



**Advancing
the clinical practice
of neuropsychological
rehabilitation.**

**2023 SINR INSTITUTE
June 21–24, 2023**

PROGRAM



The 2023 SINR Institute will focus on the following topics:

- Assessment and case formulation with an emphasis on integration of biopsychosocial variables.
- Individualized goal setting.
- The influence of fatigue and speed of information processing on both cognition and emotional wellbeing.
- Individual and group cognitive rehabilitation strategies.
- Individual and group psychotherapy strategies.
- Integration of cognitive rehabilitation and psychotherapy.
- How to structure single practitioner, hospital, and clinic-based programs for neuropsychological rehabilitation.

Registration Rates:

- Early Bird: \$800
after April 15th, 2023: \$850
- Fellows reduced rate: \$650

Overall Objectives for the 2023 Institute:

At the end of the 2023 Institute, the attendee will be able to:

- Describe multiple types of cognitive rehabilitation strategies.
- Discuss how these strategies could be implemented in different cases.
- Discuss how psychotherapy is integrated into a program of neuropsychological rehabilitation.

International Faculty:

- Tom Bergquist, PhD, ABPP-CN, FACRM, USA
- John DeLuca, PhD, ABPP-CN, FACRM, USA
- Pieter DuToit, MA, AfBPS, England
- Rebecca Eberle, MA-CCC-SLP, FACRM, BC-ANCD, USA
- Jessica Fish, PhD, D.Clin.Psy, Scotland
- Pamela Klonoff, PhD, ABPP-CN, USA
- Tamara Ownsworth, PhD, Australia
- Lance E. Trexler, PhD, FACRM, USA
- Jill Winegardner, PhD, USA

Continuing Education:

SINR has applied to the American Psychological Association (APA) Division 22 to sponsor continuing education for psychologists for up to 22 CE Hours.

Saugatuck Institute for Neuropsychological Rehabilitation (SINR)

Inaugural Event - 2023 Institute

Detailed Daily Schedule v04.05.23

Tuesday, June 20, 2023

5:45 PM **SINR 2023 Opening**

Welcome Reception

Pre-dinner Concert

6:30 PM **Welcome Dinner**

Saugatuck Women's Club Auditorium

WEDNESDAY, JUNE 21, 2023

8:00 AM **Registration desk open**; Check in for the day.

8:45 AM **Welcome & Overview of the day** [15 min]

Lance Trexler, PhD, FACRM

9:00 AM **WORKSHOP 1: Introduction to Neuropsychological Rehabilitation** [60 min]

Faculty: Lance Trexler, PhD, HSPP, FACRM

Description: *The field of neuropsychological rehabilitation has evolved considerably, characterized by significant advances in the evidence for cognitive rehabilitation, the development and testing of new group interventions, and continued research in psychotherapy for those with acquired brain injury. Also, in the last decade, there have been efforts to recognize brain injury as a potentially chronic condition, which provide new opportunities for intervention and could substantially alter the way we provide care. In this workshop, we will review our accomplishments and challenges in neuropsychological rehabilitation as well as the scope of evidence-based interventions available to today's clinical practitioners. We will also review some introductory principles and stages to the provision and integration of cognitive rehabilitation, psychotherapy, group intervention, and family participation.*

Objectives:

At the end of this workshop, the attendee will be able to:

1. Describe the need for managing brain injury as a chronic condition and what the components of a system to do so would look like.
2. Describe the overall domains that comprise the practice of neuropsychological rehabilitation.
3. Describe three different stages of intervention in neuropsychological rehabilitation.

10:00 AM **BREAK** [15 min]

10:15 AM **WORKSHOP 2: Therapeutic Assessment and Formulation** [90 min]

PART I: Therapeutic Assessment and Formulation

For scheduling purposes, this workshop will be conducted in two parts:

- *PART I:* Therapeutic Assessment and Formulation
- *PART II:* Therapeutic Assessment and Formulation

Faculty: Jill Winegardner, PhD

Description: *This workshop will describe a process for carrying out a neuropsychological evaluation that not only answers the referral questions but also becomes a therapeutic and learning experience for the patient and family. Where possible, an interdisciplinary approach yields a variety of observations and information that transcends the contributions of each individual practitioner. The workshop will then introduce the process of neuropsychological formulation, which is intended to capture the consequences of brain injury on physical, cognitive, and emotional well-being for an individual whose sense of personal identity and family/social networks have been integrated with the assessment findings. The impact of the injury consequences on the individual's daily life is documented and initial goals for rehabilitation are proposed. This formulation is carefully reviewed with the patient, and the patient and family have the last say on goals. The formulation then serves as an anchor to guide the rehabilitation through frequent review and modification with input from the patient and family. Participants will break into small groups to practice writing formulations for hypothetical cases, followed by group discussion.*

Objectives:

At the end of this workshop, the attendee will be able to:

1. Describe what is meant by 'therapeutic assessment.'
2. Apply the process of neuropsychological formulation.
3. Describe the benefits of a structured and shared understanding held by all team members and the patient and family.

11:45 AM **LUNCH** [45 min]

12:30 PM **WORKSHOP 2 cont: Therapeutic Assessment & Formulation** [45 min]

PART II: Therapeutic Assessment and Formulation

For scheduling purposes, this workshop will be conducted in two parts:

- *PART I:* Therapeutic Assessment and Formulation
- *PART II:* Therapeutic Assessment and Formulation

1:15 PM **WORKSHOP 3:** Goal Setting [45 min]

PART I: Goal Setting

For scheduling purposes, this workshop will be conducted in two parts:

- *PART I: Goal Setting*
- *PART II: Goal Setting*

Faculty: Jill Winegardner, PhD

Description: *This workshop will discuss the importance of good goal setting throughout the rehabilitation process and will present training on goal setting. Principles of goal setting will be presented, including that it is essential that goals be set by and with the patient, focused on meaningful changes in life roles and functioning rather than on problems, collaborative, and written in a way that makes sense to the patient to foster ownership of goals. Evidence supporting the value of goal setting will be presented. Participants will learn to use and write value-based goals. The use of goals in measuring the success of rehabilitation will be reviewed. There will be an opportunity for participants to break into groups and practice writing goals for hypothetical cases, followed by group discussion.*

Objectives:

At the end of this workshop, the attendee will be able to:

1. Describe three principles of good goal setting.
2. Write value-based goals for their patients.
3. Use goals to evaluate outcomes of rehabilitation.

2:00 PM **BREAK** [15 min]

2:15 PM **WORKSHOP 3 cont:** Goal Setting: PART II [45 min]

3:00 PM **WORKSHOP 4:** The Importance of Integrating Fatigue and Speed of Processing into Rehabilitation [75 min]

Faculty: John DeLuca, PhD, ABPP-CN, FACRM

Description: *Fatigue is one of the most common and debilitating consequences of brain damage in many populations. This talk will address issues of what is fatigue, can we measure it, and can we treat it. Impaired cognitive processing speed (CPS) results from even subtle damage to the brain, here too in most populations affecting the brain. This part of the presentation will discuss assessing CPS, its influence on higher cortical functions and its treatment. A discussion will consist of how interacting cognitive and non-cognitive factors need to be addressed, managed, and treated.*

Objectives:

At the end of this workshop, the attendee will be able to:

1. Define cognitive fatigue and discuss its causes as well as how to manage it in rehabilitation.
2. Define speed of processing and identify ways to assess and manage it in rehabilitation.

3. Discuss the importance of identifying and addressing important factors that transcend and influence cognitive domains.

4:15 PM **End of day 1**

5:30 PM **Special Event:** Star of Saugatuck Dinner Cruise to Lake Michigan

Join fellow attendees at this catered event. A **Cash Only** Bar will be available.

Arrive dockside by 5:30 PM. We will board at 5:45 PM

Address: 716 Water Street, Saugatuck, MI 49453, 1-269-857-4261

How to get there: Walkable from our host site, they do NOT have a parking lot. If you do drive, please allow extra time to find a place to park. We suggest carpooling to the pier or use the Saugatuck Interurban <https://www.saugatuckinterurban.org/> Phone 269-857-1418. Taxi and other services are available for hire.

Things to know: The vessel moves around on the water, and the deck is steel and can get slippery, so we recommend you avoid wearing heels and flip flops. It is also recommended having a coat or light jacket should you want to sit on the upper deck. The ship is fully enclosed and climate-controlled for your comfort. We will sail rain or shine. The captain may adjust the route to best manage conditions during the tour. Extreme high winds and/or lightning are the only conditions that will keep us from going out.

Thursday, June 22, 2023

8:00 AM **Registration desk open;** Check in for the day.

8:45 AM **Welcome & Overview of the day** [15 min]

9:00 AM **WORKSHOP 5:** Individual & Group Cognitive Rehabilitation

PART I: INDIVIDUAL Cognitive Rehabilitation: Overview & case studies [90 min]

For scheduling purposes, this workshop will be conducted in four parts:

- *PART I: INDIVIDUAL Cognitive Rehabilitation: Overview & case studies*
- *PART II: INDIVIDUAL Cognitive Rehabilitation: Breakout sessions into teams for didactic work and full team assimilation of individual cases.*
- *PART III: GROUP Cognitive Rehabilitation: Overview, scenario case studies & discussion.*
- *PART IV: GROUP Cognitive Rehabilitation: Breakout sessions into teams for didactic work & full team assimilation of cases.*

Faculty: Rebecca Eberle, MA, CCC-SLP, FACRM and Tom Bergquist, PhD, ABPP-CN, FACRM

Description: *Over the last several decades, there has been extensive research on the efficacy of specific interventions to address impairments in cognitive functioning post acquired brain injury. Current rehabilitation providers now have many options for evidence-based and empirically supported interventions for their clients. These treatments address the areas of attention, memory, executive functioning, visual-spatial and praxic impairments, and social communication and pragmatic skills. This workshop will engage the participants in experiential and interactive discussions and activities to facilitate acquisition of clinical*

reasoning and problem solving through scenarios and cases. The planning and implementation of these concepts will be addressed via individual therapy and group therapy modeling.

Objectives:

At the end of this workshop, the attendee will be able to:

1. Generate decision-making for cognitive treatment options and implementation considerations for provided sample cases of persons with cognitive impairments due to acquired brain injury, through group discussions and small teamwork/collaboration.
2. Demonstrate active goal-setting and decision-making for individual and group cognitive rehabilitation treatments with emphasis on optimizing client engagement, new learning, and generalization of skills into salient and contextualized environments.
3. Identify information gaps and generate ideas to gather necessary information, to facilitate appropriate decision-making for cognitive rehabilitation recommendations to address individual client needs and preferences to support evidence-based treatment.

10:30 AM **BREAK** [15 min]

10:45 AM **WORKSHOP 5 cont:** Individual & Group Cognitive Rehabilitation
PART II: INDIVIDUAL Cognitive Rehabilitation: Breakout sessions into teams for didactic work and full team assimilation of individual cases. [75min]

12 NOON **LUNCH** [30 min]

12:30 PM **WORKSHOP 5 cont:** Individual & Group Cognitive Rehabilitation
PART III: GROUP Cognitive Rehabilitation: Overview, scenario case studies & discussion. [90 min]

2:00 PM **BREAK** [15 min]

2:15 PM **WORKSHOP 5 cont:** Individual & Group Cognitive Rehabilitation
PART IV: GROUP Cognitive Rehabilitation: Breakout sessions into teams for didactic work & full team assimilation of cases. [60 min]

3:15 PM **Grand Rounds/All Faculty Panel** [105 min]

Facilitator: Lance Trexler, PhD, FACRM

Description: *Prior to the Institute, registered participants will receive a template in which they can submit a case study for review. If their case is selected, the participant will have approximately ten minutes to present their case, followed by a panel discussion by the Institute Faculty along with group questions and answers.*

Objectives:

At the end of this workshop, the attendee will be able to:

1. Describe the structure of how to conduct a case study in neuropsychological rehabilitation.
2. Compare and contrast different case studies in neuropsychological rehabilitation.
3. Describe how psychotherapy and cognitive rehabilitation were integrated into these case studies.

5:00 PM **End of Day 2**

5:30 PM **Reception at the Saugatuck-Douglas History Center**

(Across the bridge from Saugatuck on the School House Campus)

Catch the Interurban with fellow attendees for a quick trip into downtown Douglas. Enjoy pre-dinner appetizers and a historical talk by Eric Gollanek, PhD, Executive Director at the center.

6:30 PM **Dinner on your own, consider downtown Douglas' many fine restaurants.**

Friday, June 23, 2023

8:00 AM **Registration desk open**; Check in for the day.

8:45 AM **Welcome & Overview of the day** [15 min]

9:00 AM **WORKSHOP 6: Individual and Group Psychotherapy**

PART I: INDIVIDUAL Psychotherapy Overview, Case Studies & Group Break-out Sessions [120 min]

For scheduling purposes, this workshop will be conducted in three parts:

- *PART I: Individual and Group Psychotherapy: INDIVIDUAL psychotherapy overview, case studies & group breakout sessions*
- *PART II: Individual and Group Psychotherapy: GROUP psychotherapy overview*
- *PART III: Individual and Group Psychotherapy: GROUP psychotherapy case studies & group breakout sessions*

Faculty: Pamela Klonoff, PhD, ABPP-CN and Tamara Ownsworth, PhD

Description: *This workshop will provide an overview of Individual Psychotherapy and Group Psychotherapy approaches used in post-acute neurorehabilitation settings. Topics will include: the “why,” “when,” “what,” and “how” facets, or issues that bring people into therapy; therapy approaches and processes; evidence of effectiveness; and key techniques for engaging people in therapy and promoting change. Group process issues relevant to neurorehabilitation and recovery will pertain to awareness; acceptance; communication and social skills; realism; adjustment; and therapy termination/the future. In addition to didactics, participants will learn about the benefits of integrating multi-media ideas into Group Psychotherapy such as: presentations by former patients; handouts;*

artwork; YouTube videos; and movie material. Further, participants will gain an understanding of an existential model of Individual Psychotherapy used to promote sense-making and meaning-making after diagnosis of a brain tumor, including techniques such as dignity therapy and legacy making projects. Case presentations and small breakout groups will support participants in conceptualizing clients' presenting issues and tailoring approaches to psychotherapy based on their goals and characteristics.

Objectives:

At the end of this workshop, the attendee will be able to:

1. Conceptualize Group Psychotherapy in a post-acute setting using historical and content driven material.
2. Specify topics related to the neurorehabilitation process and recovery such as awareness, acceptance, communication, and social skills; realism, adjustment, and therapy termination/the future.
3. Describe the benefits of integrating multi-media ideas into Group Psychotherapy such as presentations by former patients, handouts, artwork, YouTube videos, and movie material.
4. Describe different approaches to individual psychotherapy used in neurorehabilitation and the rationale, evidence based and techniques for each.
5. Explain an existential model of psychotherapy used to promote sense-making and meaning-making after diagnosis of brain tumor, including techniques such as dignity therapy and legacy making projects.
6. Conceptualize the core issues underlying or contributing to clients' distress and apply this knowledge to tailoring therapy to their goals and characteristics.

11:00 AM **BREAK** [15 min]

11:15 AM **WORKSHOP 6 cont:** Individual and Group Psychotherapy
PART II: GROUP Psychotherapy Overview [60 min]

12:15 PM **LUNCH** [30 min]

12:45 PM **WORKSHOP 6 cont:** Individual and Group Psychotherapy:
PART III: Case studies & group breakout sessions [75 min]

2:00 PM **BREAK** [15 min]

2:15 PM **WORKSHOP 7:** Neuropsychological Rehabilitation:
PART I: Integrating Cognitive Rehabilitation and Psychotherapy [135 min]
For scheduling purposes, this workshop will be conducted in two parts:

- *PART I: Neuropsychological Rehabilitation: Integrating Cognitive Rehabilitation and Psychotherapy*

▪ **PART II: Neuropsychological Rehabilitation: Integrating Cognitive Rehabilitation and Psychotherapy**

Faculty: Jessica Fish, PhD, D.Clin.Psy and Pieter DuToit, MA, AfBPS

Description: *The cognitive and emotional consequences of acquired brain injury can, alongside impairments in physical function, limit independence and reduce participation in social, vocational and community activities. When difficulties in these domains of function interact, problems can become severe and long lasting. Interventions that address both cognitive and emotional domains may be more effective and with more durable benefits than those that address these in isolation. In neuropsychological rehabilitation the role of the psychologist is crucial in facilitating a whole-team approach to cognition and emotion, and psychological interventions themselves are highly amenable to integrating multiple areas of function. For example, we create an individualized holistic ‘formulation’ to understand how the consequences of the injury interact with each other, and how they interact with the person’s pre-injury self, values, and social context. We then use this information to plan rehabilitation goals and interventions, in collaboration with the patient and team, to ensure that rehabilitation has the maximum impact on the person’s life. In this workshop we will illustrate effective ways of working with interacting cognitive and emotional difficulties, throughout the rehabilitation journey.*

Objectives:

At the end of this workshop, the attendee will be able to:

1. Describe how interactions between cognition and emotion can be formulated.
2. Design interventions to address interactions between cognition and emotion.
3. Identify a range of practical ideas to apply within clinical practice, and potentially also create new avenues for research.

4:30 PM **End of Day 3**

Dinner on your own.

Saturday, June 24, 2023

8:00 AM **Registration desk open;** Check in for the day.

8:45 AM **Welcome & Overview of the day** [15 min]

9:00 AM **WORKSHOP 7 cont:** Neuropsychological Rehabilitation:
PART II: Integrating Cognitive Rehabilitation and Psychotherapy [60 min]

10:00 AM **WORKSHOP 8:** Structuring a Program of Neuropsychological Rehabilitation
for Single Practitioners and Rehabilitation Facilities [75 min]
Faculty: Lance Trexler, PhD, FACRM

Description: *Practitioners now have a variety of evidence-based interventions available that can be provided in context of a private practice or in hospital-based rehabilitation facilities. However, very few of the people with acquired brain injury ever receive neuropsychological treatment, which compromises their outcome and potentially places them at a greater risk for preventable co-morbidities that increase their level of disability. If more practitioners develop a portfolio of interventions comprised of individual as well as group cognitive rehabilitation, individual, group and family psychotherapy, better long-term outcomes can be achieved. This workshop will provide some models for how both single practitioners and facility-based programs can structure a program of neuropsychological rehabilitation to address the potentially chronic needs of those with acquired brain injury.*

Objectives:

At the end of this workshop, the attendee will be able to:

1. Describe how they could design and implement a program of neuropsychological rehabilitation.
2. Identify at least three preventable co-morbidities that could be prevented if they did.
3. Identify why and how our health care systems could address the long-term needs of those with acquired brain injury.

11:15 AM **Program Evaluation** [30 min]

Faculty: Lance Trexler, PhD, FACRM

Description: *During this section, participants will be asked to complete an online evaluation of the Institute. The results will be posted in real-time and group discussion will focus on those results and recommendations for future meetings of the Institute.*

Objective:

At the end of this workshop, the attendee will be able to:

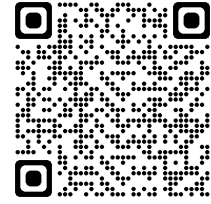
1. Describe the overall program evaluation findings for the Institute.
2. Identify recommendations for the 2024 Institute.

11:45 PM **LUNCHEON & FAREWELL** [60 min]

1:00 PM **End of day; end of 2023 SINR Institute**

SINR 2023 Institute - Daily Schedule					
	Tue, Jun 20	Wed, Jun 21	Thu, Jun 22	Fri, Jun 23	Sat, Jun 24
8:00 AM		Registration Daily Check In	Registration Daily Check In	Registration Daily Check In	Registration Daily Check In
8:15 AM					
8:30 AM					
8:45 AM		Welcome, Overview of the Day	Welcome, Overview of the Day	Welcome, Overview of the Day	Welcome, Overview of the Day
9:00 AM		WORKSHOP 1 Introduction to Neuropsychological Rehabilitation FACULTY Lance Trexler, PhD, FACRM 9:00 AM - 10:00 AM	WORKSHOP 5 Individual & Group Cognitive Rehabilitation FACULTY Rebecca Eberle, MA, CCC-SLP, FACRM Tom Bergquist, PhD, ABPP-CN, FACRM	WORKSHOP 6 Individual & Group Psychotherapy FACULTY Pamela Klonoff, PhD, ABPP-CN Tamara Ownsworth, PhD	WORKSHOP 7 cont. Neuropsychological Rehabilitation PART II <i>Integrating Cognitive Rehabilitation & Psychotherapy</i> 9:00 AM - 10:00 AM
9:15 AM					
9:30 AM					
9:45 AM					
10:00 AM		BREAK			
10:15 AM		WORKSHOP 2 Therapeutic Assessment & Formulation FACULTY Jill Winegardner, PhD 10:15 AM - 11:45 AM			
10:30 AM			BREAK		
10:45 AM			WORKSHOP 5 cont. Individual & Group Cognitive Rehabilitation PART II <i>INDIVIDUAL Cognitive Rehabilitation: Overview Case Studies</i> 9:00 AM - 10:30 AM		
11:00 AM				BREAK	
11:15 AM				WORKSHOP 6 cont. Individual & Group Psychotherapy PART II <i>GROUP Psychotherapy Overview</i> 11:15 AM - 12:15 PM	
11:30 AM					PROGRAM EVALUATION FACULTY Lance Trexler, PhD, FACRM 11:15 AM - 11:45 PM
11:45 AM					
12:00 PM		LUNCH			
12:15 PM			LUNCH		LUNCHEON & FAREWELL 11:45 AM - 1:00 PM
12:30 PM		WORKSHOP 2 cont. Therapeutic Assessment & Formulation 12:30 PM - 1:15 PM	WORKSHOP 6 cont. Individual & Group Cognitive Rehabilitation PART III <i>GROUP Cognitive Rehabilitation: Overview Scenario Case Studies & Discussion</i> 12:30 PM - 2:00 PM		
12:45 PM				WORKSHOP 6 cont. Individual & Group Psychotherapy PART III <i>GROUP Psychotherapy Case Studies Breakout Sessions</i> 12:45 PM - 2:00 PM	
1:00 PM					END OF DAY 4 & 2023 SINR Institute
1:15 PM		WORKSHOP 3 Goal Setting FACULTY Jill Winegardner, PhD 1:15 PM - 2:00 PM			
1:30 PM					
1:45 PM					
2:00 PM		BREAK	BREAK	BREAK	
2:15 PM		WORKSHOP 3 cont. Goal Setting 2:15 PM - 3:00 PM	WORKSHOP 5 cont. Individual & Group Cognitive Rehabilitation PART IV <i>GROUP Cognitive Rehabilitation: Break out sessions into teams - Didactic work Full team assimilation of cases</i>	WORKSHOP 7 Neuropsychological Rehabilitation Part I <i>Integrating Cognitive Rehabilitation & Psychotherapy</i> FACULTY Jessica Fish, PhD, D.Clin.Psy Pieter DuToit, MA, AFBPS 2:15 PM - 4:30 PM	
2:30 PM					
2:45 PM					
3:00 PM		WORKSHOP 4 The importance of Integrating Fatigue and Speed of Processing into Rehabilitation FACULTY John DeLuca, PhD, ABPP-CN, FACRM 3:00 PM - 4:15 PM	Grand Rounds - All Faculty Panel FACULTOR Lance Trexler, PhD, FACRM 3:15 PM - 5:00 PM Attendees will be asked to submit case studies prior to the workshop event. Case will be vetted by faculty and 5 selected for this Grand Rounds		
3:15 PM					
3:30 PM					
3:45 PM					
4:00 PM					
4:15 PM		END OF DAY 1			
4:30 PM				END OF DAY 3	
4:45 PM				Dinner on your own	
5:00 PM			END OF DAY 2		
5:15 PM			Catch the Interurban for a quick trip into downtown Douglas		
5:30 PM		Star of Saugatuck Dinner Cruise 90 minute cruise to Lake of Michigan arrive dockside by 5:30 PM Boarding at 5:45 PM	Reception at the Saugatuck-Douglas History Center School House Campus with Eric F Gollanek, PhD Executive Director		
5:45 PM	SINR Institute Opening Welcome Reception				
6:00 PM	Pre-dinner Concert				
6:15 PM			Dinner on your own in downtown Douglas (across the bridge from Saugatuck)		
6:30 PM	Welcome Dinner for all Attendees				
6:45 PM					
7:00 PM					
7:15 PM					
7:30 PM					

SINR WEBSITE



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