



For more information on the Brain Injury Day Treatment Program visit nyulangone.org/braininjuryrehab or call **212-263-7158**

BRAIN INJURY DAY TREATMENT PROGRAM



240 E. 38th Street, 17th Floor
New York, NY 10016

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 hopefulness.

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

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

Medical Consultants

Steven Flanagan, MD

Chair, Rusk Rehabilitation

Lindsey Gurin, MD

Psychiatry, Neurology

Siddhartha Nadkarni, MD

Psychiatry, Neurology, Epileptology

Jonathan Silver, MD

Neuropsychiatry