



**Brain Injury
Alliance**
I O W A

**25th Annual
Best Practices in Brain Injury Services Conference**
“**Shattering** the Myths,
Unmasking the Opportunities”

**General
Thursday, March 2, 2017
1:00pm - 2:15pm**

Benjamin Tallman, PhD

Dr. Tallman’s research interests fall broadly within the area of Health Psychology/Behavioral Medicine and examining health related-quality of life variables among individuals dealing with acute or chronic medical concerns. He has a specific interest in Positive Psychology, including how individuals experience posttraumatic growth following traumatic life events such as cancer.

His clinical practice falls within the field of Rehabilitation Psychology and working with individuals who have experienced complex medical conditions including traumatic brain injury, spinal cord injury, stroke, traumatic/non-traumatic amputation, burns, cancer, and other neurologic conditions. Dr. Tallman also enjoys working with patients with chronic pain concerns using various treatment modalities such as cognitive-behavioral interventions, biofeedback, and clinical hypnosis.



**Mindfulness and TBI: Reducing Stress and Enhancing
Health-Related Quality of Life (HRQL)**

Objective:

- Define mindfulness and discuss the use of mindfulness as a skill that can benefit patients, family members, and health care professionals.
- Review literature and scientific evidence regarding recent advances of mindfulness based interventions to enhance Health-Related Quality of Life (HRQL) variables among individuals who have experienced TBI.
- Introduction and practice of mindfulness based interventions. Attendees will be exposed to and practice several experiential exercises to build mindfulness skills.

Target Audience:

Case managers, counselors, professionals

*Not limited to target audience