

According to the National Institute of Neurological Diseases and Stroke (NINDS) between 2.5 and 6.5 million Americans alive today have had a Traumatic Brain Injury (TBI). Survivors of TBI are often left with significant cognitive, behavioral, and communicative disabilities, and some patients develop long-term medical complications.



All over the world men and women are affected by Post-Traumatic Stress Disorder (PTSD). Once thought of as only a wartime disorder, it is now recognized that PTSD can affect anyone who has gone through a particularly traumatizing event.

In fact, more than 5 million American men and women are currently affected by the disorder. Without treatment to deal with the cognitive communication impact many individuals will not be able to live the happy and fulfilling lives they deserve

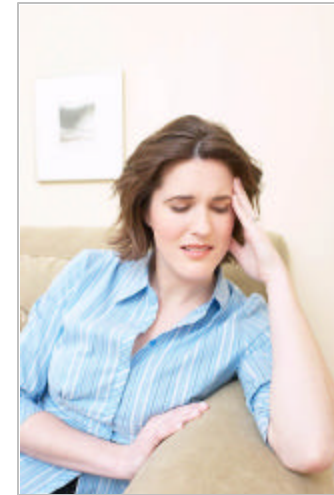


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## Experiencing "Brain Fog", Confusion, Memory Loss or Altered Alertness? Diagnosed with TBI or PTSD?



## Do these symptoms sound familiar?

If so, you may be suffering cognitive communication problems.

Cognitive communication problems can be caused by stress, injuries or disease that affects the brain. The most common cause for cognitive deficits is traumatic brain injuries.

Problems in communication can result in emotional upset, employment issues and stress that may impact our self esteem and cloud our judgment of ourselves.

The good news is that communication problems related to brain injury tends to resolve with treatment along with some of the self esteem and emotional issues related to it. You can get back both your life—and your mind!

## What is brain injury?

The brain is an organ and just like any other organ when it is injured or stressed physical changes can occur. Recent studies indicate that extreme stress can cause changes in the areas of the brain involved in memory and emotional response. These changes can, in turn, lead not only to classic PTSD symptoms, such as loss and distortion of memory of events surrounding the trauma, but also to ongoing problems with learning and remembering new information.

To the untrained eye the outward sign of a stress or injured brain presents as hesitation in thinking, poor memory, or indecisiveness in making decisions. Some individual may report difficulty concentrating, foggy thinking or “Brain Fog”.

## What are my options?

### Yearly Memory Check-up

A comprehensive clinical assessment of memory and cognitive communication skills

### Cognitive-Communication Screening

A brief review of cognitive-communication skills. It provides information to determine if a complete evaluation is necessary.

### Cognitive-Communication Evaluation

A standardized measure of concentration, memory, processing speed, visual-spatial skills executive function and social communication skills.

### Cognitive-Communication Classes

Focus on attention, memory, organizational skills, reasoning, problem solving and executive skills training to help clients learn how to monitor themselves and take control of their thinking and actions.

### Noggin Bumpers

A free support group that focuses on providing pragmatic conversational skill intervention, memory strategy training (internal and external aids) and attention training.

## What can I expect?

Educational Consultants Group provides specialized treatment for cognitive communication deficits that may affect a person’s activities of daily living, education or employment. First we conduct a complete evaluation of cognitive-communication functioning in the following:

- Problem solving
- Memory
- Judgment
- Orientation
- Attention
- Reasoning
- Insight
- Functional cognition
- Categorization skills
- Numerical processing

After the comprehensive evaluation, the speech-language pathologist will determine the appropriate combination of traditional intervention approaches and alternative treatment techniques i.e. biofeedback, relaxation training, and electrical stimulation that will address the identified problems. In order to facilitate the best outcomes, an individualized treatment plan is developed in collaboration with other professionals and individuals who provide support (e.g., family, employers, educators).

## Why should I choose you?

At Educational Consultants Group people are more than their diagnosis or label. Our rehabilitative programs are designed to treat the whole person not a diagnosis. We offer clients a menu of services that allows each person to heal and improve their health as an individual. Faster and life changing results have been found by utilizing traditional speech-language therapy techniques in conjunction with alternative treatment techniques for cognitive communication problems resulting from a stroke or brain injury. The services we provide focus on functional domains affected by cognitive disability—such as activities of daily living, communication, learning and academic performance, vocational performance, and social interaction. Many of these aspects of rehabilitation are addressed in formal individualized therapy sessions, class instruction and in the free community outreach programs offered to help participants practice the changes they are making in fun, safe and constructive environments.

*Educational Consultants Group currently accepts private pay, Medicare and Med-Waiver. We offer financial assistance to certain clients. Please contact us to discuss our normal rates and fees, or to see if you qualify for a reduced rate or fee schedule.*