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Cognitive Rehabilitation

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Pregnancy, Parenting & Brain Injury

A comprehensive exploration of the challenges faced with pregnancy and parenting tailored for professionals in neuro rehabilitation working with clients with brain injuries



**One Great George Street
Westminster, London**

29th November 2024

Organised by



5 Points Pending



APIL training
accreditation
pending

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Brain Injury Support +
Cognitive Rehabilitation

Pregnancy, Parenting & Brain Injury Conference

One Great George Street, Westminster, London
29th November 2024

The upcoming conference tailored for professionals in neuro rehabilitation with brain injuries will provide a comprehensive exploration of the challenges faced with pregnancy and parenting within this unique context. Attendees, including case managers, psychologists, doctors, solicitors, and survivors, will have the opportunity to engage with rich content covering a diverse range of topics:

- A detailed case study of a client who embarked on the journey of pregnancy post-brain injury. Learn how the support team navigated using a practice baby, trained maternity nurses, managed fatigue, and educated on baby care, showcasing the intricacies of providing holistic support.
- Medications and neuropsychiatric considerations
- Lived Experience Perspective. The neuroprotective and cell regeneration properties of pregnancy on the brain through a lived experience narrative, offering a unique viewpoint on the potential benefits for individuals navigating brain injuries.
- Litigation Insights: A focus on challenges surrounding future care planning and fund calculation. Join a panel featuring solicitors, deputies, and barristers for expert perspectives on navigating legal considerations in this complex landscape.
- Psychological Approaches to Parenting Skills: Discover psychological strategies aimed at enhancing parenting skills as children grow and needs evolve. Understand how individuals with brain injuries adapt to meet their child's changing needs over their lifespan, improving resilience and effective parenting techniques.
- Case Manager and Care Expert Perspective: Insights from a case manager and care expert on rehab planning and goal management, providing a professional viewpoint on optimising rehabilitation plans and effectively managing parenting goals for individuals with brain injuries.

Draft Programme

08:45 – 09:20 Registration, tea/coffee, networking & exhibition stands

09:20 – 09:25 Welcome & introduction from the conference Chair

Sarah Griggs, Partner, Irwin Mitchell

09:25 – 10:10 Strength in vulnerability: A young mother's journey of pregnancy and parenting post brain injury

A case study perspective of the challenges faced during pregnancy post Brain Injury. The service provision adjustments for managing fluctuating need, interdisciplinary education and collaborative approaches. We explore the challenges of early parenting skills, adapting to challenges, managing relationships and achieving optimal attachments.

Ekvinder Kaur Papat, Registered Manager & Operations Director, The BIS Services Ltd

10:10 – 10:55 Parenting and being parented in families living with acquired brain injury

Freddie will explore the experiences, challenges and rewards of parenting following an acquired brain injury. The presentation will draw on relevant literature, clinical material and family members perspectives. Freddie will explore issues including changes to family roles and identity, parenting whilst navigating issues of trauma and ambiguous loss, and the challenges of balancing the needs of the injured parent with the developmental needs of family members. He will explore what we know about the longer term outcomes of children, following a parent sustaining a brain injury, as well as how family sensitive practice can support families to navigate this uniquely challenging situation.

Dr Freddie Byrne, Clinical Psychologist & Founder, Living with ABI Ltd

10:55 – 11:25 Tea/coffee, networking & exhibition stands

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11:25 – 11:55

In Conversation with Experience: Parenting Journeys Post-Brain Injury

This unique session opens the floor to those who know the experience best—individuals and families navigating the challenges of pregnancy and parenting after a brain injury. Engage in heartfelt discussions that highlight the resilience and strength required to overcome such life-changing experiences. Attendees are encouraged to actively participate, ask questions, and interact with our speakers, who will share their stories of overcoming challenges and celebrations of achievements.

11:55 – 12:40

The Neuropsychiatry of TBI and Pregnancy

Traumatic Brain Injury (TBI) and pregnancy individually present complex neuropsychiatric challenges, but their intersection remains underexplored. This talk synthesizes current knowledge on the neuropsychiatric implications of TBI during pregnancy. TBI, characterised by cognitive, emotional, and behavioural impairments, can complicate pregnancy outcomes due to altered neurophysiology, increased stress, and impaired cognitive function. Pregnant women with a history of TBI face heightened risks of mood disorders, anxiety, and cognitive deficits, potentially affecting maternal and foetal health. Neuroinflammation, hormonal fluctuations, and stress response alterations post-TBI can exacerbate psychiatric symptoms, complicating management during pregnancy. Additionally, medication use for TBI-related neuropsychiatric symptoms requires careful consideration to avoid teratogenic risks. Multidisciplinary care, involving neuropsychiatrists, obstetricians, and rehabilitation specialists, is essential for optimising outcomes. Early identification and intervention strategies, including cognitive-behavioral therapy and tailored pharmacotherapy, can mitigate risks. Understanding the neuropsychiatry of TBI and pregnancy is crucial for developing comprehensive care protocols, ultimately improving the quality of life for affected women and their offspring.

Mike Dilley, Consultant Neuropsychiatrist in Neurorehabilitation, Brain & Mind

12:40 – 13:40

Lunch, networking & exhibition stands

13:40 – 14:25

Bumps to Babies - Considerations for Case Management

Vicky Moss will cover risk screening to identify areas of need and risk, supporting case management planning and intervention, and considering which other professionals may need to be involved. She will also introduce tools for discussions with clients and families to ensure support is client-centered, reflecting the wishes, values, and cultural considerations of both client and family regarding pregnancy and childcare. The session will then address case management planning elements, including different options for childcare support, such as maternity nurse vs. nanny, live-in vs. live-out support, and the roles of a nanny vs. a childminder, along with considerations around each. Themes will include mental capacity, mental health, physical needs, executive functioning, fatigue, sensory issues, and cultural considerations.

Vicky Moss, Case Manager & Care Expert, North Star Case Management

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14:25 – 15:10 **Exceptional Neuroplasticity of Parenthood**

Alicia will share her recovery journey after a 2011 bicycle accident, highlighting how her pregnancies and the births of her two children significantly aided her healing through neuroplasticity. She will place special emphasis on the “sticky” stigmas surrounding both Motherhood and Traumatic Brain Injury (TBI). Alicia will delve into the systemic barriers faced by female neurotrauma survivors, particularly focusing on fertility risks, the stigma around motherhood, and behavioural challenges. Drawing from personal experience, she will discuss the challenges women face when managing neurotrauma while wanting or having children and offer insights into effective therapies that have helped manage chronic symptoms. Additionally, she will touch on how ‘Nurtured Parenting Training’ principles can be applied to neurotrauma recovery.

Alicia Eastes, Neurotrauma Survivor, Woman in Film and Founder of WIFT Austin, Writer, Director, Producer, Looking Glass Media, LLC

15:10 – 15:50 **Tea/coffee, networking & exhibition stands**

15:50 – 16:50 **Expert Roundtable: Navigating Legal Complexities in Brain Injury Family Cases**

This session brings together a panel of experts, to discuss and debate the intricate challenges of a brain injury medico legal case. The session focuses on understanding the collaborative efforts required to address the legal and care complexities involved in such cases, particularly as they pertain to pregnancy and parenting. During the talk, panellists will delve into a hypothetical case scenario, aiming to untangle the complexities of reaching a consensus on future funding needs. The discussion is designed to be interactive, with each expert contributing their insights and strategies for problem-solving. This approach not only showcases the importance of interdisciplinary collaboration but also emphasises the role of effective communication in achieving successful outcomes. The session invites audience participation through a Q&A segment, fostering a deeper understanding of the legal strategies and care considerations crucial for managing brain injury family cases.

William Latimer-Sayer KC, Cloisters, Laura Middleton-Guerard, Partner, Irwin Mitchell, Vicky Moss, North Star Case Management & Mark Holloway, Expert Witness, Head First.

16:50 – 16:55 **Conference close**

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Biographies



Sarah Griggs, Partner

Irwin Mitchell

Sarah is a Partner in the London office of the Serious Injury team and the National Brain Injury Coordination Group Lead for Irwin Mitchell. She specialises in complex cases supporting adults and children who have sustained life changing brain injuries and is known for recovering substantial settlements to provide for her client's lifelong needs.

Sarah is passionate about using the legal process to ensure her clients have access to the absolute best rehabilitation to live life to the full and is committed to raising awareness of Brain Injury in London. In addition to her case work, Sarah has close links with Headway, the brain injury charity and is a very proud former Trustee of Headway East London. She is also the Chair of the Acquired Brain Injury Forum for London (ABIL) as well as a Fellow and Accredited Brain Injury Specialist with the Association of Personal Injury Lawyers.



Ekvinder Kaur Popat

Operations Director & Registered Manager, The BIS Services LTD

Eky has built a reputable presence within the field of brain injury rehabilitation, with over a decade of experience. Eky began her career as a cognitive rehabilitation assistant, and progressed to registered manager for BIS Services, specialist providers of cognitive rehabilitation and support services in the community. The aim is to maximise function and independence in their clients who are living with a brain injury or neurological illness.

Alongside her main role, Eky is a strong advocate for raising awareness of brain injury and standards within brain injury provisions in the community. She has worked with ABIL (Acquired Brain Injury London) since 2017 and is Vice Chair where she works collaboratively with a range of professionals to promote and disseminate acquired brain injury education.

Eky is only a small handful of Certified Brain Injury Specialists in the UK and published numerous articles including topics such as cultural competency in community rehabilitation, supporting individuals with a brain injury in the daunting world of online dating and the launch of a first of its kind independent living assessment home with innovative technology to evidence support needs.

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Dr Freddie Byrne

Clinical Psychologist & Founder, Living with ABI Ltd

Freddie is a clinical psychologist and trainer with a special interest in supporting brain injury survivors and their families, including where there are issues of clinical complexity and risk.

Freddie has completed further training in family therapy and is passionate about applying this knowledge to supporting families living with acquired brain injury. In 2019 he travelled to Melbourne to work with the internationally recognised Bouverie Centre to train in their “single session” model of narrative therapy for families living with ABI.

Freddie is known for his consistent and respectful approach to engaging individuals, families, and staff teams. He is experienced in providing clinical leadership, working within a family sensitive approach to neuro rehabilitation.

“I believe that families living with brain injury face unique challenges. That’s why I’ve dedicated my career to supporting them. It’s a privilege to hear their stories and work to make sure that the needs of families are considered alongside those of ABI survivors.”



Dr Michael Dilley

Consultant Neuropsychiatrist, King’s College Hospital NHS Foundation Trust and Brain & Mind Ltd

Mike, has a special interest in brain injury and severe and complex functional neurological disorder that requires interdisciplinary inpatient or day patient rehabilitation and outpatient treatment.

He provides input across the entire integrated care pathway for patients with neuropsychiatric needs associated with brain injury at King’s. As such, Mike will often support a person’s recovery along their entire journey from acute care to a return to the community.

He is a member of the Clinical Reference Group in Rehabilitation, Disability & Spinal Cord Injury at NHS England and Chair of the Faculty of Neuropsychiatry, Royal College of Psychiatrists. Mike is also a Trustee of the United Kingdom Brain Injury Forum (UKABIF). His previous roles have included leading the inpatient mental health services in Westminster, the national neuropsychiatry unit at The Maudsley, on the brain injury unit at St George’s Hospital, the rehabilitation units at Putney and Blackheath and as Clinical Director of the NHSE London Neurosciences Network. Mike has worked extensively across organisational networks both locally, regionally and nationally in integrating mental health services for people with neurological conditions as well as in teaching and training about neurobehavioural rehabilitation and neuropsychiatric treatment.

Mike completed his training at King’s College London, The Maudsley, National Hospital for Neurology & Neurosurgery, Institute of Psychiatry and The University of Birmingham. He is currently a co-investigator in the NIHR funded randomised trial of primary prevention of depression after traumatic brain injury.

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Victoria Moss

Consultant Case Manager with North Star Case Management Ltd | Associate Care Expert Witness and Mental Capacity Assessor with Circle Case Management Ltd

Victoria Moss is a skilled social worker with many years experience of working with children and adults with complex needs including those with brain injuries, cerebral palsy, autism, epilepsy and other neurological conditions.

Following her qualification Victoria worked within a Local Authority as a social worker, initially a Children's Disability Team and then specialising to a Children's Disability Unit. This role involved completing child and family assessments in relation to care and support needs as well as the wider family needs and setting SMART goals for children and families. It involved multi-disciplinary working with statutory and independent therapists, nurses, doctors, teachers and school/ college staff and chairing regular multidisciplinary team meetings. Many of the children had complex needs and health conditions, including a number of children with life limiting conditions. The role also involved high-level safeguarding and undertaking Child Protection Assessments in partnership with the Police. Victoria has also completed the 5-day Safeguarding Children Investigation Training Course to lead Section 47 Child Protection investigations and assessments. Within this role Victoria also produced reports for the Family Courts and attended court to provide evidence.

Since 2014 Victoria has worked as a case manager with children, young people and adults with brain injuries and other complex needs. She works with clients with a wide range of needs. Her particular areas of interest include clients with issues with executive functioning and frontal lobe injuries, those presenting with behaviours which can be challenging to manage and mental health issues. She works in a very holistic and client centred way and takes a systemic approach to her assessments, case management planning and goal setting. Victoria is empathetic and compassionate in her approach to working with clients and families.

Victoria has significant experience of directly recruiting and managing care and support teams, including 2:1 24/7 packages of care. She is also very experienced at commissioning and coordinating a variety of services including agency care, maternity nurses/ nannies, private and statutory therapists, educational and vocational services to ensure that her client's needs are holistically supported. Victoria is also experienced in assessing mental capacity and providing reports in documenting her findings as well as completing COP3 forms.

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Alicia Eastes

Neurotrauma Survivor, Woman in Film and Founder of WIFT Austin, Writer/Director/Producer at Looking Glass Media, LLC

Alicia Eastes is a young mother sharing her lived experience of the remarkable power of her reproductive capacity to transform her internal neurological experience of self again, after Neurotrauma, through motherhood. Alicia followed her biological instincts urging her to become a mother, defiantly, after a severe head injury in a bike accident and 13-day coma while she was in grad school studying screenwriting at UT Austin, in September 2011. After the accident, her periods changed, and she knew it was connected to her head injury, but could find no medical confirmation of this fearful threat to her fertility. In summer 2015, she completed a 30-day yoga challenge to get her periods back, and instead, she got pregnant. Every day of her pregnancy she felt better and better, and more like herself, as she remembers before her accident. This profound transformation of healing inspired her to investigate the science of this miracle in her feature documentary film, **“Liminal Space.”**



Dr Mark Holloway

BA (Hons) DipSW MA DSW , Senior Brain Injury Case Manager and Expert Witness, Head First, Post-Doctoral Researcher, BABICM Fellow member

Mark is a senior brain injury case manager, care expert, and post-doctoral researcher employed at Head First for over 20 years. Mark began working with individuals with an acquired brain injury in 1991 and has both supported brain injured people to parent, and given expert opinion on the matter; he is an author of an academic article on the subject.

Mark is the author of a number of peer reviewed academic articles relating to brain injury and service use, as well as book chapters and a book on the family experience of brain injury. He is an Advanced Member and Fellow of British Association of Brain Injury Case Managers (BABICM), the former Chair of the BABICM Training and Education Sub-Group and former elected member of the BABICM Council, a member of the National Institute of Clinical Excellence guidelines writing committee for neurorehabilitation, a former member of the National Institute of Clinical Excellence guidelines writing committee for supported decision making, and a member of the BABICM research group. Mark has held a National Institute of Health Research School for Social Care Research Fellowship, has been a researcher on the NIHR funded Heads Together project, is a trustee of the Brain Injury Social Work Group and an Honorary Assistant Professor in the School of Sociology & Social Policy (University of Nottingham), he supervises master's and PhD students who are researching brain injury related issues.

Mark is the parent to two adult children, a somewhat inappropriately swearsy uncle to a number of others, and in his spare time volunteers as a dog walker at his local rescue centre for homeless and abused dogs.

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William Latimer-Sayer KC

Cloisters

William specialises in catastrophic personal injury and clinical negligence. He is consistently highly-rated by the independent legal directories and took silk in 2016. He has a special interest in quantum and the majority of his work is related to the contested assessment of damages. William is the General Editor of Facts & Figures (Sweet & Maxwell, 27th edn), Schedules of Loss: Calculating Damages (Bloomsbury Publishing, 4th edn) and is the current Chairman of the Ogden Working Party. William won Chambers and Partners' Personal Injury Junior of the Year in 2008 and 2010, and silk of the year in 2018.

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MAXIMISING
FUNCTION

INCREASING
INDEPENDENCE

Raising standards in brain injury rehabilitation

Skilled Cognitive Rehabilitation Assistants

Specialised interventions &
personalised approaches to complex
packages

Provision for adults & children

Independent living trial specialists

Vocational & Educational Support

ADHD & Neurodiversity Expertise



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Zach,
our client

Imagine what's possible

We're proud to support The BIS Services Pregnancy, Parenting and Brain Injury Conference.

Our legal and financial experts are committed to helping our clients access the care, rehabilitation and compensation they need. We help them to **imagine** what's possible, so nothing feels impossible.

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