



# The Benefits of Multi-modal Treatment for TBI

A common question among people who experience Traumatic Brain Injury (TBI) is what the best treatment is for their condition. Of course, not all TBI instances are the same - some are the result of repetitive impact (such as in sports) while others are the result of violent explosions that produce hypersonic blast waves and in the latter case, TBI may be accompanied by post-traumatic stress disorder (PTSD), anxiety, depression, or other psychological conditions.

Especially in the latter case, a single form of treatment is likely to be insufficient to address TBI.

The first and most effective step in treating TBI is having the strength and humility to reach out for help, starting with one's primary care provider (PCP).

One's PCP can recommend or refer the patient to other resources specializing in the patient's condition, such as psychiatrists, psychologists, counselors, or neurologists and neuropsychologists. At this point, both physical and mental health are being addressed by professionals; an important step in treatment and recovery.

## So far, so good, right?

In taking a step back from the initial "go to" solutions, one may find several other treatment options that are available to them outside the normal physical and mental health paradigm.

Incorporating these wellness options into an overall plan for TBI will generally improve the effectiveness of

traditional medical and mental health treatments. Following are some solutions that I have found to be helpful in an overall treatment plan.

## Journaling

Try to recap your day each evening so that you have a plain language record to which you may refer and observe your own progress and trends. An effective journal should include:

- ◆ How well did you sleep the night before?
- ◆ General feelings during the day.
- ◆ What things happened today that I need to change?
- ◆ What am I grateful for today (good things that happened or were experienced today)?

- ◆ What did I accomplish today of which I am proud?
- ◆ What am I looking forward to tomorrow or anticipating in a positive way? [1]

I keep a journal electronically so that I can access it and write notes anytime during the day.

## Neurofeedback

Participating in a program that helps to balance frequency and balance in the brain helps by bringing together the physical and psychological aspects of TBI treatment and provides a focus for the client to understand their avenue to greater mindfulness.

## Meditation

Meditate every morning when you wake up and every night before going to bed. Do this for a minimum of five minutes

and up to 15-20 minutes, depending on your physical comfort level. This can help develop calming neural pathways and has a cumulative effect as you continue the practice. [2]

## Yoga

No, you do not have to buy a spandex wardrobe for this, nor should you focus initially on aerobic, high-energy yoga styles. Taking “*stretch and relax*” yoga classes; or using a yoga DVD program helps to develop your ability for introspection, relaxation, and mindfulness. Programs such as Yin Yoga provide that level of calming.

Applied together, these options for TBI treatment from medical, mental health, and wellness regimes; improves one’s ability to reach a long-term methodology by which they may mitigate the effects of Traumatic Brain Injury (TBI).



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[1] Adapted from Ludgate, J. (2018). CBT Worksheet Collection. [www.pesi.com](http://www.pesi.com)

[2] For more information, go to [www.OvercomingPTSD.info](http://www.OvercomingPTSD.info)

Resources and current news on TBI can be found at [www.drkarlforkner.com/ptsd-tbi](http://www.drkarlforkner.com/ptsd-tbi)