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 reaistration reauired.

REHAB SIMMIT LAS VEGAS July 29-August 1, 2020

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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

Live Seminar Schedule 7:30: Registration/Morning Coffee & Tea

11:50-1:00 Lunch (on your own)

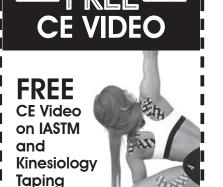
A more detailed schedule is available upon request.

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker.

8:00: Program begins

4:00: Program ends

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 • Psychiatrists







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

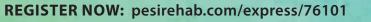
Assessment and Treatment Techniques for **Cognitive Rehabilitation and Neuroplasticity**

Burlington, VT Wednesday January 29, 2020

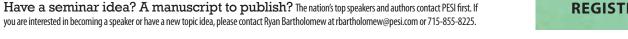
Manchester, NH Thursday January 30, 2020

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PESI Rehab







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 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 gualified 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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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 publishe and are a convenient 8 1/2" x 11" size





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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Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of ment 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. PESI. Inc. offers continuina education programs and products under the brand names PESI. PESI Healthcare, PSI Rehab and Psychotherapy Networke

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Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

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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: Intermediat PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This activity consists of 6.25 clock

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VERMONT PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the Vermont Chapter, American Physical Therapy Association for review, Credit is pending, Pleas contact our customer service department for the most current information



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SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work OACE continuing education by the Association of Social Work Boards (ASWB) red Continuing Education (ACE) program. Organizations, not individual courses, are ved as ACE providers. State and provincial regulatory boards have the final authority rmine whether an individual course may be accepted for continuing education cred PESI. Inc. maintains responsibility for this course, ACE provider approval period: January 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is require 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 NFW HAMPSHIRE SOCIAL WORKERS: This intermediate activity consists of 6.0 Category A credits. 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

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