



When your brain has been through an injury, things might feel... **different.**

## Cognitive-Communication Therapy for *Brain Injury*

TRAUMATIC BRAIN INJURY (TBI) - CONCUSSION - STROKE - AND MORE

After sustaining a brain injury like concussion, TBI, stroke, or from another cause, many people notice changes that others can't always see—**but may deeply affect daily life.** People may say, "You look fine!" ...but you're not.

You might be experiencing:

- Mental fatigue, even after small tasks
- Slower thinking or "foggy" moments
- Trouble finding words or keeping up in conversations
- Difficulty understanding others, especially in busy environments
- Headaches or feeling overwhelmed easily
- Forgetfulness or trouble staying organized
- Challenges managing work, parenting, or daily responsibilities

If this sounds like you—you *are not alone...* **and you're not imagining it.** Recovery is nonlinear. Small changes can make a big difference—and you don't have to figure it out alone!

**Progressive** ...  
Therapy Associates

*We're here to help!*

IMPROVE. EMPOWER. RENEW.

📞 701-356-7766    📧 701-997-5556

[www.progressivetherapyassociates.com](http://www.progressivetherapyassociates.com)

[www.proadhdcoaching.com](http://www.proadhdcoaching.com)

# Empowering Brain Injury Survivors

**to reach their full potential each and every day!**

Speech-language pathologists work on more than speech—we help retrain and support the thinking and communication skills needed for everyday life. We offer services that improve functioning, empower individuals, and renew lives.

## Education

Understanding the key principles of neuroplasticity, neurocognitive skills, and energy management supports optimizing recovery efforts. We translate neuroscience into real-life insight.

## Rehabilitation

Assessment and treatment is tailored to your unique brain and lifestyle. We work to rebuild cognitive-communication skills impacted by brain injury wherever possible.

Therapy may focus on:

- Improving attention, memory, and processing speed
- Strengthening problem-solving and organization
- Supporting clearer, more effective communication

## Strategies to Support You

*Our goal is simple:* To help you be more confident, capable, and *more like yourself again.* This may include:

- Building strategies to manage fatigue and overwhelm
- Compensatory strategies to help you work around challenges and feel successful again
- Developing tools to increase independence at home, work, and in the community



## Free Consultations

When you need a little more information and a face-to-face meeting to make sure it's a match for you!

*Contact us today!*