|  |
| --- |
| **Box 1.** Content of the 8-session intervention programme in Self-Awareness |
| **SESSION 1: WORKSHOP PRESENTATION**Introduction to the programme and group peers. A presentation is conducted about the brain and its different motor, emotional and specifically cognitive functions. An exercise is carried out in which the importance of a conscious being is highlighted.**SESSION 2: PERCEIVING OUR DIFFICULTIES**The goal of this session is to pause for thought about all cognitive functions and to reckon if they have difficulties in each of them. It is based on self-reflection.**SESSION 3: UNDERSTANDING OUR LESION**The goal is to delve into the injury and into the discrepancies between our perception and the professionals’. Neuroimages are employed, with drawings of the lesion and data from the radiological report. The own lesion is contrasted with what has been learnt in the previous session. **SESSION 4: WORKING WITH THE NEUROPSYCHOLOGICAL REPORT**The goal of this session is to delve into cognitive difficulties in order to achieve greater self-awareness with the aid of the neuropsychological report.**SESSION 5: ACTIVITIES TO REFLECT ON I**The goal of this session is to reckon about our own physical, sensory and cognitive skills and discuss with the group peers about our own point of view. Appraise what you can no longer do as you used to. **SESSION 6: ACTIVITIES TO REFLECT ON II**The goal of this session is to reflect on the required abilities to perform several basic and instrumental activities of daily living. The required abilities are contrasted with the difficulties assessed in the neuropsychological report. **SESSION 7: ACTIVITIES TO REFLECT ON III**The goal of this session is to reflect on advanced skills (living alone, working, driving). For each user it is required to focus on the domains of which he/she is less aware and contrast his/her opinions with the reports and his/her peers feedback.**SESSION 8: WHAT HAVE YOU LEARNT IN THIS WORKSHOP?**The goal of this session is to provide the patient with a conceptualization of the injury and his/her personal limitations through a summery or an overview of the most important aspects considered. |