

# Learning Objectives

MedBridge Education  
Self-Awareness Training Through Learning & Function  
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Upon completion of this course, participants will be able to:

## **Chapter 1: Introduction & Background**

- Describe the history, associated terms, definitions, and components of self-awareness.
- Review a case excerpt demonstrating changes that may take place after brain injury.

## **Chapter 2: Theoretical Base**

- Define the neurological correlates, pre-injury factors and theories of change in self-awareness.

## **Chapter 3: Evaluation**

- Describe the evaluation of levels of self-awareness and belief perspectives using the SELF evaluation approach.
- Review case examples of the SELF Form being administered to a patient recovering from brain injury, and a family member.

## **Chapter 4: Intervention**

- Define strategies to effectively enhance self-awareness using the ABC's of treatment including alliance building, brain education, and compensatory strategies.