

Counseling/Behavioral Services

Many individuals find that a brain injury can change a person forever. A person's abilities, strengths, and personality can all change significantly.

After brain injury, most people go through a period of emotional recovery. The person with brain injury and their loved ones may need to process how their lives have been affected by the loss of abilities, personality changes, vocational adjustments, and changes in family structure and support.

Mental Health Professionals: A mental health professional can assist with adjustment issues, help a person accept their new self, and address self-esteem issues. Many times people may need to explore questions of meaning, spirituality, and the new role he or she plays in the community. There are many types of professionals who deal with mental health and the emotional issues related to brain injury. The following is a list of some of the professionals in the counseling/therapeutic field.

Psychologists: A professional psychologist has broad knowledge about human behavior, and understands how to apply that knowledge to help people explore personal issues and affect change. Psychologists provide evaluation, diagnosis and treatment of mental and emotional issues and disorders.

Licensed Independent Clinical Social Workers (LICSWs): LICSWs can provide "clinical" social work. They diagnose and treat mental and emotional disorders in individuals, families, and groups. This process may include the use of psychotherapy. Clinical social workers can address cognitive, affective, or behavioral issues. Licensed independent clinical social workers can practice clinical social work independently, while licensed independent social workers and licensed graduate social workers can only practice clinical social work under supervision.

Family & Marriage Counselors: Counselors specialize in the application of counseling and psychological theory as well as methods to treat and prevent psychosocial dysfunction, disability or impairment. Counselors can address cognitive, affective or behavioral issues, including, but not limited to interpersonal, intrapersonal, ecological and systems effectiveness. They provide assessment, diagnosis and treatment for the benefit of individuals, families and groups.

Religious Leader: Religious leaders have been trained to support persons in distress in their community. They are able to help people solve problems and assist with referrals to a skilled counselor or therapist.

Neuropsychologists and Neuropsychiatrists may also be helpful. See Sections O and P for more information.

Behavioral Intervention

Problem behaviors are those that interfere with rehabilitation or a person's ability to be independent. The most common forms of behavior problems in people who have sustained brain injury involve social skills and the ways in which people interact. Other less frequent, but more dangerous behavior problems include aggression, self-injury, property destruction, verbal abusiveness, tantrums and noncompliance.

Several types of professionals can be helpful in treating behavior problems: Behavior analysts, neurologists, neuropsychologists, pediatricians, and psychiatrists. Behavior analysts have been the most effective in using positive programs to treat changes in behavior problems. Neuropsychologists can also be very helpful in identifying neurological factors that are critical in the design of effective behavioral treatment programs.

Questions for Behavioral interventions:

1. What approaches does the program use to address behavioral concerns?
2. What roles do individuals and their families play determining the types of behavioral interventions used?
3. What steps does the program take to assure that behavioral interventions are clearly understood by all staff the person has contact with, and that the plan is being implemented consistently by all staff (even at 3 a.m.)?
4. How is the effectiveness of behavioral interventions measured?
5. What role does medication play in "behavior management"?
6. Are physical restraints used? In what circumstances? What policies or protocols exist for the use of physical restraints? Can I see a copy of these?
7. Is a "secure" or locked unit available? When does the program recommend the use of these? Who decides when a person is ready for an open unit after being in a secure unit? How?
8. At what point is an individual's behavior deemed unacceptable to the program? How much notice does the program give the individual and their family? What efforts are made by the program to assist in locating a comparable program that can better meet the needs of the person?

Counselors/Psychologists

Services can include counseling to help with adjustment, behaviors, relationships and other emotional difficulty. Counseling can be individual, family, or group, depending on needs.

Falls Neuropsychology and Psychotherapy Services, PLLC

Located in North Raleigh, we offer a full range of evaluation and therapy services to individuals with brain injuries and their families, including:

Neuropsychological Evaluation
Individual, Family, and Group Psychotherapy
Cognitive Rehabilitation Therapy
Behavior Management Therapy

8392 Six Forks Road, Suite 202

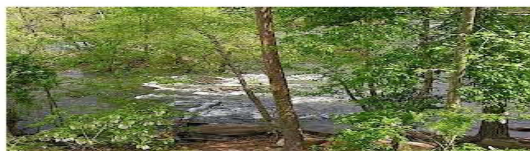
Raleigh, NC 27615

919.870.0264 phone

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<http://www.falls-neuropsychology.com>

Most insurances accepted.



Alexander Counseling

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Alpha Management Community Services, Inc.

2 Consultant Place
Durham, NC 27707

(866) 588-4440

www.alpha-community.org

According to their website, Alpha Management Community Services, Inc. is a non-profit human service agency that provides services to individuals with a variety of complex disabilities, services are provided in a manner which fosters the person-centered approach that enhances the level of independence which is appropriate for each consumer. Alpha Management Community Services, Inc. offers a variety of services, to include: Community Supports, Therapeutic Foster Care, Diagnostic Assessments, Case Management,

Individual, Group, and Family Therapy, Psychological Testing, Psychiatric and/or Psychological Evaluation, and Medication Management. Alpha Management Community Services, Inc. is committed to providing needed services to people who are emotionally, behaviorally, physically, and/or mentally challenged thus allowing them to remain in their community.

Dr. Sharon M. Barnette

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Living Water Counseling Associates is an individual private practice offering individual and family behavioral healthcare services as well as education and consultation services. Administrative responsibilities are managed by Dr. Barnette and her Administrative Assistant, Carolyn S. Rogers. Living Water Counseling Associates, P.A. is dedicated to providing high quality services grounded in Christian faith.

Denise Quirk Bundick, LCSW

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Ms. Bundick works with children and adults with a variety of diagnosis. She does individual, marital & family therapy and therapy groups. She specializes in rehabilitative psychotherapy helping PTS & family members cope with neurological or other physical injury/ illness.

Tom Bundick, Ph.D.

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Dr. Bundick's areas of specialty are in evaluations and psychotherapy with people who have sustained any kind of brain injury.

Carolinas Rehabilitation

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(704) 355-7760

Brenda L. Eshbach, MA, LPC, LPA, NCC
Psychological, Neuropsychological and Behavioral Services
211 North Main Street
Monroe, NC 28112

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Brenda Eshbach does counseling for persons with brain injury in Monroe and opened her own practice effective July 6, 2009. She has been with Monroe Counseling Center for many years.

Dave Geissler, Ph.D.
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Regional Rehabilitation Center
University Health Systems of Eastern Carolina
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Jody Probert, MSW, LCSW
1300 SE Maynard Rd., Suite 103
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Ms. Probert is a Licensed Clinical Social Worker who provides treatment for adults, adolescents, children, families & couples. Areas of special interest include adjustment to life transitions, trauma related issues resulting from physical & sexual abuse, brain injury, and chronic neglect. Other interests and specialties include parent-child relationships, attachment, grief & loss, and women's issues. Ms. Probert follows a client-centered, relationship model approach using cognitive behavioral, therapeutic play and insight oriented interventions.

Dr. Gery Sandling, PhD
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(919) 846-7396
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Southeast Psychological Services
6115 Park South Drive, Ste. 130
Charlotte, NC 28210

(704) 552-0116
Fax: (704) 552-7550
www.southeastpsych.com

Drs. Feather and Houlihan offer counseling and other psychological services to individuals with brain injury.

Brain Injury Association of North Carolina

G-5

Dr. John Spain

(704) 362-3200

Carolinas Psychological Associates
429 South Sharon-Amity, Suite C
Charlotte, NC 28211

Dr. Charles Suttentfield, Ph.D.

(336) 719-9703

Outpatient Psychiatry
Wake Forest Baptist University Medical Center
Medical Center Blvd
Winston-Salem, NC 27157-1087

Dr. Suttentfield is a clinical psychologist with specialty in treating individuals and family members experiencing psychological sequelae of medical and rehabilitation issues, including brain injury, spinal cord injury, stroke, multiple trauma, burns, chronic illness, and chronic pain.

Malissa Turney, Ph.D.

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