

# The Inside Perspective

Having a brain injury refigures a person's reality. Though physically, you may not be able to discern that this person has survived a brain injury, in the unseen world, this person is not a mirror reflection of you. Survivors are often misread and not understood; it's not easy to understand how a survivor's world is different without the right guidance. Their world is re-assembled; and of course, many dynamics are problematic, yet survivors usually become more genuine! *Gray Matters* is aimed at giving you the personal sense of what it is like to walk in the shoes of a brain injury survivor, so you can understand for yourself what type of personal alterations take place after going through a brain injury.

The lack of personal discernment and sensitivity regarding survivors of brain injury is what stirred me to write *Gray Matters*. When others treat survivors with lack of consideration, or even look down at them for what they're not able to do (like follow conversation or remember what was just said - and the list goes on...), this drives survivors further into isolation or depression. With *Gray Matters*, I am looking to familiarize my readers with what it is like to go from abled to disabled and how the effects of brain injury are all-inclusive. I do this because "Knowledge births tolerance and acceptance. For survivors deserve to be granted their peace!" (Lerner, 2006, p. 36).

The intent is to give my readers a personal feeling, not just a cognitive library. For example, see how the poem below provokes inner reflection. The purpose is to present a new, uncomplicated method of understanding what happens when our brain is injured.

Pick up *Gray Matters*,  
Listen to my rhyme,  
I'll have you captivated in no time!  
Pass on the word of what you hear,  
We are breaking the silence,  
Thanks to your receptive ear,  
We're paving the way for knowledge,  
We are the pioneers...

**Gray Matters!**

When you read *Gray Matters*, you will delve into the *Inside Perspective* of brain injury and also come to know the importance of hope, support, love, faith and a

good attitude! Survivors can gain a more complete understanding of their injury and of themselves; I have been told that reading *Gray Matters* has helped many to cope. Friends and family will gain a better understanding of their loved one's condition and how they can proactively interact. For professionals in the field of Rehab, I'd like for them to walk away with new insight and sensitivities in their work with brain injury survivors. *Gray Matters* is uplifting and inspiring; it contains many gems! I hope that all who read *Gray Matters* will enjoy it and soak in its riches!

Heidi Lerner is a Brain Injury Coach; she facilitates Gray Matters Support Groups in San Diego and in the metropolitan area, North County. Beginning in 2015, she will be facilitating a support group and be coaching for certain brain injury survivors for Sharp Hospital.

Heidi is the originator of the Gray Matters Mentor Program in which trained mentors will be utilized to individualize, accentuate and accelerate the needed developments in their partner's rehabilitation. Heidi has adapted the mentoring program for soldiers with PTSD, and will be conducting the pilot program through [Warriors Live On](#).

## **Heidi Lerner**

Gray Matters Brain Injury Coach

Published Author

Support Group Facilitator

Trainer of Mentors

[www.graymatters4u.com](http://www.graymatters4u.com)

[heidi@graymatters4u.com](mailto:heidi@graymatters4u.com)