



THERAPY WORKS  
WELLNESS CENTRE

COGMED  
WORKING MEMORY  
TRAINING



# INTRODUCING COGMED

Cogmed improves memory, focus, and brain performance. Cogmed is a comprehensive and intensive program scientifically designed for training and enhancing working memory abilities in children and adults. The software-based intervention entails different visuospatial and verbal tasks that systematically challenge the working memory capacity.

## **WHAT IS WORKING MEMORY?**

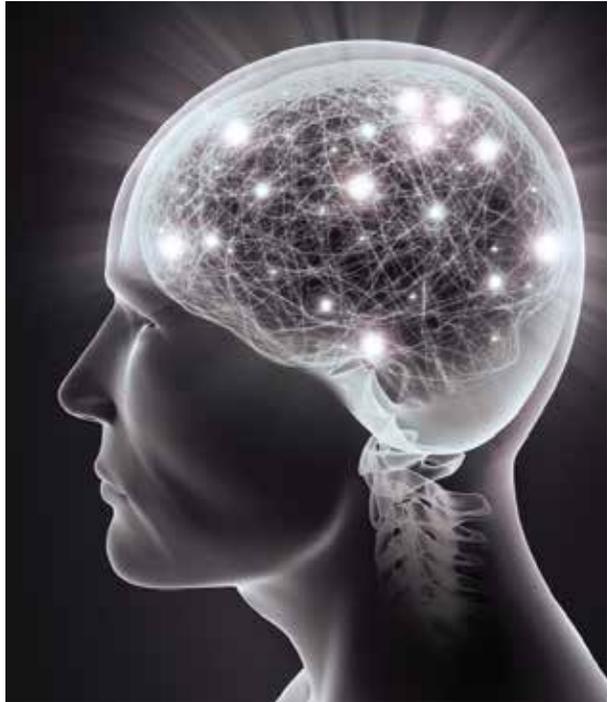
Working memory is the ability to briefly remember information and use this information in your thinking. It can also be thought of as active attention.

Your working memory is used in the completion of everyday activities, including:

- Remembering instructions, steps or directions while following through on a specific task such as cooking or driving
- Reading and remembering what you read
- Problem-solving
- Planning, organizing and structuring your daily life
- Focusing on a task without being unnecessarily distracted

## **IMPROVEMENTS FOLLOWING COGMED**

- Improved working memory and attention in children, adolescents, and adults
- Improved performance in reading and mathematics
- Improved cognitive functioning
- Reduced symptoms for adults with acquired brain injury
- Improved cognition for pediatric cancer survivors



# HOW DOES COGMED IMPROVE MY WORKING MEMORY?



Cogmed is designed to train your working memory in a way that is similar to how physical exercise trains your muscles. Based on your performance in the program, Cogmed uses an adaptive algorithm to automatically adjust the difficulty level of the exercises, so that you are consistently working at a level that is challenging.

This way, your working memory undergoes an intense “work-out” that has been individually structured for you in each and every session! Considering that the average Cogmed training schedule consists of 25 sessions (5 x 50 min sessions per week over the course of 5 weeks), this is a significant amount of exercise for enhancing your working memory abilities.

"Since I finished the program, I would say that I've noticed a big improvement in my attention and concentration. I've stopped putting things off as much, which I used to do a lot. Also, I've learnt more about how my own memory and my own brain works. I think it's a great program and I'm proud I've done it!"

- Dean, 2019

# WHAT DOES THE COGMED PROGRAM ENTAIL?

## AN INITIAL INTERVIEW



This interview is usually conducted telephonically, and provides the Cogmed coach with information to determine whether or not working memory training is indicated and if Cogmed is the appropriate form of intervention for you or your child. You also obtain relevant information in order to decide whether or not you are ready to commit to the training.

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## A START-UP SESSION

The 50 minute start-up session is done at Therapy Works Wellness Centre with your Cogmed coach. In the session, you and your coach will plan and structure the training process. This session may include a training aide, who is usually the parent of the child participating in the training. Adults may also have a training aide who can help with motivation, structure, and sticking to training plans.



## WEEKLY TELEPHONIC COACH MEETINGS

The coach and trainee, or training aide (in the case of a child), maintain weekly telephonic contact throughout the duration of the program. Each of the 5 telephonic meetings is 20 minutes long and serves as a support structure for the trainee, as well as a way of ensuring that training is going according to plan.

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## A WRAP-UP SESSION



This 50 minute session takes place after the completion of the last training session. The Cogmed coach summarises the training together with the trainee and the training aide, where applicable, and provides comprehensive feedback. A Cogmed Diploma as well as a Therapy Works Wellness Centre certificate of completion is awarded to the trainee. Further limited assessment at the centre may be indicated, and this can be discussed within the wrap-up session.

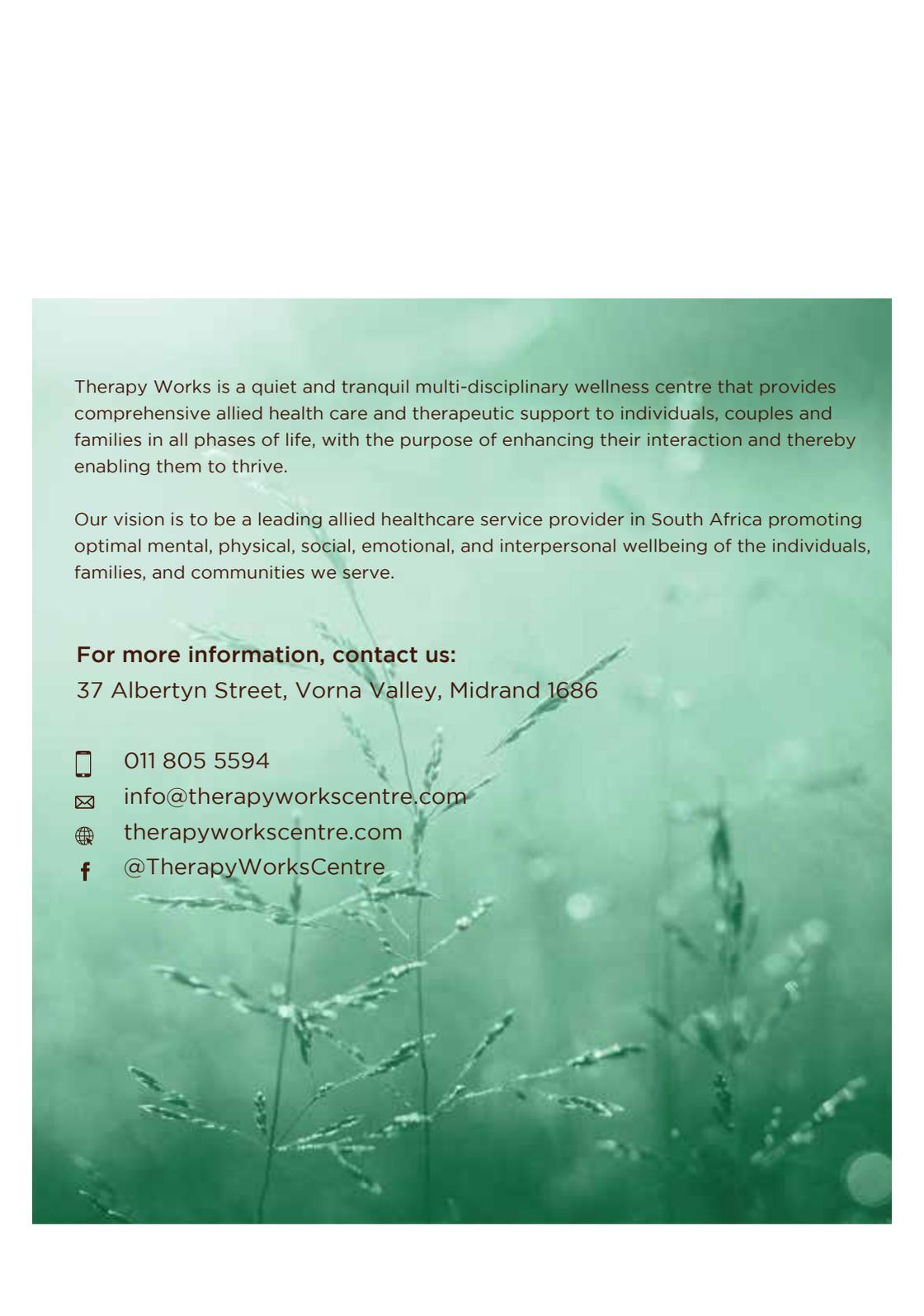


## FOLLOW-UP



This is a telephonic check-in well after you have completed the Cogmed training. It serves as a platform to reflect on the process as a whole and to provide feedback to your coach about your experience and current functioning.





Therapy Works is a quiet and tranquil multi-disciplinary wellness centre that provides comprehensive allied health care and therapeutic support to individuals, couples and families in all phases of life, with the purpose of enhancing their interaction and thereby enabling them to thrive.

Our vision is to be a leading allied healthcare service provider in South Africa promoting optimal mental, physical, social, emotional, and interpersonal wellbeing of the individuals, families, and communities we serve.

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