

- Do you or someone you know struggle because of **poor working memory**?
- Are they easily **distracted** and have trouble completing tasks or following instructions?
- Do they struggle particularly with **attention** concerns?
- Are they failing to meet their **goals** despite motivation and hard work?
- **Poor working memory** could be part of the problem. *Cogmed is your answer!*

What is Cogmed?

An evidence-based intervention for improving working memory:

- Rigorous, web-based training using a PC, laptop or tablet at home or at a designated facility
- Supported by a Cogmed Coach who leads the training, tracks results, and gives support and motivation
- Programs adjust complexity level for each exercise, in real time, for maximized training effect
- 25-40 training sessions of 15-50 minutes each, done over 5-10 weeks (trainee/family sets the training schedule with the Cogmed Coach, with plenty of flexibility)
- Cogmed can work in conjunction with medications, behavioural therapies or other remedial interventions
- All trainees and coaches have online access to training results and progress status
- **Cogmed Extension Training** allows the trainee to further sharpen the developed capacity and to verify how the results hold over time

Working Memory Training Benefits

Working Memory

Working memory is the ability to keep information in your mind for a short time, focus on a task, and remember what to do next. We use our working memory constantly in our daily life—helping us to perform efficiently and effectively in academic, professional and social settings. It is critical for focusing, appropriately shutting out distractions, and for complex thinking.

Studies consistently show that problems with attention and learning are often caused by poor working memory.

Training Working Memory

Cogmed's Working Memory Training intervention is shown in controlled research to improve working memory capacity. For trainees who complete the Cogmed program, this improved capacity generalizes to improved attention, behaviour, impulse control and daily functioning.

8 out of 10 trainees who complete Cogmed training show measurable effects.

Children - Research and clinical data show improved grades following Cogmed training. Parents and teachers also report improved social skills, taking initiative, remembering instructions, and completing assignments more independently.

Adults - Training working memory, can help to stay focused, ignore distractions, plan next steps, remember instructions, and start and finish tasks.

www.cogmed.ca

Cogmed Training Programs

Cogmed Working Memory Training is built around three easy-to-use, age-ability specific online training programs:

Cogmed JM



Younger children use their working memory for a number of things, such as focusing on and following instructions, and remaining seated to complete independent activities.

Cogmed RM



Working memory is crucial for children and adolescents in school and socially. Reading, solving math problems, planning, and following a conversation all rely on working memory.

Cogmed QM



Working memory in adult and professional life is critical for challenges such as planning, focusing, resisting distraction, and meeting deadlines.

Network of Qualified Cogmed Coaches

The Cogmed program has demonstrated sustained and measurable effects in education and health care due to the support and motivation of professional Cogmed Providers (Coaches). We are dedicated to helping professionals successfully implement Cogmed, promoting success with implementation. That is why Pearson provides on-site or web-based Professional Training.

Training and support program includes:

- Online and self-guided professional training done at your own pace and on your own time (on-site training also available)
- Training to understand the Cogmed program, its coaching methodology, and a data analysis strategy
- Active monitoring of trainings with suggested areas of improvement
- Live, personal implementation and technical support

Feedback

“The Cogmed Training Program is an excellent tool for our clients to promote improvements in working memory, attention, impulsivity and self-confidence. It allows both the coach and client to closely monitor participation and progress in the program. Our clients enjoy how Cogmed is computer-based, interactive and highly researched. Our clients have consistently reported functional improvements in daily life, as well as increased awareness, increased strategy use and improved mood after completion of the program. We highly recommend the Cogmed Training Program to other health care professionals over traditional paper-pen or informal online interventions.” **(Tara Trethewey, MOT - Vancouver, BC)**

“Teachers’ most noted findings of the Cogmed implementation in our program was the increase in student focus in class. The most rewarding aspects of the program were the noticeable growth in student self-confidence, improved executive functions, and improved focus and engagement.” **(Dierdre Bruce, School Psychologist - Kelowna, BC)**

“This program was amazing, it made a huge difference in my foggy thinking” **(Cogmed trainee - Victoria, BC)**



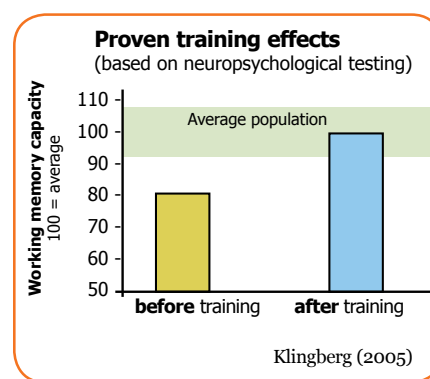
Motivating and Monitoring Trainee Progress

Trained Cogmed Coaches have access to an administrative tool for **monitoring trainee data** in detail.

This tool also provides support material necessary for motivating and guiding Cogmed trainees through the training, along with accessing objective data of trainee progress.

Research

Cogmed has by far the largest body of research of any cognitive training program available, supporting its effectiveness in improving working memory. Beginning with Dr. Klingberg’s 2005 study showing strong results in a placebo-controlled, multi-centre trial for children with ADHD, leading worldwide researchers have since added to Cogmed research, proving its efficacy with a wide variety of populations including ADHD, ABI, learning disabilities, and even typical.



www.cogmed.ca/research

Affordable site license pricing available!



Available from Pearson

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Cogmed Working Memory Training is not intended to be a substitute for a health care provider's consultation or a substitute for medication that a doctor may have prescribed.
Results may vary.

Working Memory Training

Get trained as a Cogmed Coach!

Go to cogmed.ca/becomeaprovider to get started.

For more information, call **1-800-387-7278**

or email cogmed.canada@pearson.com