



**BIS Services**

Brain Injury Support +  
Cognitive Rehabilitation

## **PRE-RECORDED ONLINE LEARNING PACKAGE**

5.5 CPD / APIL points

This includes 7 professionally  
filmed sessions and PDF  
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# Let's Talk About **Cannabis!**

Exploring the challenges and benefits of cannabis use in  
brain injury rehabilitation; a multidisciplinary approach

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# Pre-recorded Online Learning Package



**BIS Services**  
Brain Injury Support +  
Cognitive Rehabilitation

This pre-recorded online learning package includes professionally filmed sessions & PDF copies of all the slides. The training is available as soon as you book!

The benefits of this course being online are:

- Complete the course in your own time
- Personalised CPD certificate for 5.5 points
- Unlimited time to access the resource
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## Session 1

### **'Living the high life' - Client perspective of recreational cannabis use in community settings**

This presentation offers a collaborative discussion with clients regarding their insights on how the use of cannabis impacts them and their rehabilitation outcomes. This is followed by an overview of some of the challenges faced by the rehabilitation support team and package management.

**Ekvinder Kaur Popat, Registered Manager & Operations Director, BIS Services & Pedro Knight, Client Liaison Manager & Senior Rehabilitation Assistant, BIS Services**

## Session 2

### **The history of cannabis as a medicine and the state of Medical Cannabis in the UK**

This presentation will give a brief overview of the history of medical cannabis and outline the state of medical cannabis prescription in the UK - what has gone right and what has gone wrong.

**Professor Mike Barnes, Professor of Neurological Rehabilitation & Cannabis Physician**

## Session 3

### **Impact of cannabis on neuropsychological functioning, mood and psychosocial function in adolescents**

This lecture will cover the evidence around the short-term and long-term impact of cannabis use on neuropsychological functioning, including impact on cognitive domains such as memory, speed of information processing, executive functioning skills and academic achievement. The signs, symptoms and patterns of problematic cannabis use will be discussed, including evidence for psychosocial reasons for starting for commencing and continuing cannabis use amongst children and adolescents, as well as recommendations for intervention where required. Predictors of the development of cannabis use disorder and other types of substance use disorder will be discussed, as well as their relationship to mental health difficulties. Essential components of treatment will be discussed and where to get help for both children and families.

**Dr Penny Trayner, Paediatric Clinical Neuropsychologist & Clinical Psychologist, Clinical Neuropsychology Services**

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## Session 4

### **Legal highs and lows: The complicated relationship between clients using cannabis and their litigation/deputyship team**

Sarah Griggs and Richard Jervis will talk about the challenges faced as litigators and Deputies for clients that use Cannabis. This includes the barriers this may cause in relation to engagement for rehabilitation and the knock on effect for litigation, in addition to problems relating to a client's financial management and capacity.

**Sarah Griggs, Partner, Irwin Mitchell & Richard Jervis, Senior Associate Solicitor, Irwin Mitchell**

## Session 5

### **MDT approach learning when managing addictions in community settings**

We will address the ways in which teams formulate clients' cannabis use and explore the ways in which a thorough and informed formulation as early as possible assists in understanding cannabis use in the individual's life. We will draw on systemic, narrative and family approaches to inform the formulation and explore the ways in which it becomes an iterative process that can assist the brain-injured person to reduce the harmful and negative effects of cannabis use in their lives. We will present some case examples to illustrate these approaches.

**Dr Tomás Campbell, Consultant Clinical Psychologist & Neuropsychologist, Cogito Psychological Services & Erika Turner, Social Worker, Director & Case Manager, Matters Case Management Services**

## Session 6

### **Neurological perspectives regarding cannabis use**

This presentation will focus on the role of medical Cannabidiol in those with epilepsy associated with early life brain injury.

**Dr Shanika Samarasekera, Neurologist & Clinical Lead for Epilepsy, Queen Elizabeth Hospital Birmingham**

## Session 7

### **Using the Green to soothe the red?**

This talk will outline a Compassion Focused Therapy approach to formulating and understanding cannabis use following acquired brain injury. Case examples will be discussed using the Compassion Focused 'Three Circles Model' of emotion regulation.

**Dr Fiona Ashworth, Clinical Psychologist, Cambridge Neuro Rehab**

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**Ekvinder Kaur Popat (Eky)**

**Registered Manager & Operations Director, BIS Services**

Eky graduated from Kingston University with a BSc Psychology in 2009. She went on to pursue her interest in Psychology by gaining a MSc in Applied Child Psychology.

Eky has built a reputable presence within the field of brain injury rehabilitation, with over a decade of experience. Eky began her career as a cognitive rehabilitation assistant, and progressed to registered manager for BIS Services, specialist providers of cognitive rehabilitation and support services in the community. The aim is to maximise function and independence in their clients who are living with a brain injury or neurological illness.

Eky holds expertise in co-ordinating complex independent living trials placing dignity in risk at the forefront. A client's perspective is at the heart of community rehabilitation and enables professionals supporting the client to actively listen and understand what the client 'needs' and 'wants' from their therapy team. Co-production is a term that Eky widely uses in community rehabilitation believing client and clinician collaboration is a key component in shaping the future of their personal rehabilitation journey.

Alongside her main role, Eky is a strong advocate for raising awareness of brain injury and standards within brain injury provisions in the community. She has worked with ABIL (Acquired Brain Injury London) since 2017 and now is Vice Chair where she works collaboratively with a range of professionals to promote and disseminate acquired brain injury education.

Eky is only a small handful of Certified Brain Injury Specialists in the UK and published numerous articles including topics such as cultural competency in community rehabilitation, supporting individuals with a brain injury in the daunting world of online dating and the launch of a first of its kind independent living assessment home with innovative technology to evidence support needs.



**Pedro Knight**

**Client Liaison Manager & Senior Rehabilitation Assistant, BIS Services**

Pedro qualified and worked in the fields of child development and sports science before later, deciding to pursue a career in Psychology, where he then went on to gain a BSc in Psychology. With nearly two decades of experience working in the social care sector. Pedro worked for over 6 years with BIS Services.

Pedro has rapidly built successful rapport with clients and has a natural ability to work with his client group.

Pedro has skill in working with challenging clients and engaging them in a rehabilitation program with encouragement and positive feedback. He has been successful in working with a highly challenging 24-year-old who has ADHD, and a regular cannabis user, who initially struggled to engage in his package but required support with access to the community and social interaction. This package was made more challenging due to legal requirements of the client and his vulnerability with his peers. Here Pedro has implemented several strategies to increase self-awareness and interpersonal skills in his client with superb outcomes.

Pedro is keen advocate of raising awareness of brain injury to the public and has recently embarked on research and collaboration on the hidden and widely unknown impacts of concussion (mtbi), creating a workshop presentation to deliver to sports clubs, youth clubs and schools.

Within his role as client liaison, Pedro supervises newly recruited rehabilitation assistants, where he offers advice, delivers training, and carries out regular supervision. Also, Pedro has direct contact with case managers, clients, and their families, discussing ongoing support packages and rehabilitation plans.

He has prior experience of working with children and is a strong advocate of the physical and psychological development of children. He has also worked as a youth worker, providing one to one support to youths and children with challenging behaviours, as well as residential support.

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## **Professor Mike Barnes MD FRCP**

### **Professor of Neurological Rehabilitation and Cannabis Physician**

Professor Barnes is a neurologist and has been interested in cannabis as a medicine for about 20 years. He assisted with the development of the first cannabis medicine - Sativex. In 2016 he wrote a report for the APPG on Drug Policy and thereafter assisted Hannah Deacon obtain the first cannabis license in the UK for her son, Alfie Dingley. Prof Barnes is now Chair of the Medical Cannabis Clinicians Society and of the Cannabis Industry Council. He runs a consultancy with Hannah Deacon - Maple Tree Medical Cannabis Consultancy and lectures widely on the topic of medicinal cannabis.



## **Dr Penny Trayner**

### **Paediatric Clinical Neuropsychologist & Clinical Psychologist, Clinical Neuropsychology Services Ltd.**

Dr Penny Trayner is a clinical neuropsychologist based in the UK. In 2009, she founded a specialist community-based neuropsychological rehabilitation service for children with acquired brain injury, serving patients and families across the UK. Penny has co-authored articles in leading international journals and is an invited speaker at national and international conferences on a range of topics related to neuropsychology and mental health. Penny is also the creator of Goal Manager®, a cloud-based software programme designed to facilitate effective goal setting in rehabilitation. Goal Manager has received a national award for innovation in brain injury rehabilitation and is now being implemented in services across the UK and the USA. When she is not being a neuropsychologist, Penny is also a professional DJ and has used these skills to co-design a DJing for rehabilitation programme as a vehicle for helping children and adults recover from catastrophic brain injuries.



## **Sarah Griggs**

### **Partner, Irwin Mitchell**

Sarah is a Partner in the London office of the Irwin Mitchell Serious Injury team and specialises in complex cases, representing both adults and young children who have sustained life-changing injuries; with a particular interest in brain injury.

Sarah is accredited by APIL as a Fellow and is a member of the Law Society's Personal Injury Accreditation Scheme.

In addition to her case work she has close links with Headway, the brain injury charity and was appointed as a Trustee of Headway East London in 2013. She is also a Committee member for the Acquired Brain Injury Forum for London (ABIL) and is keen to raise awareness of acquired brain injury across London and the UK. In 2021, Sarah was a finalist for the Personal Injury Awards' Catastrophic Injury Lawyer of the Year Award.

Sarah is passionate about rehabilitation and has extensive experience of securing interim payments for her clients to ensure that their rehabilitation can start as soon as possible.



## **Richard Jervis**

### **Senior Associate Solicitor, Irwin Mitchell**

Richard is a Senior Associate in the Court of Protection Team within Irwin Mitchell's London office and specialises in managing the property and financial affairs of vulnerable people who lack the capacity to manage their own financial affairs. For the most part, Richard represents people who have sustained traumatic brain injuries and have received large personal injury awards.

Richard also manages the national litigation support service line which specialises in providing expert quantum Deputyship and Trust reports.

Richard is passionate about helping and protecting vulnerable clients with the management of their financial affairs.

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**Dr Tomás Campbell**

**Consultant Clinical Psychologist & Neuropsychologist, Cogito Psychological Services, London & Dublin**

Tomás qualified as a clinical psychologist in 1988 and has worked clinically in many settings and with diverse client groups since qualification. However, a major thread running through his career has been a commitment to working with extremely vulnerable and marginalised people focussed on the development of resilience, the improvement of coping skills and addressing the negative effects of stigma on mental health. Currently he works as a Clinical and Neuropsychologist with individuals, families and staff groups. He works as a clinician, supervisor and researcher. Tomás has worked internationally, is the author of nearly 40 journal articles and book chapters and has written clinical guidelines both nationally and internationally.



**Erika Turner**

**Social Worker, Director & Case Manager, Matters Case Management Services**

Erika is a qualified social worker with over 20 years of experience in both practice and policy settings gained in Australia and the UK. In addition to case management, her experience spans frontline child protection, social policy positions in central and local government, quality assurance roles, service development and improvement. Erika has worked as an independent clinical Case Manager with adults and children and their families following brain injury, amputation, functional neurological disorders and associated conditions for the past 12 years. Erika has developed and delivered training to other healthcare professionals and has a research interest in informing best practices having presented at national and international conferences.



**Dr Shanika Samarasekera**

**Neurologist & Clinical Lead for Epilepsy, Queen Elizabeth Hospital Birmingham**

Shanika Samarasekera is an adult Neurology Consultant and Clinical lead for epilepsy at the Queen Elizabeth Hospital, Birmingham. She completed neurology training in Newcastle upon Tyne and the Midlands and psychiatry training at the Maudsley (South London Mental Health Trust). She was appointed as a consultant in 2013. She has a specialist interest in Intellectual Disability and runs a regional clinic in this area. She is Chair of the West Midlands Complex Epilepsy Surgery MDT and a regional adviser for the Royal College of Physicians.



**Dr Fiona Ashworth**

**Clinical Psychologist, Cambridge Neuro Rehab Ltd.**

Dr Fiona Ashworth is a Clinical Psychologist with over 15 years of experience working with people with acquired brain injuries. Fiona completed her clinical training at the University of Oxford after which she worked at the Oliver Zangwill Centre for Neuropsychological Rehabilitation. She continues to work both in the NHS and private sector. Fiona has also worked as a Senior Lecturer providing teaching and research in clinical psychology and neuropsychology. She has published research papers, chapters and edited books within the area of acquired brain injury. She has a specialist clinical and research interest in the use of Compassion Focused Therapy with people with neurological conditions, including acquired brain injury.

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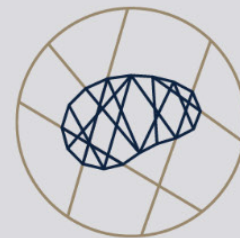


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# BIS Services

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MAXIMISING  
FUNCTION

INCREASING  
INDEPENDENCE

Raising standards in brain injury rehabilitation

Skilled Cognitive Rehabilitation Assistants

Specialised interventions &  
personalised approaches to complex  
packages

Provision for adults & children

Independent living trial specialists

Vocational & Educational Support

The Link intensive independent living  
assessments in Kent

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Patience and  
understanding turned  
despair into positivity.  
That was the human  
touch that mattered.

Sophie, our client.

Our legal and financial experts will help you receive the best possible support, medical care and rehabilitation after a brain injury. We really get to know you, so you can get the most out of life.

Get in touch to see how we can help.

To find out more visit **[Irwinmitchell.com](https://www.Irwinmitchell.com)**