

Outline

THE FRAMEWORK AND SCIENCE OF COGNITIVE REHABILITATION: NOT ALL BRAIN GAMES ARE REHABILITATION

Brain plasticity and the latest research
Associated brain regions and functions
Compensatory vs. restorative strategies
Cognitive stimulation, cognitive training and cognitive rehabilitation

ASSESSMENT APPROACHES FOR COGNITIVE DECLINE

What the MOCA and SLUMS are telling you and not telling you
When to refer for a full neuropsychological assessment
Make the most of assessment results including neuropsychology reports
Static (TBI / stroke) vs. progressive decline (Alzheimer's disease): Set and maintain realistic treatment goals
Taking care to not "over-pathologize" concussions:
Know the difference between concussion, TBI, CTE and dementia
The use of mood and personality measures

INTERVENTION APPROACHES FOR BARRIERS TO REHABILITATION: MOOD, MOTIVATION & ANXIETY

Motivational interviewing to cultivate engagement and brain health interventions
Treat anxiety and false beliefs to improve cognition
Adjustment to illness and grief: Counseling the brain impaired patient

THE COGNITIVE DECLINE TOOLBOX: Real World Treatment Strategies for Each Cognitive Domain

ATTENTION & WORKING MEMORY

The neural bases of attention impairment
Help clients understand working memory capacity as a means of improving metacognition
Improve attention and reduce errors by following the DIRECT model and using PEAS & LEAP
"Focused drilling" to expand working memory capacity and generalizing to other outcomes
Mindfulness training to help clients shape attention and improve focus



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

MEMORY: PROSPECTIVE, ENCODING & RECALL

The neural bases of memory impairment
Frontiers in Alzheimer's disease management
Tailor memory training interventions to level of severity & motivation
Effective use of calendars and other external memory aids for effective daily functioning
Elaborative encoding techniques using visualization, linking and chunking
Memory aids in traditional psychotherapy treatments
Strategies for effective recall of learned information

EXECUTIVE FUNCTION

The neural bases of executive function impairment
Stroke and cerebrovascular disease
Improve planning for greater goal attainment with the use of a reverse timeline worksheet
Expand flexible thinking with 6-step problem solving
The neural basis of stress management and emotion regulation

VISUOSPATIAL & LANGUAGE

The neural bases of visual and language impairment
Useful Field of View Training (UFOV) for driving independence
The "language wallet" for independence among people with aphasia
Supported conversation and script training for aphasia

HOLISTIC BRAIN HEALTH INTERVENTIONS

Shape the brain's destiny: Cognitive reserve to build resistance and resilience to cognitive decline
The impact of socialization on brain health and recovery
Psychotherapy's impact on brain health
Effective cognitive stimulation: The truth about brain games & crosswords
Teach clients how their brain works through metacognition intervention

RESEARCH, LIMITATIONS AND RISKS

Target Audience

Social Workers • Psychologists • Counselors
Neuropsychologists • Occupational Therapists • Physical Therapists • Speech-Language Pathologists • Nurses • Nursing Home Administrators • Assisted Living Facility Administrators • Long Term/Acute Care Professionals • Case Managers
Marriage & Family Therapists

FREE Worksheets



Gratitude, Mindfulness & Optimism Worksheets

Practical and engaging printable tools to use with your clients

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Clinical Action for Dementia, TBI, Concussion, Stroke and Other Cognitive Declines

Assessment and Treatment Techniques for Cognitive Rehabilitation and Neuroplasticity

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October 21, 2019

Lisle, IL
Tuesday
October 22, 2019

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Clinical Action for Dementia, TBI, Concussion, Stroke and Other Cognitive Declines

Assessment and Treatment Techniques for Cognitive Rehabilitation and Neuroplasticity

Featuring, **Sherrie All, Ph.D.**

Real world clinical techniques, interventions and strategies to:

- Expand and improve attention and working memory, memory encoding and recall, visuospatial and executive functions and language
- Accurately read and use assessment and neuropsychology reports
- Prioritize cognitive, behavioral and emotional interventions and implement effective treatment plans

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Clinical Action for Dementia, TBI, Concussion, Stroke and Other Cognitive Declines

The treatment landscape for dementia and brain related cognitive interventions is rapidly changing, making it difficult to stay abreast of treatments that work and those that have been over-hyped. With the popular understanding of brain plasticity increasing while concussion-related conditions are gaining a wealth of media focus, patients are looking to you to help them separate fact from fiction about brain health and rehabilitation.

Using the latest science, Dr. All will teach you practical interventions to best help your clients build and maintain cognitive skills and functional independence. You will leave the day with a comprehensive toolbox of evidence-based cognitive rehabilitation interventions and the skills you need to match them to the cognitive domains for which they are most effective.

Drawing on over 15 years of clinical experience, Dr. All will teach you techniques and interventions to effectively:

- Assess for cognitive decline and accurately interpret complicated assessment reports
- Determine when to refer out to a specialist for more detailed assessment
- Put the recommendations of a neuropsychological report into action
- Create actionable treatment plans to immediately start helping your clients
- Expand working memory and enhance attention, generalizing to real-world functioning
- Improve memory encoding, consolidation, and retrieval to improve client independence
- Expand executive functions including planning and problem solving to promote flexible thinking
- Improve visuospatial function and language to enhance client independence and social functioning

Walk away with practical and useful techniques that can be implemented immediately within your practice. Sign up today and start feeling confident in delivering the rehabilitation interventions your clients facing cognitive decline so desperately need!

Speaker

Sherrie All, Ph.D., is a Licensed Clinical Psychologist specializing in neuropsychology, cognitive rehabilitation and brain health. She owns and directs the Chicago Center for Cognitive Wellness (CCCW), a group neuropsychology practice offering assessment and treatment services in cognitive rehabilitation and psychotherapy to people affected by cognitive decline. As a leader in the field of brain health, Dr. All works to educate the public on brain-healthy behaviors and innovating brain health coaching. Her work in this area earned her the 2010 Sharpbrains Innovation Award for Most Innovative Mental Health Program as well as the attention of media outlets such as *The New Yorker* and *Crain's Chicago Business*.

Dr. All trains other professionals in how to implement cognitive rehabilitation interventions into their practice, through continuing education programs, supervision and individual consultations. She shares her detailed understanding of the brain and brain-behavior relationships in an engaging and relatable way. Dr. All's forthcoming book and current keynote address, *"Brain Destiny: Everyday Choices to Lower Your Risk for Dementia and Change Your Life"*, offers an entertaining way of promoting a popular understanding of the scientific theory of cognitive reserve to empower people to effectively care for their brains. She has been an invited speaker by the Lifetime Education and Renewal Network (LEARN) of the of the American Society on Aging (ASA) and speaks regularly on the topics of brain health, cognitive rehabilitation and electrophysiological (EEG) biomarkers of cognitive deficits.

Speaker Disclosures:

Financial: Sherrie All is the owner of the Chicago Center for Cognitive Wellness. She receives a speaking honorarium from PESI, Inc. Non-financial: Sherrie All has no relevant non-financial relationship to disclose.

Objectives

1. Evaluate the usefulness of cognitive screeners such as the MOCA and SLUMS versus when to refer out to a qualified neuropsychologist for a comprehensive neurocognitive assessment.
2. Design treatment interventions based on realistic treatment goals and the evidence supporting compensatory vs. restorative strategies and determine the difference between cognitive stimulation, cognitive training and cognitive rehabilitation.
3. Determine the impact of client anxiety and false beliefs to inform the clinician's choice of treatment interventions and clinical outcomes.
4. Utilize motivational interviewing techniques and appropriate selection of rehabilitation interventions to improve client engagement.
5. Utilize specific interventions to enhance attention, memory, visuospatial, language and executive skill functioning to improve client level of functioning.
6. Implement treatment interventions to improve holistic brain health in clinical settings.

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Optimizing Cognitive Rehabilitation

Effective Instructional Methods

By McKay Moore Sohlberg, PHD, CCC-SLP & Lyn S. Turkstra, PHD, CCC-SLP

Rehabilitation professionals face a key challenge when working with clients with acquired cognitive impairments: how to teach new skills to individuals who have difficulty learning. Unique in its focus, this book presents evidence-based instructional methods specifically designed to help this population learn more efficiently. The expert authors show how to develop, implement, and evaluate an individualized training plan. They provide practical guidelines for teaching multistep procedures, cognitive strategies, the use of external aids, and more. Purchasers of this title can download 19 sample worksheets and forms; blank forms provided by the publisher and are a convenient 8 1/2" x 11" size.



Anti-Burnout Card Deck

54 Mindfulness and Compassion Practices To Refresh Your Clinical Work

By Laura Warren, MD, Mitch R. Abblett, Ph.D., Christopher Willard, Psy.D.

Stay attuned and empathic towards even the most challenging clients. The Anti-Burnout Card Deck will help you let go of emotional residue and countertransference between sessions, and finish each day with a sense of satisfaction.

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Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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Case Managers: This course has been awarded 6.25 clock hours by the Commission for Case Manager Certification. Full attendance is required.

Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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Marriage & Family Therapists: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Illinois Marriage & Family Therapists: PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 6.0 credits.

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Nursing Home Administrators: This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) and approved for 6.25 clock hours and 6.25 participant hours. Full attendance is required; no partial credits will be offered for partial attendance.

Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

Physical Therapists & Physical Therapist Assistants: This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

Illinois Physical Therapists & Physical Therapist Assistants: PESI, Inc. is a Registered Physical Therapy Continuing Education Sponsor through the State of Illinois Department of Financial and Professional Regulation, Division of Professional Regulation. License #: 216.000270. This course qualifies for 6.0 CE Credit Hours.

Psychologists: This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

Illinois Psychologists: PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 268.000102. Full attendance at this course qualifies for 6.0 contact hours.

APPROVED PROVIDER



PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

Speech-Language Pathologists: This course is offered for 6 ASHA CEUs (Intermediate level, Professional area).

Speech-Language Pathologists Only: To be reported to ASHA, while completing the online post-test/evaluation, please answer YES to the question: "Are you a Speech-Language Pathologists and/or Audiologist requesting to have your credit hours reported to the ASHA CE Registry to earn ASHA CEUs?" and include your ASHA number. After completing and passing the online post-test/evaluation, your information will automatically be sent to cepesi@pesi.com to be reported. If you forget to answer yes, please send an email to cepesi@pesi.com with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number.

Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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Other Professions: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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