

## About Brain Injury

The brain is the central processing organ impacting nearly every function of an individual's life. For a large number of individuals living with long-term challenges as a result of brain injury, rarely are the consequences limited to one set of issues. Instead, brain injury is different and has variable impacts on affect and quality of life.

Some individuals may be struggling with maintaining a job, going back to school, and/or completing activities of daily living after losses of cognitive functioning. Another individual could be battling anxiety, depression, and acceptance that life will not be the same. Relationships with friends and family are often a difficult challenge for both the survivor and those close to the survivor.

After brain injury multiple impairments, functional limitations, and social implications are often interrelated, impacting affect and relative quality of life.

*While some individuals with brain injury need therapeutic services after leaving the hospital and/or visiting their physician's office, many do not receive the services needed to improve mental health and obtain maximum functional gains.*



### Travis Glass, MS, LPC, CBIS

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828-327-6633  
828-327-3385 (fax)  
[www.crossroadscounseling.org](http://www.crossroadscounseling.org)

### Other Brain Injury Resources

Brain Injury Association of North Carolina  
[www.bianc.net](http://www.bianc.net)  
1-800-377-1464

Brain Injury Association of America  
[www.biausa.org](http://www.biausa.org)

Traumatic Brain Injury Survivor Guide  
[www.tbiguide.com](http://www.tbiguide.com)

BrainLine  
[www.brainline.org](http://www.brainline.org)

## Brain Injury Rehabilitation and Counseling

Travis Glass, MS, LPC, CBIS



**Helping individuals  
after brain injury put  
the pieces back  
together again.**

## How Counseling Can Help

Counseling helps individuals with brain injury understand strengths, cope with challenges, and obtain skills and strategies to reach personal goals.

Common goals addressed in counseling sessions include:

- Improving emotional health issues such as depression, anxiety, and anger management.
- Compensating and remediation of attention, memory, learning deficiencies, problems solving skills, and other areas of cognitive functioning.
- Learning strategies to restore energy from consistent fatigue.
- Identifying problems, education, and encouragement after post-concussion syndrome.
- Helping family members adjust to changes and learn techniques to influence progress with functional challenges.
- Achieving daily living, vocational, and educational aspirations.
- Reestablishing an acceptable sense of self.

Also available at Crossroads Counseling Center are Neuropsychological Assessments that give a detailed understanding of present strengths and challenges to obtain a more effective treatment plan.

## About Travis Glass

Travis Glass graduated from the University of North Carolina at Chapel Hill with M. S. in Rehabilitation Counseling and Psychology focusing on brain injury, systems of care after brain injury, memory, and developmental disabilities. Licensure/certification includes North Carolina Licensed Professional Counselor (# 7568) and Certified Brain Injury Specialist (# 4164).

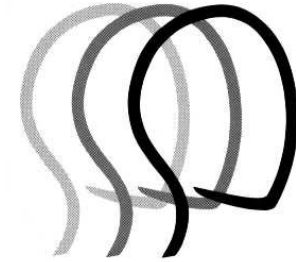
Some techniques used to meet an individual's therapeutic needs include:

- Cognitive-Behavioral Therapy
- Existential Psychotherapy
- Mindfulness based self-awareness
- Cognitive remediation
- Biofeedback
- Coaching

Along with counseling for brain injury, Travis works with children, adolescents, and adults with attention/impulsivity issues, anger and related behavioral issues, developmental disabilities including autism spectrum disorders, memory and learning disorders, anxiety, and depression.

Professional activities outside of counseling include speeches and presentations relative to brain injury, service on North Carolina's Statewide Advisory Council on Brain Injury, and volunteering as the leader of Catawba Valley Brain Injury Support Group.

## Catawba Valley Brain Injury Support Group



Connect with survivors, families, and professionals. Meetings offer help, hope, and education, so you can live a happy and successful life after brain injury.

**Fourth Tuesday of each  
month  
6:00 – 7:30 pm**

First Plaza Building  
1985 Tate Boulevard SE  
Hickory, North Carolina  
Conference Room on the 1<sup>st</sup> floor

Times and locations periodically vary.  
For more information, contact  
**Travis Glass at (828) 781-0778 or  
travis@crossroadscounseling.org.**

Also check us out on  
**facebook.com/CVBIA**