

EMOTIONAL DIFFICULTIES AFTER A STROKE: UNDERSTANDING BEHAVIORAL CHANGES

A training for families and loved ones of stroke survivors

Understanding emotional changes to preserve the connection with your loved one

Duration : 2 hours	Modules : 4 modules
Lessons : 16 lessons	Audience : Families and loved ones of stroke survivors
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

www.dynseo.com/nos-formations | contact@dynseo.com | 09 66 93 84 22

Course description

After a stroke, personality may sometimes seem to change: uncontrollable crying, sudden anger, indifference, constant anxiety. These emotional upheavals are often experienced as a second injury by loved ones, who no longer recognize the person they loved. This training explains the neurological origin of these changes, helps families not to perceive them as a rejection or a failure, and provides concrete keys to navigate this ordeal without losing the connection. You will learn to distinguish between neurological symptoms and personality, manage crisis moments, and take care of yourself while supporting your loved one.

Module summary

MODULE 1	Why behavior changes after a stroke	4 lessons
MODULE 2	Post-Stroke Depression and Anxiety	4 lessons
MODULE 3	Living with these changes on a daily basis	4 lessons
MODULE 4	Taking care of yourself	4 lessons

Learning objectives

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- Understand the neurological origin of emotional and behavioral changes after a stroke
- Recognize emotional lability, impulsivity, apathy, and disinhibition
- Identify post-stroke depression, anxiety, and post-traumatic stress disorder
- Learn concrete strategies to manage emotional crises at home
- Adapt family and couple life to new emotional realities
- Maintain the connection with your loved one despite changes
- Take care of your own emotional health as a caregiver
- Access appropriate support resources before reaching breaking point

General information

Duration	2 hours
Target Audience	Families, spouses, children, and loved ones of stroke survivors experiencing emotional or behavioral changes
Prerequisites	None
Price	On quote - VAT not applicable (article 261-4-4° of the French General Tax Code)
Certification	Qualiopi - Certificate of completion
Training Organization	DYNSEO - Activity declaration number: 11757351875

MODULE 1**Why behavior changes after a stroke**

4 lessons

Lesson 1 - Lesson 1 - The emotional brain affected by stroke

- The brain areas involved in emotion regulation
- Why a brain injury can change the way emotions are expressed
- The difference between a personality change and a neurological change
- What this means for responsibility and the relationship with your loved one

Lesson 2 - Lesson 2 - Emotional lability — uncontrolled laughter and crying

- Definition: emotions that are expressed in a disproportionate and uncontrollable manner
- What your loved one feels: shame, misunderstanding, feeling like they are losing their footing
- How to react without fueling or minimizing an episode of lability
- This is not manipulation: why it is crucial to understand this

Lesson 3 - Lesson 3 - Irritability, impulsivity, and disinhibition

- Why your loved one says hurtful things they would never have said before
- Disinhibition: inappropriate behaviors or words of neurological origin
- Impulsivity: hasty decisions, purchases, risk-taking
- Protecting the relationship by understanding that it is not "him" who is speaking, it is the injury

Lesson 4 - Lesson 4 - Apathy and loss of initiative — when your loved one does nothing anymore

- Definition of abulia and apathy post-stroke
- Fundamental difference between neurological apathy and depression or laziness
- What you can do to maintain light stimulation without forcing
- Why insisting and blaming your loved one worsens the situation

MODULE 2**Post-Stroke Depression and Anxiety**

4 lessons

Lesson 1 - Lesson 1 - Recognizing post-stroke depression

- Frequency: affects 30 to 50% of people after a stroke
- Specific signs: persistent sadness, loss of interest, slowing down, frequent crying
- Differentiating depression, prior grief, and neurological apathy
- Why depression hinders recovery and must be addressed quickly

Lesson 2 - Lesson 2 - Supporting a depressed loved one without exhausting yourself

- What you can do: presence, listening, not minimizing
- What you cannot do: cure depression with love or willpower
- Helpful phrases vs phrases that undermine
- When and how to refer to a doctor or psychologist

Lesson 3 - Lesson 3 - Post-Stroke Anxiety — Living in Fear of Tomorrow

- The most common fears: second stroke, fall, dependence, death
- How anxiety manifests: restlessness, repeated requests, clinging
- What you can do to create a reassuring environment
- What worsens anxiety: catastrophizing, overprotection, alarming information

Lesson 4 - Lesson 4 - Post-Traumatic Stress Disorder After a Stroke

- Stroke as a traumatic event: flashbacks, avoidance, hypervigilance
- How to recognize PTSD in your loved one
- Your own trauma as a witness: when you too have experienced a shock
- Who to turn to: psychologist, psychiatrist, support groups

MODULE 3**Living with these changes on a daily basis**

4 lessons

Lesson 1 - Lesson 1 - Managing Emotional Crisis Moments at Home

- Stay calm: your emotional state directly influences that of your loved one
- Validate without approving: "I see that you are upset" without endorsing
- Do not argue during the crisis: wait for the wave to pass

- What to do afterwards: gently re-establish contact, without resentment

Lesson 2 - Lesson 2 - Adapting Family Life to New Emotional Realities

- Explain the changes to children, siblings, and close friends
- Protect ordinary moments of life despite emotional disturbances
- Set kind boundaries without rejecting your loved one
- Find spaces of lightness and humor despite everything

Lesson 3 - Lesson 3 - When the couple's relationship is disrupted

- Emotional changes and their impact on the intimate relationship
- The loss of emotional reciprocity: no longer feeling understood or supported
- Talking to your loved one about what you are experiencing: how, when, with what words
- Finding couple support if necessary: therapy, mediation

Lesson 4 - Lesson 4 - Maintaining the connection despite emotional distance

- The person you love is still there, even if they express themselves differently
- Find the preserved channels of connection: gaze, touch, music, memories
- Do not give up on the relationship just because it has changed form
- Testimonies from loved ones who have gone through this ordeal and rebuilt a bond

MODULE 4

Taking care of yourself

4 lessons

Lesson 1 - Lesson 1 - The impact of emotional disorders on you

- Walking on eggshells all the time: the exhaustion of the hypervigilant caregiver
- The shame and isolation in the face of difficult-to-explain behaviors
- The anger you dare not express and that accumulates
- The guilt of no longer "loving the same way": a human and normal reaction

Lesson 2 - Lesson 2 - Name what you feel without judging yourself

- It is normal to feel anger, disgust, sadness, or rejection
- These emotions do not make you a bad caregiver or a bad relative
- Find a space to express them: journal, therapist, support group
- Do not carry everything alone: share the emotional burden with others

Lesson 3 - Lesson 3 - Getting help before reaching the breaking point

- The signals that indicate you need help now
- Psychological support for caregivers: how to access it easily
- Support groups for relatives of stroke survivors
- Delegating certain responsibilities to preserve your mental health

Lesson 4 - Lesson 4 - Building a life that doesn't revolve solely around the stroke

- Maintain activities, relationships, and pleasures that belong to you
- Do not make your loved one your only life project
- The right to joy even when your loved one is suffering
- Prepare for the future: anticipate needs without living in constant anxiety

Teaching methods

- Online self-paced training accessible 24/7
- Video lessons, practical worksheets, and real-life testimonies
- Discussion forum to exchange with other families
- Certificate of completion provided at the end of training
- Access to additional resources: guides, contact lists, support tools