

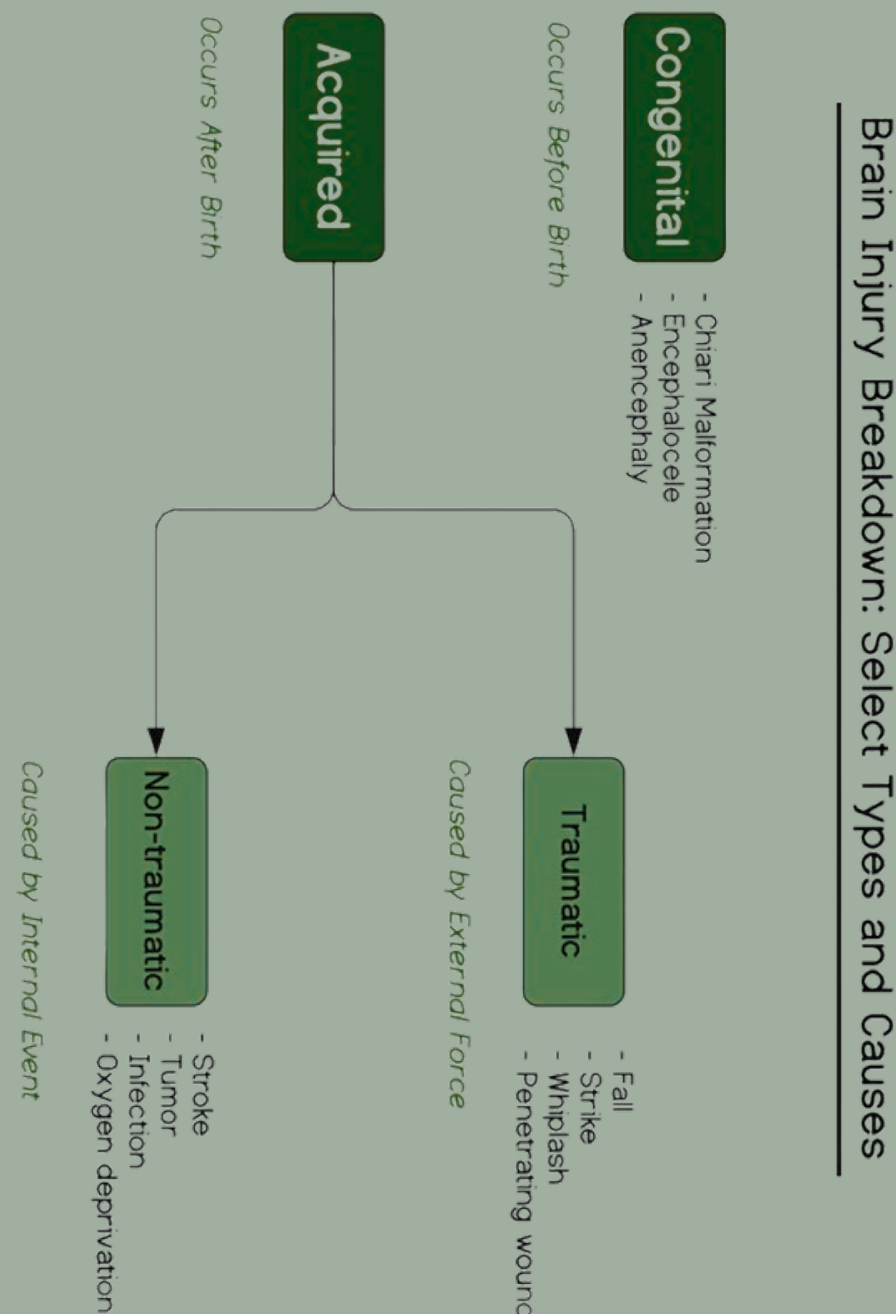
# UNDERSTANDING TRAUMATIC BRAIN INJURY (TBI)

## MAIN CAUSES

- A Fall
- Motor Vehicle Accidents
- Sports Injuries
- Assaults & Violence
- Combat Injuries
- Oxygen Loss

“I hit my head, saw stars, and felt dizzy, but I laughed it off. “Just a knock,” I told myself. But over the next few days, I wasn't quite the same.

I started **forgetting** little things, appointments, names, even conversations I'd just had. I'd **lose track** mid-sentence. I **couldn't focus** at work. I **snapped** at my partner over small things. I felt like I was floating through a **fog** I couldn't shake.”



## HOW TBI AFFECTS THE BRAIN & BEHAVIOR

### Cognitive Symptoms:

- Memory loss or confusion
- Trouble focusing or processing information
- Difficulty with planning, organizing, or multitasking
- Language and word-finding problems

### Emotional and Psychiatric Symptoms:

- Irritability or mood swings
- Depression and anxiety
- Personality changes
- Low frustration tolerance or emotional outbursts

### Physical Symptoms:

- Headaches
- Dizziness or imbalance
- Visual disturbances
- Fatigue and sleep disruption
- Sensitivity to noise or light

At MindDhara, we support individuals recovering from stroke by addressing both cognitive and emotional challenges. Our approach combines neuroscience, psychology, and personalized care to help you regain independence, confidence, and quality of life.

## NEUROPSYCHOLOGICAL ASSESSMENTS

- Pinpoint specific cognitive deficits (memory, attention, problem-solving, language)
- Guide rehabilitation and therapy planning
- Track recovery progress over time
- Support return-to-work or daily life planning

## THERAPY & COGNITIVE REHABILITATION

- Individual therapy for emotional regulation, anxiety, and depression
- Tools and exercises for cognition
- Behavioral strategies to manage daily challenges
- We are trained to recognize and respect cultural values, beliefs, and stigma

## HOW MINDDHARA HELPS: The Brain & the Mind



## CULTURAL COMPETENCE

- Incorporating culturally familiar examples, metaphors, and family dynamics in therapy
- Honoring traditional healing practices or spiritual frameworks, when desired
- Creating safe spaces for individuals from marginalized or minoritized communities

## FAMILY & COMMUNITY-CENTERED SUPPORT

- Recognizing the role of family, faith, and community in the healing process
- Involving caregivers in a way that respects cultural family structures (e.g., elders, joint families, collectivist norms)
- Psychoeducation materials available in multiple languages
- Sensitivity to immigration, refugee, or trauma histories that may affect recovery

## PARTICIPATE IN RESEARCH THAT REPRESENTS YOU

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