# 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

# 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 Psychiatrists

**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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# **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

# Live Webcast Schedule (Times listed in Central)

8:00 Program begins 11:50-1:00 Lunch Break

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker A more detailed schedule is available upon request.

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Assessment and Treatment Techniques for Cognitive Rehabilitation and Neuroplasticity

# LIVE WEBCAST Thursday, August 20, 2020

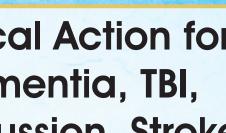
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# **Clinical Action for** Dementia, TBI, **Concussion**, Stroke and Other Cognitive **Declines**

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 evidencebased 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.

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Marriage and Family Therapists - AK, AL, AR, AZ, CA, CO, FL, IA, IL, IN, KS, ME, MI, MO, MT, NC, NH, NJ, NM, NV, NY, OH, PA, RI, SC, SD, TN, TX, UT, WY

# Nurses - All States

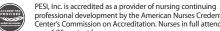
Psychologists - AK, AR, AZ, CA, CO, CT, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MI, MO, MS, MT, NC (Category B), NE, NH, NJ, NM, NV, NY, OH, OK, OR, PA, SC (Category B), SD, TN, TX, UT, VA, WA. WI. WV

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This course is offered for .6 ASHA CEUs (Intermediate level, Professional area). \*\* Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program

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