



**Dr. Gordon J. Horn** is a clinical neuropsychologist and Director of Clinical Services for NeuroRestorative Florida in Clearwater. Dr. Horn's current research pursuits include brain tumor, acquired brain injury, and normal pressure hydrocephalus (NPH), a condition caused by an increase in intracranial pressure (ICP) due to an abnormal accumulation of cerebrospinal fluid (CSF) in the ventricles of the brain. NeuroRestorative sat down with Dr. Horn to discuss some of the challenges associated with CTE, a condition caused by multiple concussions resulting in the progressive degeneration of brain tissue.

# AskTheExpert

## Q&A with Dr. Gordon J. Horn, Director of Clinical Services for NeuroRestorative Florida in Clearwater, on Chronic Traumatic Encephalopathy (CTE)

**NeuroRestorative:** What is CTE and how is it caused?

**Dr. Horn:** Chronic Traumatic Encephalopathy (CTE) is a progressive degenerative disease of the brain often found in athletes who have suffered multiple concussions. The repetitive trauma causes a progressive degeneration of the brain tissue. It could potentially be years after the last concussion before the effect on the brain reveals itself.

**NeuroRestorative:** What types of challenges are associated with CTE?

**Dr. Horn:** CTE can result in memory loss, confusion, impaired judgment, impulse control problems, aggression, depression and progressive dementia. Punding, for example, is a behavior associated with CTE. The term punding refers to the engagement in seemingly normal behaviors, such as picking up debris from the side of the highway, as was the case with one participant, in excess. The individual exhibiting such behavior rationalizes the need to continue the behavior, in this case, the rationalization being that he was doing a service to drivers in helping them to avoid possible flat tires or car accidents due to the highway debris. At times, he may even place himself in harm's way on the side of the highway to clear the debris, or engage in this task at the expense of engaging in necessary activities.

**NeuroRestorative:** How can post-acute rehabilitation such as that offered by NeuroRestorative help with these challenges?

**Dr. Horn:** The best way to address these types of behaviors is through a neurobehavioral rehabilitation program. Through neurobehavioral rehabilitation, individuals can learn practical and effective self-management strategies that allow them to better manage their behaviors and reaction to a range of situations. Treatment plans may include behavior modification, socialization skills training, substance abuse treatment, family therapy, physical management programs and more.

## Learn More!

Visit NeuroRestorative's [neurobehavioral program page](#) for more information.

## About Dr. Gordon J. Horn

In addition to serving as Director of Clinical Services for NeuroRestorative Florida in Clearwater, Dr. Horn is a clinical neuropsychologist specializing in rehabilitation treatment and programming, both inpatient and outpatient, acute care management and neurological intensive care consultation. He is also an adjunct faculty professor at the University of Central Florida's (UCF) Doctoral Clinical Psychology Program. Dr. Horn previously served as Clinical Training Director for the UCF pre-internship hospital training program. He is a member of the Florida Hospital Neuroscience Institute, the National Academy of Neuropsychology, the International Neuropsychological Society and the American Psychological Association's Division of Clinical Psychology and Neuropsychology. Dr. Horn holds a Bachelor of Arts in Psychology from Mount Saint Mary's University, a Master of Science in Clinical Psychology from Loyola College and a PhD with a specialty in Neuropsychology and Rehabilitation from Saint Louis University.