

ADJUSTMENT AND RESILIENCE BRAIN INJURY STUDY

**Have you had a traumatic brain injury (TBI)?
You May Qualify for a New Research Study!**

Virginia Commonwealth University researchers are seeking adults with traumatic brain injuries to be part of a research study. We are evaluating the helpfulness of an outpatient rehabilitation program to help people adjust to having a brain injury. Qualified volunteers will participate in seven rehabilitation and education sessions and possibly three additional sessions. Study volunteers will be given information on brain injury, local resources, skills development, and positive coping strategies. Volunteers will also be asked to complete several questionnaires. All participants must be at least 18 years old.

During the sessions, the following topics will be discussed:

- Understanding the changes that normally follow brain injury
- How to improve recovery
- Goal setting for success
- Problem solving effectively
- Understanding and managing stress and intense emotions
- Communicating effectively and rebuilding relationships
- Maintaining a positive outlook

*There will be no charge for services.
Volunteers will be **compensated** for their time.*

If you are interested in participating, please call Jenny Marwitz at 804-828-3704 or toll free at 866-296-6904 or email Jennifer.Marwitz@vcuhealth.org.