

Cognitive retraining



A WORKOUT FOR THE MIND

Douglas Mental Health
University Institute
Moe Levin Center



PROGRAM DESCRIPTION

What is Cognitive Remediation ?

Cognitive remediation is a promising behavioural treatment that focuses on improving neurocognitive functions.

This program is divided into 3 sections and lasts 20 weeks

Relaxation and tai-Chi : 4 weeks

MEMO : memorization strategies : 8 weeks

Computer assisted stimulation : 8 weeks

Objectives

The choice of programs to be used is guided by the cognitive spheres that require stimulation.

Software

Reeduc version 5.0 (French) Psychotech

Co-skills version 4.2 (English) Psychotech

Clientele

Anyone referred by the Memory Clinic that wishes to improve their memory!

Post-Remediation

Once the Cognitive Remediation program has been completed, each participant will be encouraged to pursue mind stimulation at home. To do so, a list of stimulating educative games and stores that hold them will be given to participants. We have also regrouped a list of various websites (freeware) that offer stimulating activities similar to those used during the program.

For more details, contact your healthcare manager immediately!

