

SUMMARIES

*An empty review**– Participation in communities and associations after an acquired brain injury**By Cecilie M.S. Thøgersen, Chalotte Glintborg & Annegrete G. Månsson*

Communities are a prominent topic and there is broad consensus on their importance. The ability to participate in and be part of meaningful communities on an equal footing is a central aspect of life. However, communities are reduced to illness communities within the context of rehabilitation. It is vital to focus on the involvement of general communities as part of the rehabilitation, as general communities can serve as bridges to local communities, facilitating and supporting community reintegration.

To identify the significance of communities, we will examine the importance of participation in association-like communities after an acquired brain injury. This review has been conducted as a scoping review, focusing on the phenomenon of association-like communities and the importance of participation in these for people with an acquired brain injury (ABI). The review addresses the following question: What is the significance of participating in association-like communities after an acquired brain injury?

The systematic search identified no studies that met the inclusion criteria. Given the lack of identification of relevant studies, the concept of association-like communities and their significance for people with an ABI is discussed, along with how knowledge from other areas can inform future research.

Keywords: Community, brain injury, rehabilitation, psychosocial, review

*Culture Vitamins for Young Adults**– mental health, community and identity**By Ida F. Hejlesen, Chalotte Glintborg, Stine L. Jacobsen & Anita Jensen*

This article examines the impact of the Culture Vitamins for Young Adults (aged 18-30 with mental health issues) programme on the participants' mental health, attachment to education and work, opportunities for being part of new communities and identity. The participants' experiences were collected through group interviews and analysed using a narrative analysis strategy. The analysis finds that participation in Culture Vitamins for Young

Adults improves mental health and brings the participants closer to education or work. The programme allows the participants to be part of a community with like-minded, routines in everyday life, successful experiences, new or rediscovered hobbies, social skills, increased self-confidence, greater insight into their own challenges and strengths, and an experience of being met as a human being. This helps to support the construction of a more positive identity, which is defined to a lesser extent based on deficit positions (e.g. illness) and, to a greater extent, defined by what the participants thrive on, which increases the participants' agency on the way to, for example, education and reduces the risk of marginalisation. The article contributes to understanding how young adults with mental challenges, who are outside mainstream communities, can participate in society through meaningful relationships and positive, creative communities.

Keywords: Arts on Prescription, mental well-being, identity, participatory arts

Shooting sports as a rehabilitative initiative for people with an acquired brain injury

– A qualitative study with focussing on the importance of participation in general communities

By Annegrete G. Månsson, Chalotte Glintborg, Kirsten A. Jensen & Camilla V. Sørensen

Individuals with an acquired brain injury (ABI) often find themselves excluded from communities and lack an active leisure life, which they had prior to their injury. This can significantly impact their well-being and quality of life, not only for the individuals themselves but also for their families, networks, and other relationships. Practical experiences indicate that shooting sports as a community activity can provide meaningful participation for adults with an ABI. Furthermore, research suggests that children with ADHD improve their concentration and experience bodily calmness when participating in shooting sports during school hours in shooting clubs in Denmark. Based on these insights, the initiative “Hjerne-FOKUS” was developed in collaboration between Aalborg Municipality, the Speaking Institute and Brain Injury Center of Northern Jutland, and DGI Northern Jutland. Adults with an ABI participate in shooting sports in four selected shooting clubs during their leisure time. This current research project is linked to the sports initiative and explores the impact of shooting sports on seven individuals with an ABI. The study is designed as a qualitative interview study with a phenomenological-hermeneutic approach grounded in Interpretative Phenomenological Analysis (IPA). Four themes emerged from the analysis: shooting sports as a sanctuary, being social and participating in the community on equal terms with others, experiencing mental calmness, and feeling

normal. The study suggests that participation in shooting sports can positively affect the informants' physical, psychological, and social lives. However, further research is needed to explore potential exclusionary factors and to gain additional knowledge about the effects of shooting sports on cognitive and physiological factors.

Keywords: Community, Rehabilitation, Acquired Brain Injury, Shooting Sports

Matching Brains

– a peer-to-peer community that supports young people in their recovery after a brain injury

By Mette R. Bystrup & Anne Præst

Being a young person in an accelerating society can make it difficult to find their way back to a meaningful life characterised by well-being after a brain injury. The purpose of this study is to investigate experiences with a peer-to-peer community (Matching Brains) supporting young people in their recovery after a brain injury. Methodologically, this is a qualitative study based on 16 interviews with young people, a focus group interview with two youth mentors and 11 questionnaires answered by young people after participation in the MB programme. The empirical data points to four general themes that unfold the participants' perceived experiences connected to the peer-to-peer community: Opportunity for resonance, new knowledge and dialogic skills, to create meaning by being something to someone else, space to be and find yourself.

We conclude that a peer-to-peer community can facilitate reverberation, mirroring and resonance if there is a framework and competencies that support this and if its facilitation is based on dialogic principles.

Keywords: Brain injury, community, dialogue, peer-to-peer, resonance, young people

Blinded

By Gitte L. Rasmussen

Social relationships and communities in everyday life among young adults with intellectual disabilities

Social relationships and meaningful communities are essential for most people. Research indicates that having meaningful relationships and communities plays a crucial role in individuals' quality of life experiences. This article explores the social lives of young adults with intellectual disabilities, examining the social relationships and communities they have in their daily

lives, their perspectives on these, and their desires for social participation. The article focuses on the barriers these young adults face regarding social participation. This group has been understudied and overlooked until now. However, with the ratification of the Convention on the Rights of Persons with Disabilities, participation in social relationships and communities has become a right for young adults with intellectual disabilities. Hence, it is crucial to understand how society and professionals can support these young adults' social participation.

Keywords: Social participation, inclusion, communities, intellectual disabilities

Constitution of agency in a Danish prison choir

By Oliver Sander, Gustav Egede & Morten Nissen

Fangekoret (The Prison Choir) is an idiosyncratic community of prisoners and ex-prisoners in Danish prisons. Despite criminal policy trends of harsher and longer sentences, the common discourse about Fangekoret is that it resocialises its participants and is, therefore, a positive initiative. The purpose of this article is to illuminate the possibility of establishing a prison community of practice whose purpose is not resocialisation but rather the formation of its participants as agentic subjects. To elucidate this, we use theoretical analysis and interviews within a utopian methodological framework. We begin by using German-Nordic Critical Psychology's concept of practice in the work of Ole Dreier and Klaus Holzkamp, among others, to understand how participation in Fangekoret changes the way the choir singers can participate in prison and community life during and after serving their sentence. We then critically analyse Fangekoret as an initiative through the critique of ideology and power as proposed by Louis Althusser and Michel Foucault. Finally, we conclude that Fangekoret, paradoxically, can increase the agency of its participants through their submission to a general sociality in a collective, aesthetic practice.

Keywords: Resocialisation, prison, agency, aesthetic communities, utopia, subjectivity, power.

The Prison Choir

– A Portrait of Louise Adrian

By Charlotte Mathiassen

I wrote this article during the summer of 2024, when Louise Adrian, the leader of the Prison Choir, was terminally ill with cancer. The text is a

memorial for a special and significant person, a discussion of Louise Adrian's intentions with the Prison Choir, and exploring how Louise Adrian, as a person, became part of something meaningful for the many singers in the Prisoners' Choir. Thus, the article is a product of curiosity towards a person and her project who has created something unique. With the article, I want to gain insight into Louise's work, which can hopefully help others and be a role model. That was Louise's wish. It was important to me that Louise got the opportunity to read the draft of this article and comment. The article includes Louise's considerations in three conversations towards the end of her life and draws on the book that Louise herself has written about the Prisoners' Choir, as well as on recordings of the Prisoners' Choir's performance and speeches at the 'Folkemødet' (People's Festival) on Bornholm in 2024. Louise 'reviewed' the article in July 2024.

I wrote this piece to remember a person who did an irreplaceable job for the participants in the Prison Choir, relatives and all who, in one way or another, were in contact with the Prison and Probation Service and for all who have listened to the Prisoners' Choir's concerts over the years. Louise Adrian died on 16 August 2024 and was buried on 28 August 2024. The Prison Choir sang, and hundreds of people accompanied Louise to her final resting place. Louise lived to be 59 years old and made an indelible impression on many people, including me.

Keywords: The Prison Choir, Louise Adrian, 'a project of not-resocialising', Prison and Probation Service, co-ownership, attachment, development, trust, faith, song, music, Café Exit.

***Equality in paid work communities
– Formation of the ability to participate in work communities through
inclusion and belonging in companies***

By Nikolai Lybæk & Maria Schimkat

This study investigates the integration and engagement of new employees within organisations, specifically through the Individual Placement and Support (IPS) lens. Using qualitative interviews with four IPS candidates, the research explores how different workplace environments and practices influence new employees' sense of belonging and active participation. Key findings suggest that permanent, economically committed employment significantly enhances employee integration compared to unpaid work placements. The study also highlights the critical role of organisational culture, peer support, and comprehensive community engagement in fostering a meaningful and inclusive workplace. Additionally, Bandura's social cognitive theory, particularly the concept of self-efficacy, is employed to understand the development of participants' competencies and self-perception as they

achieve paid employment. Bauman's concepts of community and societal participation further inform the discussion, emphasising the importance of social inclusion and collective identity. The theoretical framework is grounded in Wenger's concepts of communities of practice, emphasising the reciprocal relationship between individual and organisational growth during the integration process.

Keywords: Employee integration, IPS, organisational culture, workplace engagement, communities of practice, self-efficacy, social inclusion

“I Don’t Feel Alone in This”. Rabbit Assisted Compassion Focussed Therapy for People with Disabilities

By Charlotte M. Højholdt, Camilla W. Sondrup, Steffi G. Larsen & Tia G.B. Hansen

People with moderate to severe functional impairment may experience shame, self-criticism and isolation, but few psychotherapeutic opportunities are available for this population. Compassion-based therapies facilitate kindness towards one's own challenges and thus counteract shame and isolation but may be too demanding for people with cognitive impairments. Animals may facilitate support, allow pleasant projections and mediate contact between people, all without much cognitive demand. However, this must be integrated with an actual form of therapy if it is to provide genuine therapeutic benefits. We developed a Rabbit Assisted Compassion Focussed Therapy (RA-CFT) for this population and implemented it in small group settings to further facilitate cohesion and community. This article introduces the main elements of the therapeutic manual, which includes population-adapted tools and eight weekly sessions whose main content is listed. We then summarise from a case study while focussing on participant statements that indicate the formation of a community with and around the rabbits and the therapy. We conclude that RA-CFT is a promising form of therapy for this population but requires sufficient knowledge of both rabbits and the therapeutic elements.

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Keywords: Animal Assisted Therapy; Animal Assisted Services; Rabbits; Intervention Manual

***Informant-based tools for assessing cognitive functions in people with an acquired brain injury
– a scoping review***

By Charlotte M. Høgg, Anders D. Pedersen & Chalotte Glinborg

Assessment of potential impairments is a crucial prerequisite for understanding cognition and behaviour after an acquired brain injury. The assessment might be in the form of neuropsychological examination, screening, or self-reporting questionnaires, with the purpose of identifying problems within different cognitive domains. However, some people with an acquired brain injury may not, for instance, due to the severity of their impairments, be able to participate in traditional testing.

Therefore, the present scoping review aims to identify and describe informant-based assessment tools based on observations of behaviour and cognitive function in people with an acquired brain injury. A total of six informant-based assessment tools, all in the form of questionnaires, were found through the review. Two of the tools assess executive function: two social cognition, one memory, and one attention. None of the tools covered more than one cognitive domain. Based on these informant-based assessment tools and their psychometric properties, a discussion on the relevance and applicability of such questionnaires will be included. In conclusion, the review finds it necessary and essential to be able to evaluate cognitive functions in people with an acquired brain injury – also when this is not possible through traditional neuropsychological assessment. However, at present, no comprehensive informant-based assessment tool that includes more than one cognitive domain exists, and the tools that have already been developed seem to lack criteria validity when compared to neuropsychological tests.

Keywords: Acquired brain injury, informant-based assessment tool, rating scales, observations, questionnaire, cognition