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

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
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Assessment and Treatment Techniques for Cognitive Rehabilitation and Neuroplasticity

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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
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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 interventions for early-stage dementia. Dr. All's research includes examination of functional MRI (fMRI) 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.



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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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Oregon Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

Washington Counselors: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

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.

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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.

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