

# TRAUMATIC BRAIN INJURY IN YOUNG ADULTS: SUPPORTING YOUR CHILD THROUGH CHANGE

**A comprehensive training for parents of young adults (18-40) who have suffered a moderate or severe traumatic brain injury**

Understanding behavioral changes, supporting recovery, and rebuilding family life after TBI

<b>Duration :</b> 2 hours	<b>Modules :</b> 8 modules
<b>Lessons :</b> 32 lessons	<b>Audience :</b> Parents and families of young adults with TBI
<b>Format :</b> 100% online, asynchronous	<b>Provider :</b> N° 11757351875
<b>Certification :</b> Qualiopi	<b>Price :</b> On request

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## Course description

When a young adult suffers a traumatic brain injury, the entire family is affected. Behavioral changes—aggressiveness, disinhibition, irritability, apathy—are often the most challenging consequences for families to manage. This training helps parents understand the neurological origins of these behaviors, provides concrete strategies for daily management, and supports families in navigating the complex journey of recovery. You will learn to set appropriate boundaries, protect your own wellbeing, access specialized resources, and help your child rebuild a meaningful life project despite the aftermath. This is not about guilt—it's about understanding, adapting, and moving forward together.

## Module summary

<b>MODULE 1</b>	Why behavior changes after a TBI	4 lessons
<b>MODULE 2</b>	Living with these behaviors on a daily basis	4 lessons
<b>MODULE 3</b>	Your own emotional experience	4 lessons
<b>MODULE 4</b>	Resources and Perspectives	4 lessons
<b>MODULE 5</b>	The specific issues of TBI in young adults	4 lessons
<b>MODULE 6</b>	Supporting the life project despite the aftereffects	4 lessons
<b>MODULE 7</b>	The long-term parent-child relationship with TBI	4 lessons
<b>MODULE 8</b>	Specific resources for young adults with TBI	4 lessons

## Learning objectives

### Learning objectives

- Understand the neurological mechanisms behind behavioral changes following TBI
- Learn concrete strategies to manage difficult behaviors without exhausting yourself
- Recognize and respect your own emotional limits as a caregiver parent
- Navigate specialized resources, rights, and support structures for young adults with TBI
- Support your child's life project: education, employment, relationships, and autonomy
- Find the right parental position between overprotection and abandonment
- Access psychological support and connect with families who truly understand
- Build hope and realistic perspectives for long-term recovery and family life

## General information

<b>Duration</b>	2 hours
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<b>Target audience</b>	Parents and close family members of young adults (18-40 years old) who have suffered a moderate or severe traumatic brain injury
<b>Prerequisites</b>	None
<b>Price</b>	Upon request - VAT not applicable (article 261-4-4° of the French General Tax Code)
<b>Certification</b>	Qualiopi - Certificate of completion
<b>Training organization</b>	DYNSEO - Registration number: 11757351875

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

4 lessons

**Lesson 1 - Lesson 1 - The frontal lobe and behavior control**

- The frontal lobe: the seat of impulse control, social judgment, and planning
- Why TBI frequently affects the frontal lobes
- What it concretely changes: less filtering, less control, less anticipation
- It is not a choice: understanding the neurological mechanism changes everything

**Lesson 2 - Lesson 2 - Disinhibition — when the social filter disappears**

- Definition: saying what one thinks without a filter, socially inappropriate behaviors
- Common manifestations: hurtful remarks, inappropriate sexual behaviors, excessive familiarity
- What your loved one feels: often unaware of the problem (anosognosia)
- How to react: firmly redirect without punishing, explain the consequences

**Lesson 3 - Lesson 3 - Irritability and Aggressiveness**

- Post-TBI irritability: low tolerance to frustration, disproportionate reactions
- The most common triggers: noise, fatigue, unforeseen situations, criticism
- The aggression crisis: precursor signals, de-escalation, attitude to adopt
- After the crisis: resume the relationship, adapt the environment

**Lesson 4 - Lesson 4 - Apathy — the other side of TBI**

- Apathy: loss of initiative, interest, and engagement in everything
- Why it is often perceived as laziness or rejection by families
- The difference between apathy and depression: two realities, two approaches
- What helps: low-threshold activities, appreciation, gentle routine

**MODULE 2****Living with these behaviors on a daily basis**

4 lessons

**Lesson 1 - Lesson 1 - Strategies That Really Work**

- Anticipate triggers and modify the environment before the crisis
- The calm rule: your emotional state directly influences that of your loved one
- Never argue during the crisis: wait for the wave to pass
- Positive reinforcement: value appropriate behaviors rather than sanctioning others

**Lesson 2 - Lesson 2 - The most common mistakes made by families**

- Logically arguing with someone in the midst of a frontal crisis: ineffective and exacerbating
- Constantly reminding someone of the rules they immediately forget
- Responding to provocation with provocation
- Forgiving everything out of guilt: the absence of a framework exacerbates disinhibition

**Lesson 3 - Lesson 3 - Establishing a supportive framework**

- Why a clear framework helps people with TBI to better regulate themselves
- Household rules: how to formulate, write, and maintain them
- The consistency of the environment: everyone must apply the same rules
- When the family framework is no longer enough: refer to specialized professionals

**Lesson 4 - Lesson 4 - Protecting other family members**

- The impact of difficult behaviors on the children in the home
- Explain to the children why dad or mom behaves this way
- Create protected spaces for other family members
- When the family environment becomes too risky: alternative solutions

**MODULE 3****Your own emotional experience**

4 lessons

**Lesson 1 - Lesson 1 - What you feel — name without judging yourself**

- The shame of your loved one's behavior in public
- The anger of being the target of aggressive or hurtful behaviors
- The exhaustion of walking on eggshells all the time

- The mourning of the previous relationship: you no longer quite love the same person

### **Lesson 2 - Lesson 2 - Managing Your Own Emotional Reactivity**

- Understanding your own triggers: what makes you lose your calm
- Quick emotional regulation techniques for crisis moments
- Leaving the room without guilt: you have the right to protect yourself
- Debriefing after crises: do not stay alone with what you have experienced

### **Lesson 3 - Lesson 3 - Finding support**

- Support groups for families of individuals with TBI: share with people who truly understand
- Individual psychological support: families of individuals with TBI are entitled to assistance
- UNAFTC and its resources for families
- Do not stay alone with behaviors you no longer understand

### **Lesson 4 - Lesson 4 - Your own limits — recognizing and respecting them**

- You have the right to no longer be able to: recognizing your limits is not a failure
- When staying at home puts your health at risk
- Specialized TBI structures: FAM, MAS, residential care homes — without guilt
- Continue to love your loved one even if you can no longer live with them

## **MODULE 4**

### **Resources and Perspectives**

4 lessons

### **Lesson 1 - Lesson 1 - Specialized TBI professionals**

- The neuropsychologist specialized in TBI: assessment, behavioral rehabilitation
- The psychiatrist specialized in brain injuries: targeted medications if necessary
- The mobile TBI teams: home intervention in certain regions
- The SAMSAH specialized in TBI: medico-social support

### **Lesson 2 - Lesson 2 - Specialized reception facilities for TBI**

- Life homes and FAM specialized in severe behavioral disorders
- Daycare for behavioral disorders: respite for the family, stimulation for your loved one
- Temporary care: a few weeks to take a break without guilt
- How to find these facilities in your area

### **Lesson 3 - Lesson 3 - The rights of your loved one and yours**

- The MDPH: recognition of disability, PCH, referral to adapted structures
- Legal protection: guardianship, curatorship, family authorization
- Your own rights as a caregiver: caregiver leave, AJPA
- The specialized social worker for TBI: a key contact for navigating the system

### **Lesson 4 - Lesson 4 - The future with a loved one with a traumatic brain injury**

- Understanding the specific issues of TBI in young adults (18-40 years old)
- Interrupted studies, compromised professional life, disrupted emotional life
- Finding your rightful place as a parent without sacrificing yourself
- Supporting your child towards maximum possible autonomy

## **MODULE 5**

### **The specific issues of TBI in young adults**

4 lessons

### **Lesson 1 - Lesson 1 - The sudden disruption of a life project**

- What the TBI interrupts: studies, employment, emotional life, independent living
- The mourning of the life project for your child and for you
- The question of identity: "Who am I now that I can no longer do what I used to do?"
- Post-TBI identity reconstruction in young people: a long and non-linear process

### **Lesson 2 - Lesson 2 - Inverted dependency — becoming a parent again to an adult**

- The disrupted family dynamic: your adult child becomes dependent again
- Your own ambivalence: love, guilt, resentment, exhaustion
- The other children in the family: do not sacrifice them
- How to regain a viable family organization in the long term

### Lesson 3 - Lesson 3 - Specific sequelae in young adults with TBI

- Executive functions: planning their life, managing money, organizing
- The impact on social relationships: friends drifting away, gradual isolation
- Sexuality and emotional life post-TBI: a central topic for a young adult
- Risky behaviors post-TBI: alcohol, drugs, risk-taking — vigilance and prevention

### Lesson 4 - Lesson 4 - Anosognosia in Young People — A Particular Challenge

- A young person who says "I'm fine, leave me alone" in the face of visible consequences
- The tension between respecting autonomy and protecting your child
- How to support without imposing, suggest without deciding for them
- Working with the care team around this anosognosia

## MODULE 6

### Supporting the life project despite the aftereffects

4 lessons

#### Lesson 1 - Lesson 1 - Resuming studies or training

- Possible accommodations in higher education: extended time, assistance, software
- The RQTH (disabled worker recognition): accessing it at a young age
- Training adapted for people with disabilities: specialized centers, short courses
- How to support the return without taking over for your child

#### Lesson 2 - Lesson 2 - Professional reintegration

- Support structures for employment: Cap Emploi, ESAT, EA
- Adapted employment: working differently but working — a realistic goal
- Employment support: job coaching, support in the work situation
- Your role as a parent: encourage without taking over, value without overly protecting

#### Lesson 3 - Lesson 3 - Affective life and sexuality

- How to approach the topic of sexuality post-TBI with your adult child
- Supporting emotional life without intruding: the right distance of the parent
- Post-TBI relational difficulties: how your child can rebuild connections
- Specialized resources: sexologist, psychologist, associations

#### Lesson 4 - Lesson 4 - Independent housing — a goal to build

- Why residential autonomy is a therapeutic goal, not a luxury
- Supported housing solutions: therapeutic apartments, SAMSAH
- Gradually preparing for autonomy at home: responsibilities, tasks, management
- Letting go of control: one of the most difficult challenges for parents

## MODULE 7

### The long-term parent-child relationship with TBI

4 lessons

#### Lesson 1 - Lesson 1 - Find your rightful place

- Neither overprotection nor abandonment: the parental position is difficult to maintain
- What your child needs from you: presence, encouragement, structure — not substitution
- Respect the adult even when they have sequelae: dignity above all
- Your own projections onto your child: what they cost both of you

#### Lesson 2 - Lesson 2 - Managing tensions and conflicts

- Conflicts related to your child's disinhibition and impulsivity
- Tensions over denied assistance and contested decisions
- Setting boundaries for your adult child with TBI: legitimate and necessary
- When cohabitation becomes impossible: guilt-free alternatives

#### Lesson 3 - Lesson 3 - Your own life as a caregiver parent

- Your professional life, your relationship, your other children: do not sacrifice everything
- The right to your own projects even when your child needs you
- Your own psychological support: essential, not optional
- Parent groups of young people with TBI: a community that understands

#### Lesson 4 - Lesson 4 - The future — with hope and clarity

- Long-term recovery in young adults with brain injuries: what science says
- Young adults with TBI who have built a fulfilling life: testimonials
- Preparing for future legal protection: anticipating without dramatizing
- Your role as a parent in 5 years, 10 years: imagining the future together

## MODULE 8

### Specific resources for young adults with TBI

4 lessons

#### Lesson 1 - Lesson 1 - Specialized structures for young adults with TBI

- The UEROS (Units for Evaluation, Retraining, and Social Orientation): their role
- The specialized SAMSAH for individuals with TBI: medical-social support at home
- Residential facilities and FAM for young adults with TBI: when to use them
- The regional networks for individuals with TBI: finding resources near you

#### Lesson 2 - Lesson 2 - UNAFTC and its resources

- The UNAFTC: national association, local groups, support services, documentary resources
- Support groups for parents of young individuals with brain injuries
- The forum and online communities for parents of individuals with brain injuries
- The events and meetings organized by the UNAFTC

#### Lesson 3 - Lesson 3 - Financial rights and assistance

- The PCH for young adults: amounts, conditions, procedures
- The AAH (Disability Allowance) after a severe brain injury
- Support for adapted employment: subsidies, exemptions for employers
- The specialized social worker for brain injuries: an essential guide in the procedures

#### Lesson 4 - Lesson 4 - Taking care of yourself as a parent

- Your own psychological support: accessing it without shame
- Support groups for parents of individuals with TBI
- Maintaining your own health, your relationships, your projects
- You are your child's best support if you take care of yourself

## Teaching methods

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- 100% online training, accessible 24/7 from any device
- Total duration: 2 hours divided into 8 modules and 32 lessons
- Self-paced learning: progress at your own rhythm
- Downloadable resources and practical tools for daily use
- Certificate of completion provided at the end of the training
- Access to DYNSEO support team for technical questions