



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular
December 4-8, 2022

Clinic Summary Notes

Clinic Topic: Reaching & Teaching Guests with Brain Injury & PTSD– Sheila Farny

Start here

1. Basic foundational information on PTSD and Brain Injury is needed for working in this population. Gain insight into how each diagnosis may have combinations of physical/intellectual/behavioral approaches in lesson planning. Refer to [Co-Occurring TBI & PTSD Symptoms](#) for a visual.
2. Consider the wide range of symptoms, skills, and levels of ability in functioning that not only each diagnosis carries, but everyone within that diagnosis. Every lesson and every guest will be different, may be different day to day and moment to moment.
3. The CAP Model is a guideline for determining a person's ability and potential within a specific age group. With our adaptive guests, chronological age may be less relevant than in a neurotypical lesson. Appropriately engage guests without compromising dignity. Thoroughly assess each area of CAP to ensure success in your lessons. (Refer to [Teaching Children Snowsports Manual](#) for more detail on the CAP Model, then log into your account for digital access.)
 - **C**ognitive (how people think)
 - **A**ffective (how people feel)
 - **P**hysical (how people move)
4. **All Behavior is Communication** – Learn to recognize signs/triggers that your guests may exhibit and take fast action to remove the stimuli that may escalate to crisis.
5. Apply behavior management strategies when instructing guests with a cognitive diagnosis who have a behavioral component involved. Ask guest and/or caregiver which strategies are most effective for them.
6. Understand and review the [Learning Connection, Learning Partnership and Teaching/Learning Cycle](#) to set yourself up for successful lessons. (Refer to PSIA Teaching Snowsports Manual).
7. Do the best you can to make environments predictable. Prepare for and communicate potential triggers for that guest- such as avalanche guns, loud noises, banging doors, crowded places.
8. Check out this PSIA podcast on [New Adaptive Alpine Certification Standards](#), with Geoff Krill.

Resources:

1. TEDx Talk- 'A brain Injury is Like a Fingerprint, no two are alike' (Snowboarder Kevin Pearce): <https://www.youtube.com/watch?v=FZH7-r1Wy9o>
2. Living with a Brain Injury (2016 Stefan Hadfield)- <https://www.youtube.com/watch?v=9QZcNz5WDyY>
3. Resource for [brain injuries](#) (one of many)
4. Resource for PTSD: <https://www.ptsd.va.gov/> (one of many)
5. TEDx Talk- '[I'm not your inspiration, thank you very much](#)' (Stella Young)
6. Download/read the Fundamental Mechanics of Alpine Skiing across Adaptive Disciplines, found in www.thesnowpros.org> Education > Education Materials. (free PDF download)
7. PSIA Teaching Snowsports Manual- www.thesnowpros.org
8. PSIA Teaching Children Snowsports- www.thesnowpros.org