This workshop will provide therapists with the ability to analyze and interpret task errors observed during IADL performance and select or choose the most appropriate assessment tools and outcome measures. An in-depth review of executive function (EF) components and the interdependence of EF with other cognitive perceptual domains will provide a foundation for interpretation of performance errors. Different assessment methods will be reviewed with a focus on recently developed performance-based measures. Evaluations that include standardized rating scales of awareness, everyday behaviors, cognitive screenings, IADL, participation measures will be discussed along with general implications for treatment.

**Course Objectives**

Upon completion of this course, participants will be able to:

- Understand and identify different cognitive perceptual symptoms from written case descriptions and video clips (e.g., working memory, flexibility, inhibition, prospective memory)
- Determine the direct impact of executive function disorders and other cognitive perceptual deficits on everyday activities
- Select assessments and rating scales that can be used to differentiate symptoms, prioritize goals and establish a baseline for intervention
- Identify methods for assessing the different dimensions of awareness
- Compare and contrast different performance-based assessment methods
- Identify assessments for individuals with subtle cognitive impairments
- Link evaluation results to treatment planning

This course is designed to provide in-depth information on clinical treatment of adults with executive dysfunction and other cognitive perceptual deficits. Interventions such as errorless learning, spaced retrieval, use of everyday technology, Apps, metacognitive strategy training and working memory training will be discussed along with applications, updated evidence and indications for use.

A Multicontext treatment (MC) approach that focuses on promoting strategy use and generalization across everyday activities as well as improving awareness, self-regulation, self-monitoring and functional performance will be emphasized. Specific cueing methods and use of a structured metacognitive framework to help persons understand, anticipate, monitor and control cognitive symptoms will be demonstrated. Video clips of persons with subtle to moderate cognitive perceptual deficits will be used to illustrate application of intervention principles.

A framework for systematically selecting, choosing and combining intervention methods to optimize functional performance will be discussed and specific clinical symptoms and case scenarios will be presented for analysis, small group problem solving and discussion.

**Course Objectives**

Upon completion of this course, participants will be able to:

- Identify and implement a wide range of evidence-based intervention strategies to enhance everyday functioning for persons with cognitive perceptual impairments
- Describe different ways that everyday technology can enhance cognitive function
- Compare and contrast different treatment techniques and identify clinical indications for use
- Describe external and internal strategies that are effective in managing executive function symptoms such as problem in initiation, impulsivity, losing track, difficulty shifting set and managing multiple step activities
- Define types of cues and mediation methods that are effective in treatment
- Expand the range of treatment activities used with clients who have problems in self-awareness, initiation, impulsivity, working memory, and executive dysfunction
- Use systematic methods for enhancing self-monitoring skills, self-regulation and awareness
- Use systematic methods for promoting generalization of cognitive strategies across functional activities
- Describe and use the multi-context approach to enhance awareness and generalization of learning within an interdisciplinary team

**Part 2: Course Objectives Cont'**

- Define types of cues and mediation methods that are effective in treatment
- Expand the range of treatment activities used with clients who have problems in self-awareness, initiation, impulsivity, working memory, and executive dysfunction
- Use systematic methods for enhancing self-monitoring skills, self-regulation and awareness
- Use systematic methods for promoting generalization of cognitive strategies across functional activities
- Describe and use the multi-context approach to enhance awareness and generalization of learning within an interdisciplinary team

**Part 1**

Cognitive Perceptual Deficits: Assessment Tools and Performance Based Measures

Cognitive Rehabilitation Interventions: Promoting Everyday Function

**Part 2**

Cognitive Rehabilitation: Assessment and Intervention Strategies
Joan Toglia, Ph.D, OTR, FAOTA, is Dean of the School of Health & Natural Sciences at Mercy College, Dobbs Ferry, NY and Professional Associate in the Rehabilitation Medicine Department at New York Presbyterian - Weill Cornell Medical Center. Dr. Toglia has 30 years of experience in Occupational Therapy, working in acute, rehabilitation and outpatient settings with persons with stroke, acquired brain injury and other neurological disorders. Dr. Toglia is especially known for her work on the Multicontext treatment approach and the use of dynamic investigative assessment methods. She has presented lectures and workshops in Europe, South America, Asia, Canada as well as throughout the United States and is author of numerous publications. She has contributed extensively to the field of cognitive perceptual rehabilitation as a clinician, educator and researcher. 

(See selected recent references below)

Selected Recent Publications


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seminar agenda

**Who should attend**
- Occupational Therapists
- Occupational Therapy Assistants
- Speech Language Pathologists

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**Thurs, Oct 1, 2015**

8:30 Welcome

8:40 Overview of Executive Function
- Overview and update on Executive Function
- Impact on behavior, everyday life, participation outcomes
- Client perspectives, clinical symptoms and implications for daily life
- Understanding the components of executive function

10:00 Break

10:15 Methods of Performance Based Assessment
- Performance based methods - Small Group Activity
- Complex task performance and subtle cognitive deficits
- The Weekly Calendar Planning Activity (WCPA)

12:00 pm Lunch

1:15 Methods of Performance Based Assessment
- Performance based methods - Small Group Activity
- Complex task performance and subtle cognitive deficits
- The Weekly Calendar Planning Activity (WCPA)

3:00 Break

3:15 Dynamic Methods of Assessment: test, teach-retest method

3:45 Widening the Lens: Participation Measures
- Overview of participation measures and uses
- Outcome measurement in rehabilitation

4:00 Summary and questions

4:30 End of day 1

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**Fri, Oct 2, 2015**

7:30 am Registration and Continental Breakfast

8:30 Cognitive Rehabilitation: An Overview of Different Treatment Methods
- An overview of Cognitive Rehabilitation and Dynamic Interactive Model (DIM)
- Task Specific Training Methods: Errorless Learning, Spaced Retrieval
- Environmental and Task Adaptations - Helping caregivers understand, adapt & manage cognitive deficits

10:15 Break

10:30 Everyday technologies - to support or enhance cognition & function: (eg. reminders, voice messages, task sequencing, memory supports)

12:00 pm Lunch

1:15 Neuroplasticity and Remediation
- Computer based cognitive remedial programs
- Working Memory Training
- Placing demands on specific cognitive skills within functional activities
- Emerging interventions
- Strategy based approaches

3:00 Break

3:15 The Multicontext Approach
- Key Elements of the Multicontext approach
- Understanding cognitive strategies
- Types of strategy training
- Different methods for promoting strategy use

4:15 Break

4:30 End of day 2

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**Sat, Oct 3, 2015**

7:30 am Continental Breakfast

8:30 Awareness and Self Monitoring Skills
- Different Dimensions of Awareness
- Use of a Metacognitive Framework
- Methods for enhancing self awareness, self monitoring
- Mediation: Guidelines for facilitating self regulation & executive thinking
- Additional Awareness Training Techniques
- Awareness Training and Evidence Based Findings

10:00 Break

10:15 Structuring Treatment to Enhance Carryover Across Activities
- Generalization and Transfer
- The Horizontal Continuum
- Sample treatment protocols and activities
- Expanding treatment activities across functional contexts
- Methods for bridging sessions
- Video illustrations and discussion
- Working within a Multidisciplinary team

12:00 pm Lunch

1:15 Group discussions & exercises
- Clinical Applications and Case Analysis (working memory, flexibility, management of multiple step activities)
- An interdisciplinary approach to promoting metacognitive skills and cognitive strategies across activities

3:00 Break

3:15 Group programs and applications to varied populations with subtle cognitive symptoms

4:00 Summary, discussion and questions

End of course

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