

SUMMARIES

Rehabilitation psychology – introduction and status of the field in Denmark

By Charlotte Glintborg, Cecilie M.S. Thøgersen & Tia G.B. Hansen

Rehabilitation psychology is still a young field of research and practice in Denmark, despite a 50+ years history internationally. The first thorough introduction in Danish came with a PhD dissertation in 2015 called “Seize the Person” (Glintborg, 2015). Since then, the field has grown to influence Danish national guidelines in the disability area with a strengthened focus on psychosocial dimensions. This article introduces rehabilitation psychology and provides a current overview of the field’s status in Denmark.

Keywords: rehabilitation psychology, interdisciplinary, psychosocial, counselling

Psychological intervention for people with an acquired brain injury – A systematic review

By Cecilie Marie Schmidt Thøgersen

Psychotherapy has only recently been offered as part of the rehabilitation for people with an acquired brain injury (ABI), and therefore, there is limited research in the area. However, clinical experience and previous research suggest that therapy such as third wave cognitive behavioural therapies may be used as an intervention to address psychosocial consequences after ABI (Gómez-de-Regil, 2019).

This review seeks to map research on individual psychological therapies associated with ABI, using bibliographical search in four databases. The aim is to elucidate the efficacy and relevance of third wave cognitive behavioural therapeutic interventions to this client group, as measured in terms of anxiety, depression, quality of life, agency, and self-compassion. The review found sixteen studies that provide further research and clinical practice guidance. The interventions seemed to have an excellent effect on this client group when the sessions’ course, structure, and content were tailored to fit their needs.

Keywords: psychological intervention, acquired brain injury, review, CBT

Return to work and identity reconstruction following an acquired brain injury

By Ida Flagstad Hejlesen and Chalotte Glintborg

This article examines identity reconstruction in four people who have returned to work following an acquired brain injury (ABI). Semi-structured interviews collected the participants' narratives, and a narrative analysis was performed. The analysis concludes that returning to work is of great importance for identity reconstruction following an acquired brain injury. The person with ABI is confronted with being able to do less than before, which leads to mental discomfort and grief over the loss of functions and identity. This is followed by a period of reorientation and identity reconstruction. The analysis shows how returning to work, on the one hand, contributes to the disease stepping into the background and becoming a minor component of the person's identity because work contributes to social belonging, meaning in everyday life, etc. On the other hand, stigma is a central problem in accessing, retaining and changing jobs after ABI, and the resulting self-stigma complicates identity reconstruction and the development of positive self-narratives. The analysis thus shows that reconstruction of identity is not only a personal matter but is created under the influence of contextual and relational practices in the surrounding society. We conclude that in relation to the rehabilitation of people with ABI, efforts must be made that aim to support identity reconstruction, including in connection with returning to work.

Keywords: rehabilitation, acquired brain injury, identity, return to work, narratives

Quality of life after an acquired brain injury – The association between quality of life and functional level

*By Katrine Winther Rasmussen, Christian Østergaard Knudsen
and Anne Norup*

In Denmark, research regarding quality of life (QOL) after an acquired brain injury (ABI) has been sparse, especially concerning the development of subjective QOL over time and its association with objective functional level. The purpose of the present follow-up study was to investigate QOL and its association with functional level 1-3 years after moderate-to-severe ABI using data from 145 Danish patients from the Department of Brain Injuries, Rigshospitalet. The average QOL after ABI in our sample was found to be within the normal range using existing guidelines. In a subgroup of the pa-

tients (N=45), the development of QOL over time, from 12 to 18 months after injury, was examined and found to increase during this time. The association between functional level and QOL was limited, and in the subgroup of patients, the association disappeared from 12 to 18 months after injury, which indicates that functional level affects QOL early on after brain injury, whereafter it seems to have less influence on QOL. The results emphasise the significance of implementing patient-reported outcome measures in rehabilitation after ABI since patients' subjective experience can be significantly different from objective outcome measures.

Keywords: acquired brain injury, quality of life, HRQOL, functional level, QOLIBRI-OS, GOSE

Concussion and rehabilitation of prolonged post-concussion symptoms

By Hana Malá Rytter

Concussion or mild traumatic brain injury (mTBI) is one of the most frequent neurological diagnoses accounting for up to 90% of all traumatic brain injuries. The majority of patients recover spontaneously within the first 2 to 3 weeks and do not require any treatment. However, a significant minority of concussed individuals experience prolonged post-concussion symptoms (PPCS). Approximately 35% continue to have symptoms 3 to 6 months post-injury, and 5-20% will experience symptoms for 12 months or longer. People with PPCS usually present with a combination of physical and cognitive symptoms together with emotional difficulties, fatigue and sleep disturbances. PPCS have a profound impact on daily functioning and thus far-reaching consequences for the affected individual, their family, and society. Several perimorbid, as well as premorbid and postmorbid factors, can predict the development of PPCS. Persons who develop PPCS have treatment and rehabilitation needs, contrary to those who recover spontaneously within the first weeks. However, their contact with healthcare and other professionals is characterised by a fragmented and untimely approach, difficulties gaining knowledge and personalised advice, and troublesome access to appropriate treatments. Research into the treatment of PPCS is still sparse, but it provides clear indications that PPCS can be treated. Studies within the last decade suggest a much more active approach targeted at persons with known risk factors for prolonged symptoms. Individually tailored, interdisciplinary rehabilitation that is anchored in a bio-psycho-social understanding of the condition shows the most promise since recovery from PPCS is influenced by complex interactions between biological, psychological and social factors.

Keywords: concussion, mild traumatic brain injury, persistent post-concussion symptoms, psychological intervention, interdisciplinary rehabilitation

Reunited – A qualitative study on couple intervention after brain injury

By Cecilie Marie Schmidt Thøgersen, Cathrine Kirkegaard Neergaard, Lærke Boelt Back, Pernille Lykkegaard Nielsen and Chalotte Glinthborg

When a person acquires a brain injury (ABI), it affects the whole family. Therefore, it is essential to focus not only on the ABI survivor but also on partners. This article presents an exploratory study on a couple's intervention. Based on a dyadic perspective, three couples received therapeutic sessions as a part of a holistic rehabilitation programme at an inpatient rehabilitation centre. Participants were aged 40-55 years. Semi-structured interviews were conducted with the couples after the intervention. All interviews were transcribed and subsequently analysed, drawing on thematic content analysis. Based on the analysis, three themes emerged: *Recognition of the dyad, room to talk to each other* and *additional needs in the intervention*. All three couples expressed that the psychological intervention in the form of couple sessions was of great importance. However, they all expressed that the intervention was needed earlier in the rehabilitation process and that it was repeated later.

Keywords: couple session, acquired brain injury, psychological rehabilitation, interview

The Integrative Model of Adjustment to Chronic Conditions (IMACC) – A biopsychosocial adjustment model

By Lis Dreijer Hammond

The Integrative Model of Adjustment to Chronic Conditions (IMACC) is an innovative model offering a theoretical understanding of the biopsychosocial adjustment processes happening when people acquire one or more long-term conditions and/or disabilities. The model, developed through the use of Grounded Theory with a priori use of theoretical concepts from cognitive behavioural therapy, could be used as an integrative model of assessment and intervention in rehabilitation.

The primary purpose of this article is to present the IMACC theory conceptually and to summarise the theoretical evidence as it currently stands, thereby also translating the theoretical concepts into Danish, which is vital given the model's potential for use as an intervention. Danish health profes-

sionals, who may wish to use the model, need to be able to discuss the central concepts of the model with the service users. It is also crucial to have a shared language that is relatable for people with long-term conditions and/or disabilities and their relatives.

Presentation of the model levels and IMACC overall is followed by discussion of limitations and suggestions for further development of key aspects of the model. Emphasis is made on the pressing need for clinical testing of the model as an assessment and intervention tool in rehabilitation.

Keywords: psychosocial adjustment, biopsychosocial process model, chronic conditions, disability, rehabilitation

Psychotherapy for rehabilitation of parents of children with Anorexia nervosa – A case study

By Anne Maj Nielsen

In an auto-ethnography narrative case example, I describe in this article how serious illness in children and adolescents can influence the parents' well-being and mental state, and how psychotherapy with parents can contribute to their rehabilitation, and influence their quality of life, resources as parents, and thus the situation of the ill child. Single parents are particularly at risk of being worn out by children's serious illness, and the case example is four-year cybernetic psychotherapy with a single mother of a teenage daughter with anorexia. I unfold the case example in a cybernetic systems perspective focusing on dynamics and changes in the parent's and the ill daughter's situation intersecting between family- and healthcare systems, and in a phenomenology-based focus on intra- and inter-personal, often unconscious, lived experiences, motives, standards, and dynamics, and their impact on the scope for action in the situation. The course of disease and treatment led to long-term changes in the mother – her life was stretched between anxiety and hope, with a reduced stress threshold, exhaustion, loneliness, and grief. The work of the therapy provided opportunities for self-regulation and acceptance of her own needs and standards of motivational care and caring control in the treatment of the daughter's disease, and resources for self-organisation and changes in important family relationships and opportunities in relation to the treatment system.

Keywords: cybernetic psychotherapy, rehabilitation, parents of seriously ill children, anorexia nervosa, systems theory, phenomenology

***A feeling of being a complete person with a brain injury
– Guided Imagery and Music (GIM) as a psychotherapy intervention
for people with acquired brain injury in a rehabilitation centre***

By Ulla Johanna Setterberg

A case-based article on Guided Imagery and Music (GIM) as a psychotherapeutic intervention for people with an acquired brain injury in a highly specialised rehabilitation centre. Based on a bio-psycho-social model and the concept of existential health, the article will describe the music therapeutic method Guided Imagery and Music and an adaption of the method for people with an acquired brain injury at a rehabilitation centre. The article will focus on the meanings of the 'personal factors' as described in the ICF for the individual's experience of crisis reactions and life chances in the rehabilitation process.

A theoretical basis is formulated and a presentation of the GIM method is given. Theoretical suggestions will be given to understand the strains in the nervous system activated by a brain injury and the psychological consequences in combination with the personal factors. A model will be presented for the selection of music regarding the degree of strain of the nervous system supporting the therapeutic process. The music in GIM stimulates inner images in forms that images and metaphors can emerge and express inner psychological processes that cannot be expressed in everyday language. Through two case examples, the article will offer suggestions on how psychotherapy with an adaption of GIM can help the client have an increased understanding of reactions, or help to create an experience of meaning, connectedness or a sense of a coherent identity.

Theory and cases are discussed based on the concept of existential health in relation to a holistic approach to the individual and regarding the individual's potential for personal growth in a rehabilitation process. The findings indicate the adaptations of GIM can provide personal growth and resilience for the two clients in the cases.

Keywords: Guided Imagery and Music (GIM), Music Therapy, Rehabilitation, Psychological Rehabilitation.

***Targeted use of song, music and musical elements as a psychosocial
method in dementia rehabilitation***

By Aase Marie Ottesen

Currently, no medication can cure dementia. Thus, there is a pronounced need for us working in dementia rehabilitation to develop psychosocial

methods and forms of intervention that can contribute to a person with dementia having a tolerable and dignified life despite the inevitable development of the disease.

The article is based on an action research project carried out at Aalborg University, collaborating with four care homes in Denmark. The article focuses on the use of song and music as a communicative form of intervention and psychosocial method with regard to persons with dementia, with the aim of preventing aggressive and inappropriate behaviour and difficult care situations. Through a thematic analysis, based on cases and video material from practice, significant themes and perspectives concerning the use of song, music and musical elements in the work of dementia rehabilitation, was presented. Themes illustrate, for example, the meaning of “being” rather than “doing” in the initial contact and that there can be quite a bit of detective work to find out which musical elements are most effective in relation to each person with dementia.

Keywords: use of song, music and musical elements, psychosocial methods, dementia, being, dementia rehabilitation, preventing aggressive and inappropriate behaviour, preventing difficult care situations

A study of how children with language disorder express themselves about their language skills

By Annette Esbensen

The article presents a study on how three six-year-old boys with Developmental Language Disorder (DLD) describe and illustrate thoughts about their language skills focusing on speaking and listening. Interviews and children’s drawings are used. As the children with DLD have receptive and productive language difficulties, the children’s drawings allow them to express feelings and thoughts in other ways. The case descriptions include information on the children’s language skills from PPR (Pedagogical Psychological Counselling). The children’s drawings and conversations are illuminated and analysed together for each child with a meaning-making perspective and a psychoanalytic perspective, as the focus is not just on the actual verbal spoken language.

Keywords: DLD, Developmental Language Disorder, children’s drawings, narratives, language difficulties