Catastrophic Reaction

Premorbid Functioning and Adaptations to Stress

Brain Injury

Decreased Problem Solving
Diminished Coping Abilities
Increased Anxiety and Stress
Increased Fatigue

Stressor

Perseveration

Problem Solving Breaks Down

Catastrophic Reaction (Explosion or Flooding)
Adaptation/Coping Skills

Premorbid Functioning and Adaptations to Stress

Brain Injury

- Decreased Problem Solving
- Diminished Coping Abilities
- Increased Anxiety and Stress
- Increased Fatigue

Interventions
- Cognitive therapy
- Improve Problem Solving
- Relaxation Techniques
- Mindfulness
- Counseling
- Exercise
- Adaptations

Perseveration

- Problem Solving Breaks Down
  - Catastrophic Reaction (Explosion or Flooding)
  - Unsuccessful Coping

Stressor

Coping Successfully

Maximal Recovery

Review

Retrain

THE BRAIN INJURY REHABILITATION CENTER

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