For more information on the Brain Injury Day Treatment Program visit nyulangone.org/braininjuryrehab or call 212-263-7158
About Our Day Program
The Brain Injury Day Treatment Program is based on the holistic treatment principles of Kurt Goldstein, MD and the program’s founder, Yehuda Ben-Yishay, PhD. The program creates a therapeutic community that engages 9 – 12 participants per session. Each session is conducted in a highly structured group environment. This type of environment improves thinking, communication, and relationships.

The program requires participants to engage in individual and group sessions. This helps each individual better understand their unique challenges and learn how to adapt to life changes and ultimately find acceptance.

We encourage loved ones and caregivers to observe and participate throughout the program day as well.

Program Goals
- Build awareness of problem areas
- Increase adaptability and openness to guidance
- Improve thinking, memory, and language skills through cognitive remediation exercises
- Enhance interpersonal communication skills
- Learn and use compensatory strategies
- Learn to accept changes with a positive sense of self-worth
- Educate loved ones and caregivers about participant’s difficulties and progress

Annual Program Schedule
There are two, 20 week treatment cycles each year. One cycle runs September through February, and the other, March through July. During these cycles, participants will attend weekly group sessions Monday through Thursday from 10am – 3pm. They will also receive 1 – 2 hours of personal counseling. Loved ones and caregivers are welcome and encouraged to attend group sessions.

Daily Program Schedule
Orientation Session: 10 – 10:30am
This group session is designed to build awareness and acceptance of problem areas, while retaining a sense of helpfulness.

Interpersonal Session: 10:30am – 12pm
Designed to improve verbal and non-verbal communications skills, participants in this group session rebuild relationships and learn how to welcome guidance.

Cognitive Session: 1 – 2:30pm
Participants work individually or in pairs to remediate thinking. This includes working on attention/concentration, behavioral control, communication, memory, and problem-solving.

Community Meeting: 2:30 – 3pm
This group session is focused on recognizing progress, increasing acceptance, and rebuilding self-esteem. Participants discuss shared experiences and develop a deeper understanding of how rehabilitation works.

Additional Weekly Sessions
Individual Counseling: 1 – 2 hours
Participants work with staff counselors to discuss personal concerns, progress, strategies, and self-acceptance.

Family Counseling: 1 hour
Personal counseling for participants’ loved ones and caregivers to discuss ways they can assist the participant at home and in community setting.

Psychoeducational Support Group: Mon. 4 – 5pm
Group counseling for participants’ loved ones and caregivers to share their personal experiences and learn how to best support and guide the participant. During these sessions, they will also gain a better understanding of the nature of a brain injury.

Admission Criteria
- Developed a brain injury from TBI, stroke, or other neurological illnesses that resulted in significant problems associated with thinking, behavior, and communication
- Must be between 18 – 70 years old
- Cannot enroll in the program until 6 months post injury and must be medically stable post illness
- Cannot have a recent history of substance or alcohol abuse
- Must have completed intensive phase of outpatient occupational therapy, physical therapy, and speech therapy so as not to interfere with program schedule
- Must have a loved one or caregiver who can attend sessions when available and remain in regular contact with program staff
- Individuals who have had previous cognitive remediation or are several years post-injury are eligible for admission

Admission Process
- Medical doctor referral for neuro-psychological evaluation
- Program participant and their loved one or caregiver meet with staff for pre-admission screening
- Neuropsychological evaluation (includes testing of attention, concentration, communication, reading, and memory)
- One-time observation of the orientation and interpersonal session
- Evaluation of insurance coverage and financial assistance

Financial Assistance
- Family Counseling: 1 hour
- Personal counseling for participants’ loved ones and caregivers to discuss ways they can assist the participant at home and in community setting.
- Group counseling for participants’ loved ones and caregivers to share their personal experiences and learn how to best support and guide the participant. During these sessions, they will also gain a better understanding of the nature of a brain injury.

Medical Consultants
- Steven Flanagan, MD
  Chair, Rusk Rehabilitation
- Lindsey Gurin, MD
  Psychiatry, Neurology
- Siddhartha Nadkarni, MD
  Psychiatry, Neurology, Epileptology
- Jonathan Silver, MD
  Neuropsychiatry

Staff
- David Biderman, PhD
  Supervisor, BIDTP
  Psychologist
- Ellen Daniels-Zide, EdD
  Clinical Program Manager
  Psychologist
  Mental Health Counselor
- Shinakee Gumber, PhD, ABPP
  Senior Psychologist
- Bonnie Marks, PsyD
  Senior Psychologist
  Vocational Specialist
- Stacey Snyder, PhD
  Staff Psychologist
- Elizabeth Canino, PhD
  Staff Psychologist
  Vocational Specialist
- Jacqueline Palmore, BA
  Psychology Assistant
- Donna Langenbahn, PhD
  Coordinator, Outpatient Psychology Services
- Joseph Ricker, PhD, ABPP
  Director, Psychology Department