



National Intrepid  
Center of Excellence

## The NICoE Family Program

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Family members are an important part of every patient's care team. Through the Family Program, the National Intrepid Center of Excellence (NICoE) charts a path toward resilience for the family members of patients with traumatic brain injury (TBI) and psychological health (PH) conditions.

### Program Mission

The Family Program at the NICoE is designed to:

- Conduct assessments to determine the spouse's perspective on their loved one's situation and identify any environmental or family stressors
- Provide personalized education and skills training
- Connect families with resources to help them cope with and understand their loved one's situation

The NICoE encourages family members to get involved in the patient's care plan by attending patient appointments and using the following services:

### Family Therapy

NICoE family members have the option of attending short-term, solution-focused therapies, done in individual sessions, marital sessions, group sessions and/or family sessions.

Therapy focuses include, but are not limited to:

- Setting goals
- Injury communication
- Resolving conflicts
- Talking about and expressing emotions

### Family Education

Family members also attend a series of educational sessions designed to increase knowledge and awareness of the patient's injuries and their impact on the family unit. Educational sessions include:

- Traumatic Brain Injury Overview
- Psychological Health Overview
- Relationships & Intimacy
- Self-Care

### Caregiver Support Group

The NICoE also has a Caregiver Support Group, an informal support group that provides a nurturing and safe environment for NICoE caregivers to share common experiences, talk about and resolve challenges, and receive support in their own journeys as caregivers.