



SERVICE DESCRIPTIONS

COUNSELING/MENTAL HEALTH SERVICES

Many individuals find that a brain injury can change a person by altering abilities, strengths, and personality. Most people go through a period of emotional recovery in which the person with brain injury and their loved ones may need to process how their lives have been affected by the loss or change in one's life. A mental health professional can assist with adjustment, acceptance, and self-esteem. People may need to explore questions of meaning, spirituality, and participation in the community. The following is a list of types of professionals who deal with mental health and the emotional issues related to brain injury.

Licensed Professional Counselor

Licensed professional counselors (LPCs) are master's-degreed mental health service providers, trained to work with individuals, families, and groups in treating/diagnosing mental, behavioral, and emotional problems and disorders, including addictive disorders. LPCs use psychoeducational techniques aimed the prevention, provide consultation, and participate in research into more effective therapeutic treatment. Be sure to research the type of therapy practiced as they may be different from counselor to counselor (i.e. emphasis on thoughts, relationships, dreams).

Clinical Social Workers

Clinical social workers can be licensed and/or degreed and are usually available in hospitals or in a hospital-like setting. Social workers make diagnoses, assist individuals to find appropriate referrals and resources, as well as provide individual and group counseling. Clinical social workers can also work in the private sector with the same abilities as a licensed professional counselor.

Family & Marriage Counselors

Marital and family therapists are available to help those who are struggling in intimate or family relationships, particularly changing dysfunctional patterns in favor of a stronger connections. The stress of brain injury can sometimes instigate feelings or strain relationships. It can be helpful to have an unbiased third party serve as a mediator and create a safe space to talk about hard things and to offer suggestions and feedback.



Licensed Clinical Addiction Specialist

These counselors will work with anyone who is suffering from addiction or substance misuse issues. In times of serious crisis, they may lead an intervention or perform an assessment to determine what level of care the individual needs (from detox to inpatient or outpatient treatment).

Religious Counselor

Religious counselors, also known as pastoral counselors, are often leaders in area churches trained to help with the primary focus on faith crises, marriage/family counseling, and emotional problems.

Art Therapist

Art therapists use creativity in ways like painting, sculpture, and writing to explore and help with depression, medical illnesses, past traumatic events, and addiction.

Psychologist

Psychologists often work in places like private offices, hospitals, or schools, treating a range of issues, from relationship problems to mental illnesses, through counseling. A psychologist usually holds a doctoral degree (such as a Ph.D.), differing from a psychiatrist who holds a medical degree and can prescribe medication.

Psychiatrist

Psychiatrists mainly diagnose, treat, and help prevent mental, emotional, and behavioral disorders. A psychiatrist is a doctor with either a doctor of medicine (MD) degree or a doctor of osteopathic medicine (DO) degree. General practice doctors can also prescribe medications to help with mental and emotional problems. But many people prefer to go to a psychiatrist for complicated disorders.

HOW TO CHOOSE:

Picking the right person to help you overcome any emotional or mental troubles is important. Keep these in mind when you're choosing someone to talk to:

- specialty & training experience
- methods & theoretical framework
- schedule, availability, & convenience
- telehealth or video conferencing options

RESOURCES & REFERENCES

- Healthline: www.healthline.com
- American Counseling Association: www.counseling.org
- Art Therapy Association: arttherapy.org
- Substance Abuse & Mental Health Services Administration: www.samhsa.gov
- National Alliance on Mental Illness: www.nami.org
- Psychology Today: www.psychologytoday.com
- Good Therapy: www.goodtherapy.org