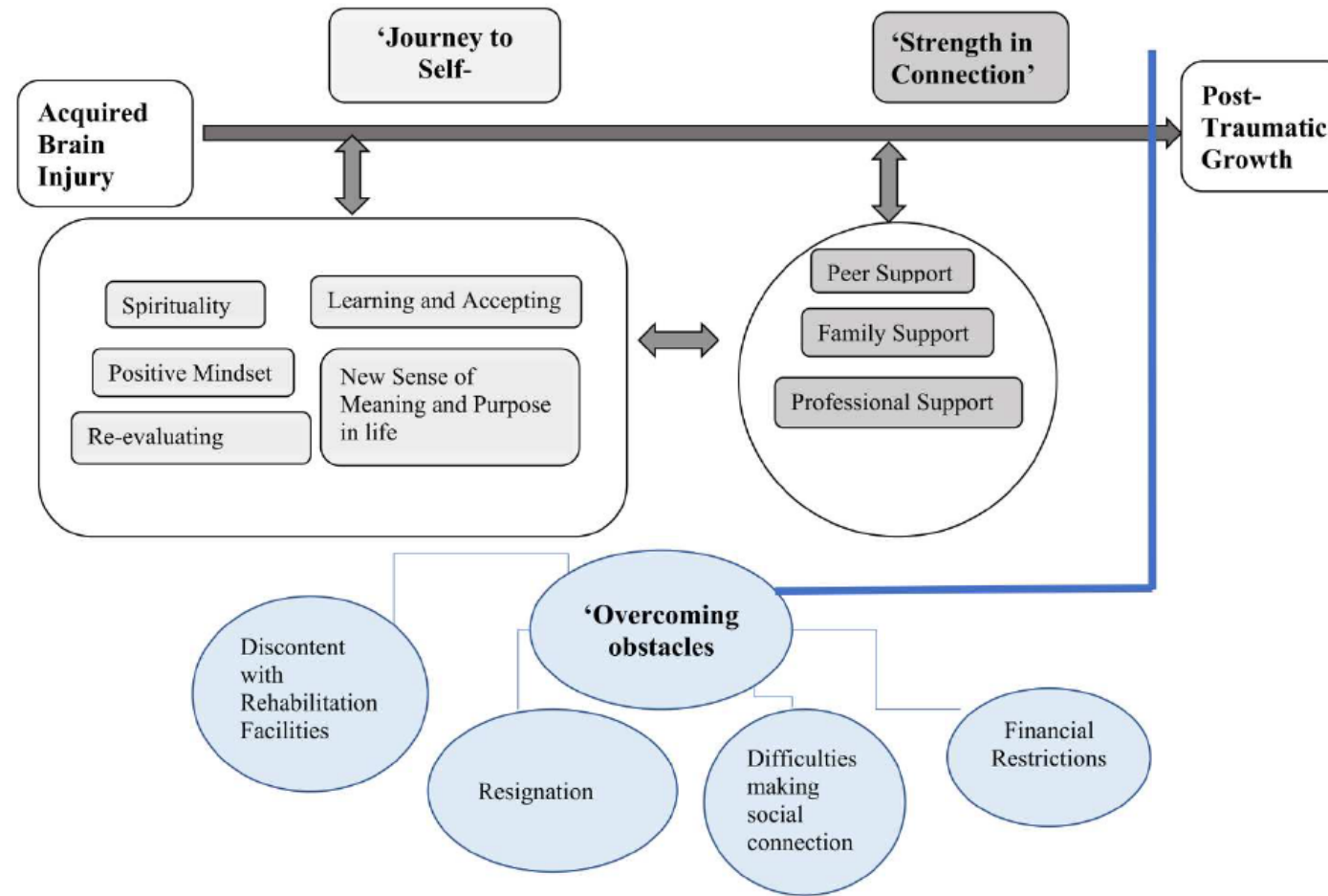
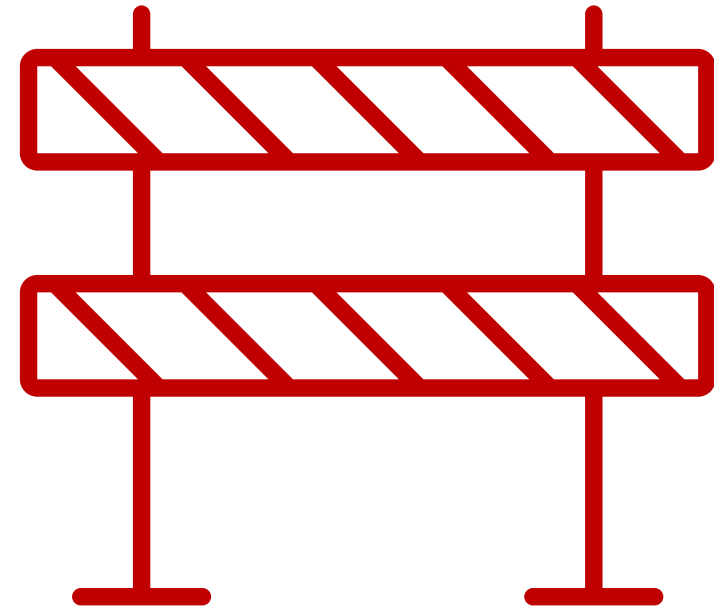


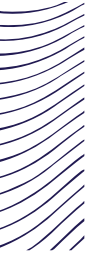
Figure 3. Pathway from acquired brain injury to post-traumatic growth and associated facilitators and barriers along that pathway.

Barrierer

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- Resignation
- Udfordringer med det sociale
- Utilfreds med rehabilitering
- Økonomiske udfordringer

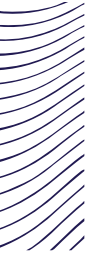




Eksempler fra egen forskning

- Spirituality
- Positive mindset
 - Ben: “we choose to see the positive things in the situation ... it could have been much worse”.
- Re-evaluating
- Learning and accepting
- Ny mening i livet
 - Jan: ”Det at man har fundet nogle sider, man ikke troede man havde”





Eksempler fra klinisk praksis

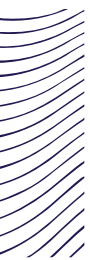
- ▶ Værdier
- ▶ Relationer
- ▶ Ny mening
- ▶ Taknemmelighed



Rehabiliterings- psykologiske perspektiv

- Identitetsrekonstruktion
- Coping
- At genfinde mening med livet
- Social integration





Strenght in connection

► Peer

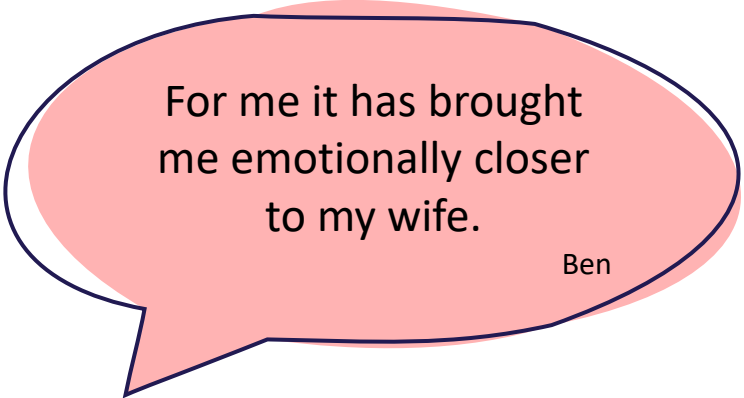
- › Deltagelse i sociale grupper er afgørende

► Family

- › Positiv støtte fra familie og partner er vigtig

► Professional

- › Afgørende i forhold til hvilken og at kunne se muligheder



For me it has brought
me emotionally closer
to my wife.

Ben

Dyadisk coping

Susanne og Theis fortæller: ”Igen, udbyttet var egentlig at lytte mere til hinanden, og kommunikation og at lytte til hinandens følelser og [-] forstå, hvis den ene havde en dårlig dag”.



"We got a second chance"

Pårørende og dyadisk coping

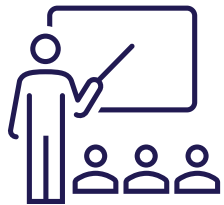
- En påmindelse om at være taknemmelige
- Bedre måder at cope på – sammen
- Øget spiritualitet

Everyday is a gift and it
should be fully enjoyed
(Kenny)

So in many ways he is a
much stronger and wiser man
(Lillian)

For me it is a conscious
mindset, like a muscle that
needs to be trained like any
other muscle
(Lillian, about love)

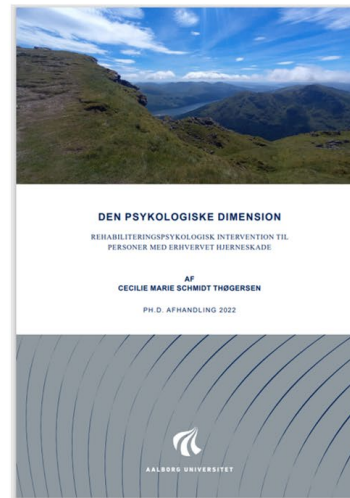




PGIS og PTG

- "Positiv reinforcement from these professionals has been found to be incredibly impactful, encouraging survivors to adopt a proactive and hopeful approach to their new reality" (Arroyo et al., 2024, p. 17)

Den Psykologiske Dimension

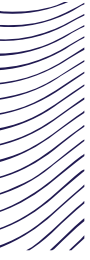


The psychological and the physical, it's related. It helps each other. If one does not work, the other does not work either.

Rehabiliteringspsykologisk intervention og inklusion i tværfagligt arbejde kan bidrage til bedre vilkår og udbytte af rehabiliteringen.

Udbytte af den individuelle terapi er forskelligt og kan bl.a. afhænge af formålet med terapien.





Den psykologiske Dimension

- ▶ I 7 ud af 9 tilfælde oplevede deltagerne højere score af PGIS efter en psykologisk terapeutisk intervention.
- ▶ "For Simon the injury he experienced was an opportunity to move away from a troubled lifestyle."
- ▶ "During the intervention, the balance between self-awareness and hope was identified as being a key aspect for John. He reported that the most important part of therapy was dealing with values, family, and identity."

(Thøgersen et al., 2024)

"Fordi i sidste ende, så er jeg bare så glad for bare at få lov til at være her [i live]"

Mia

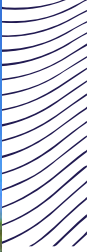


Expert companionship

“...respect for survivors that extends to being open to being changed by survivors; being the humble learner rather than the expert; highlighting how aspects of post-trauma experiences reported indicate developing areas of PTG; fashioning a narrative together with the trauma survivor that respects the horror of trauma while at the same time opening areas of change and development; and encouraging an appreciation for the paradoxical in the trauma experience, so that vulnerability can be strength, and loss is a change that can also be positive.”

(Tedeschi et al., 2018 , p. 141f).





Take home message

Det er et udbredt og naturligt fænomen at mennesker oplever PTG efter EH.

“Loss can produce gain”

Individet i centrum og rum for refleksion og prioritering.



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