

Alcohol & Chemical  
Brain Boosters  
Case Management  
Consumer Resources  
Crisis Intervention  
Day Programs  
Disability Related  
Domestic Violence  
Driving Evaluation  
Education  
Financial Aid  
Health Related  
Housing Agencies  
Independent Living  
Legal Services  
Parenting & Family  
Post Acute Rehab  
Psych. Counseling  
Recreation  
Resources  
Special Populations  
Support Groups  
TBI Internet  
Transportation  
Vocational Services







## 18. Psychosocial Counseling & Mental Health

Nearly everyone with a brain injury has to adjust to their new capabilities. Some had mental problems before their injury; and some have jumped into some fantasy to escape the truth of their situation. But people with TBI have had a very disturbing event happen to them: their mind has undergone changes (or at least some important parts of it, like memory and attention). This event strikes to the very core of the person. It forces one to face issues that people don't often have to think about: the inability to do things that were once so easy, the mood swings and frustrations that are so common, and having survived a serious illness/injury.

So it makes sense that many of those with TBI could use some help in dealing with their current challenges. Among these issues are a lack of social awareness, impaired frustration tolerance, impulsivity, and emotional lability (mood swings); other consequences of the injury are also possible. Psychotherapists, social workers, and psychologists are trained to deal with many of the personal issues that people in stress must cope with.

One problem is that TBI is a very unique experience, and it is a formidable task to find a professional who knows about the specific issues of TBI and who is also empathic enough to feel the pain that people with TBI can face every day. So, as with most of the offerings in this book, it is best to investigate your options. And **ASK**. Ask what specific experiences (including educational experiences) the professional has had with TBI. Remember that TBI is not identical to stroke or mental illness and so experience in those areas will not necessarily translate well to working with someone with a Traumatic Brain Injury. Experience with disabilities is helpful: one learns about some difficulties that people with TBI have in common with those with other disabilities. An example of this is called spread effect, which is the perception that some temporarily able bodied people have towards persons with disabilities. The spread effect is the assumption that if they lack some physical ability or sense, then they have lost other abilities or senses too. (You have probably seen or heard of the couple, one of whom uses a wheelchair, in the restaurant and the server asking the non-wheel chair user what the other person wants to eat, as though one who can't walk also can't think or talk).

With this in mind, following are some psychotherapists, social workers, and psychologists that we have drawn from many lists. We can make no claims for their knowledge of TBI, their sensitivity, or their empathy in any one individual situation. We encourage you to investigate and remember that the person with the TBI is the customer, and the professional is providing a service. As a customer, you have the right to terminate services at any point. But remember also that part of the therapist's job is to tell clients things that they may not want to hear and help them to face their personal challenges; this often is stressful or even painful for the client. A 'nice' therapist is not necessarily the best and may be detrimental if the client could really benefit from facing his/her deficits and learning how to cope with them. Therapy can be a very exciting and awareness-expanding time; the right therapist can help guide that process to its maximal potential.

We're sure that many of you know this, but we feel we should explain the differences between psychotherapists, social workers, BSWs, MSWs, LCSWs, case managers, family counselors, MFCCs, psychologists, pastoral counselors and psychiatrists. The terms social worker, BSW (Bachelor of Social Work), MSW (Master of Social Work), and LCSW (Licensed Clinical Social Worker) all refer to peo-

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ple doing social work, which to a large extent involves finding resources for people and hooking them up with these resources. Case Managers coordinate service provision and help the client to maximize the results of the services rendered. Some also deal with the emotional and psychological issues their clients have, and are trained to work with these issues, but most have an emphasis on the more concrete issues that a client has. At the end of this chapter we have included a small list of Case Managers who know TBI and how to work with those with TBI. A family counselor or an MFCC (Marriage, Family, and Child Counselor) most often deals with psychosocial issues that affect one's family or that arise from family dynamics. Psychologists, especially counseling psychologists, deal best with intra- and interpersonal issues and the ways they affect the client's life. They have had the most extensive training in the field. Pastoral counselors work with psychosocial issues, and can be quite effective when the client is religious or respects religion enough to listen to the counselor. Psychiatrists are medical doctors who have undergone additional training in treating the mind. They can prescribe medication; some may also perform psychotherapy.

With all the above said, the list of agencies, psychotherapists, social workers, and psychologists follows.

## COUNSELING/ASSESSMENT SERVICES DIRECTORY

### **Brain Injury Law Office**

800/992-9447

212 Whitetail Run lane

Sheboygan, WI 53081

Email: johnson@tbilaw.com

Website: <www.tbilaw.com>

- This web site includes links to a section on the role of the neuropsychologist.

### **Brain Injury Rehabilitation Unit**

#### **Veterans Affairs Medical Center**

650/493-5000 x62201

3801 Miranda Avenue

Palo Alto, CA 94305

- Veterans only.

### **Central Mental Health**

408/885-6220

2221 Enborg Lane

San Jose, CA 95128

- Provide day treatment and counseling for mental health consumers.

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## **Community Gatepath**

650/259-8500

FAX: 650/259-0194

1764 Marco Polo Way

Burlingame, CA 94010

Website: <[www.communitygatepath.com](http://www.communitygatepath.com)>

## **Community Psychotherapy Institute**

408/244-1362

940 Saratoga Ave., Suite 105

San Jose, CA 95129

## **Family and Child Services**

408/292-9353

FAX: 408/287-3104

950 West Julian

San Jose, CA 95126

•Counseling services for children, adults, families, and the elderly.

## **Hope Rehabilitation Services Counseling Center**

408/282-0402

FAX: 408/282-0400

1555 Parkmoor Avenue

San Jose, CA 95128

## **Independent Living Resource Center Of San Francisco**

415/543-6222

TTY: 415/543-6698

FAX: 415/543-6318

649 Mission Street, 3rd Floor

San Francisco, CA 94105

•Peer counseling.

## **Marin Co. Office Of Education**

415/499-5815

Psychology Department

1111 Las Gallinas Avenue

San Rafael, CA 94913

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## **Next Door**

408/501-7550

24 hour: 408/279-2962

FAX: 408/441-7562

234 E. Gish Road, Suite 200

San Jose, CA 95112

- Emergency housing for battered women and their children.
- CALL AHEAD.
- Psychotherapy and support group.

## **Rehabilitation Education Assistance Program (REAP)**

831/796-6920

FAX: 831/796-6915

Salinas Adult School

20 Sherwood Place

Salinas, CA 93906

- Must live in the Salinas Valley.
- Independent living skills classes.
- Counseling.

## **Santa Clara County Psychological Association**

408/254-7775

P.O. Box 419

Santa Clara, CA 95052

Website: <[www.psychsite.org](http://www.psychsite.org)>

- Psychologist referrals.

## **Santa Clara Valley Medical Center:**

### **Dept. Of Psychology**

408/885-4327

751 So. Bascom Avenue

San Jose, CA 95128

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## **Silicon Valley Independent Living Center**

408/894-9041

2306 Zanker Road

San Jose, CA 95131

Website <[www.svilc.org](http://www.svilc.org)>

- Individual and group support counseling sessions by peer and professional counselors; family counseling, and counseling services for spouses and significant others of people with disabilities.

## **San Jose Veterans Center**

408/993-0729

278 N. Second St.

San Jose, CA 95112

## **Texas Neurorehab Center**

800/252-5151

1106 West Dittmar

Austin, TX 78745-9835

Website: <[www.psysolutions.com](http://www.psysolutions.com)>

- Neuropsychiatric program diagnoses and treats children and young adults.

## **INDIVIDUAL PSYCHOTHERAPISTS**

Some psychotherapists are trained in neuropsychology and offer neuropsychological assessment, which can be very helpful both in demonstrating that brain damage occurred (and that the person has deficits from the TBI) and in evaluating cognitive strengths and weaknesses, so that some plans can be made for compensation. They are listed below with a star (\*)

### **Jeffrey Becker, Ph.D.**

1625 The Alameda, Suite 512

San Jose, CA 95126-1428

408/293-6313

### **Cheryl Bowers, Ph.D.**

740 Front Street, #345B

Santa Cruz, CA 95060

831/430-0100

### **\*Lawrence Bencich, Ph.D.**

134 Palm Avenue

San Rafael, CA 94901

415/453-4069

### **Renee Burgard, LCSW**

675 Forest Avenue

Palo Alto, CA 94301

650/493-4319

- Experience with TBI.

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**James R. Cole, Ph.D.**

110 La Casa Via, Ste. 130  
Walnut Creek, CA 94598  
925/935-8839

**Kellene Cousins, Ph.D.**

P.O. Box 20094  
Castro Valley, CA 94546  
925/846-4779

•Experience with TBI.

**\*Richard Delmonico, Ph.D.**

Rehabilitation Center  
975 Sereno Drive  
Vallejo, CA 94589-2485  
707/651-2134  
FAX: 707/651-2135  
email: richard.l.delmonico @ kp.org

**Jean R. Eagleston, Ph.D.**

4151 Middlefield Road, Suite 209  
Palo Alto, CA 94306  
650/424-8404

**Mica Fuller, LM FCC**

Community Psychotherapy  
960 Saratoga Ave., Ste. 211  
San Jose, CA 95129  
408/244-1362

**Joseph Giallo, Ed.D.**

P.O. Box 1136  
Capitola, CA 95010-1136  
831/475-1323

**Susan Greenberg-Englander, M.D.**

West Valley Group  
20 S. Santa Cruz Ave.  
Los Gatos, CA 95030  
408/356-2128

**\*Neil A. Hersh, Ph.D.**

334 N. San Mateo Drive  
San Mateo, CA 94401  
650/579-3662

**Penny Hogg, Ph.D.**

2101 Forest Ave., Ste. 136  
San Jose, CA 95128  
408/793-2056

•Extensive experience with TBI.

**\*Peter Karzmark, Ph.D., ABPP**

4100 Moorpark Avenue, Ste. 212  
San Jose, CA 95117  
408/534-1887

**John M. Kendra, Ph.D.**

990 W. Fremont Ave., Suite G  
Sunnyvale, CA 94087  
916/780-0580

**Michael Jay Kerner, Ph.D.**

Psychological Services Group  
1746 E. Hamilton Ave.  
San Jose, CA 95125  
408/294-6866 x303

**Sandra H. Klein, Ph.D.**

180 Grand Ave., Ste. 100  
Oakland, CA 94612  
510/208-4700

**Joann Lemaistre, Ph.D.**

467 Hamilton Avenue  
Palo Alto, CA 94301  
650/321-5454  
650/321-5492: FAX

**\*William Lynch, Ph.D.**

133 Arch Street, #4  
Redwood City, CA 94062-1326  
650/363-1615

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**Janice Manov, Ph.D.**

550 Water Street, Suite F2  
Santa Cruz, CA 95062  
831/427-0239

**Don Mariacher, LCSW**

611 Veterans Boulevard, Suite 114  
Redwood City, CA 94063  
490 Post Street, Suite 1644  
San Francisco, CA 94102-1401  
415/407-4403

**\*Dan Mayclin, Ph.D.**

800 Pollard Rd., Ste. B207  
Los Gatos, CA 95030  
101 Moss Ln.  
Santa Cruz, CA 95060  
408/860-7883

•Experience with TBI.

**\*Robert Perez, Ph.D.**

1777 Hamilton Avenue, #212  
San Jose, CA 95125-5410  
408/266-5800

•Spanish speaking.

**\*Leonard Price, Ph.D.**

Alta Bates Medical Center  
2001 Dwight Way  
Berkeley, CA 94704  
510/204-5887

**Paula Ramos, Ph.D.**

8339 Church St., Suite 116  
Gilroy, CA 95020  
408/842-0208  
408/848-5343: FAX

**\*Ron Ruff, Ph.D**

S.F. Neuropsych. Services  
909 Hyde Street, #620  
San Francisco, CA 94109  
415/771-7833  
415/922-5849: FAX

**Doris Schwarz, Ph.D.**

1055 Minnesota Avenue, Suite D  
San Jose, CA 95125  
408/998-5358

**\*Alfred Scopp, Ph.D.**

515 South Drive, #15  
Mountain View, CA 94040  
650/961-9430  
650/961-9433: FAX

**\*Jed Sussman, Ph.D.**

4466 Block Avenue, Suite "H"  
Pleasanton, CA 94566  
925/600-8199  
•Extensive experience with TBI.

**\*Darryl Thomander, Ph.D.**

3895 LaSelva Drive  
Palo Alto, CA 94306  
650/857-0771

**\*Jann Turner, M.S., MFCC**

1190 South Bascom Avenue, Suite 139  
San Jose, CA 95128  
408/298-7035

**\*Jill Winegardner, PhD**

629 Palm Avenue  
Watsonville, CA 95076  
831-768-7004

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**\*James C. Wilson, Ph.D.**

712 D Street, Ste. N

San Rafael, CA 94901

415/485-1939

415/485-1939 FAX

E-Mail: Jameswil@ix.netcom.com

## **MENTAL HEALTH AGENCIES**

We feel that it's important to state first that persons with TBI are not 'crazy' from their injury. But there is often a need for mental health services, as they have had an experience that has struck them to their very core, and often, especially with young people who have no like experience, the defense mechanisms that people generally use as anchors fail them to some degree and they find themselves adrift. This is when mental health services can be of help.

### **Alum Rock Counseling Center**

408/294-0500

1245 E. Santa Clara Street

San Jose, CA 95116

- Family counseling.

### **Alliance for Community Care**

408/261-7777

2001 The Alameda

San Jose, CA 95126-1136

- Ask for referral team staff.

- Case management for persons with mental disabilities.

### **Hope Rehabilitation Services Counseling Center**

408/282-0402

FAX: 408/282-0400

1555 Parkmoor Avenue

San Jose, CA 95120

### **Mental Health Advocacy Project**

408/294-9730

111 W. St. John St., Ste. 315

San Jose, CA 95113

- Legal representation.

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### **Mental Health Assn. Of San Francisco**

415/421-2926

1095 Market Street, Suite 928

San Francisco, CA 94102

### **Napa State Hospital**

707/253-5000

Rehab Program for Neurologically Impaired

2100 Napa - Vallejo Hwy.

Napa, CA 94558-6293

### **Santa Clara County Psychological Association**

408/254-7775

P.O. Box 419

Santa Clara, CA 95052

Website: <[www.psychsite.org](http://www.psychsite.org)>

•Psychologist referrals.

