

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

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

Assessment and Treatment Techniques for Cognitive Rehabilitation and Neuroplasticity

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Thursday, September 17, 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 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.

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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

Psychiatrists: All States

National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$49.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

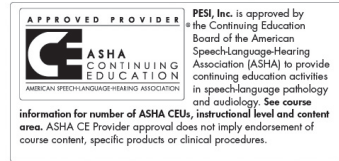
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Nursing Home Administrators: This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) and approved for 6.25 clock hours and 6.25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



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.**

ACE Approved Provider: 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, 2020 - January 27, 2023. 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.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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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