

## [Video Series: Cultivating Resilience After Spinal Cord Injury](#)

The Christopher & Dana Reeve Foundation) has partnered with [Shepherd Center](#), a private, not-for-profit hospital specializing in medical treatment, research and rehabilitation for people with spinal cord injury to introduce a new video series, [Cultivating Resilience After Spinal Cord Injury Trauma](#).

When an individual sustains a spinal cord injury (SCI), there is no one path for coping with the emotions and the adjustments that need to happen in one's life. Many people have feelings of being lost, isolated, and angry as they adapt to how best to navigate their changed lives.

In this video series, individuals express how they felt about their injury at various points of their life and commentary and insights from counselors and medical professionals. The topics covered in this series include:

- Process of Emotional Adjustment After SCI--The Emotional Rollercoaster
- Re-Connecting After Injury
- Re-examining Values and Beliefs
- Is It Normal to Feel Sad or Depressed?
- Anxiety and Fear
- Feelings of Guilt After Injury
- Feeling Alone After Your Injury
- Anger
- Finding Your Voice--Advocacy

[View the complete video series.](#)

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The Christopher and Dana Reeve Foundation [Paralysis Resource Center](#) provides comprehensive information for people living with spinal cord injury, paralysis, and

mobility-related disabilities and their support networks. Resources include information and referral by phone and email in multiple languages including Spanish; a peer and family support mentoring program; a military and veterans program; multicultural outreach services; quality of life grants; and a national website.

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