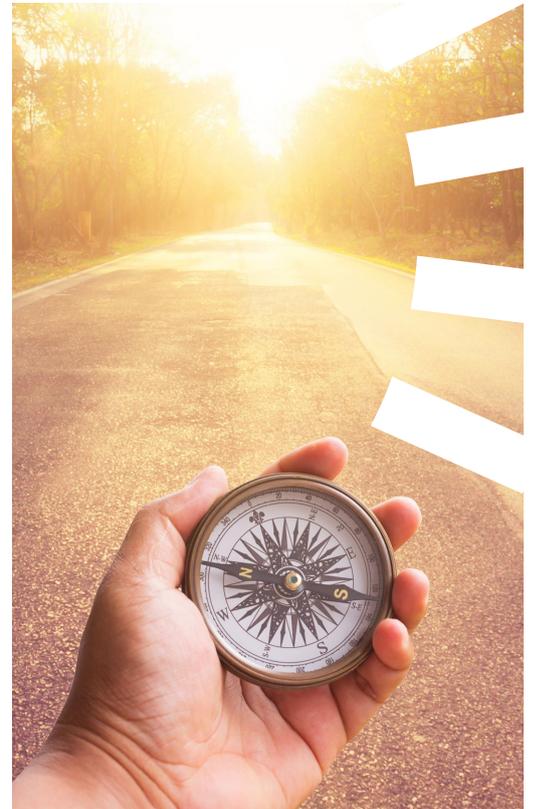


Invitation to participate VaLiANT: Valued Living After Neurological Trauma

- Have you had an acquired brain injury that has affected how you think and feel?
- Are you interested in learning ways to deal with these changes so you can do more of the things you value in life?



WHO IS VaLiANT FOR?

Adults aged 18 years or over, who:

- have had a stroke or brain injury at least 3 months ago
- experience problems with memory and/or other thinking skills that affect you in everyday life
- have difficulty coping or adjusting to the changes you have experienced since your acquired brain injury

WHAT DOES IT INVOLVE?

- 8-week group program at the La Trobe Psychology Clinic in Bundoora
- Sessions designed to:
 - increase your participation in activities that you value - that is, do more things you want to do
 - help you learn strategies for dealing with changes in memory, thinking and mood
- Three 2-hour assessments over a period of 16 weeks

FOR MORE INFORMATION OR TO MAKE A REFERRAL PLEASE CONTACT:

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VaLiANT Group Leader
- **Nick Sathanathan**
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- w latrobe.edu.au/psychology-clinic/services/group-programs/valiant-group

Neurorehabilitation and Clinical Translation

The treatment

The VaLiANT program targets both thinking and feeling by combining **cognitive rehabilitation** and **psychological therapy** (using techniques from an approach called Acceptance and Commitment Therapy).

As part of the group, you will:

- identify what matters to you most in life in areas such as **relationships, health, leisure and work/study**
- discover what helps and what prevents you from **participating in valued activities**
- learn **practical and effective strategies** for:
 - your memory and other thinking skills, and
 - coping with difficult emotions
- practise these strategies both within and between group sessions
- **share your thoughts and ideas** with others with ABI who also experience similar difficulties.

Potential benefits

- **Learning strategies** to help you reduce the impact of your ABI on your everyday life.
- **Increasing your participation** in activities that you value and enjoy.
- These benefits may in turn improve your wellbeing and quality of life (i.e., how you feel about yourself and your life).
- Participating in this research may also **help others**, by adding to our understanding of which treatments are effective in improving the lives of people with ABI.

As part of this research, **you may receive the therapy immediately or join a waitlist to receive the therapy after 4 months**. Whether you do the group immediately or after a waiting period is decided at random (like flipping a coin).

RESEARCH TEAM

This research is being conducted by an experienced international group of researchers from La Trobe University (Dr Dana Wong, Dr Eric Morris, Dr Lucy Knox, Nick Sathanathan & Bleydy Dimech-Betancourt), the University of Nottingham (Professor Roshan das Nair) and the University of Edinburgh (Dr David Gillanders).

The VaLiANT group helped me realise I was not alone. I now enjoy life more as I get deeper enjoyment out of the things I do.

