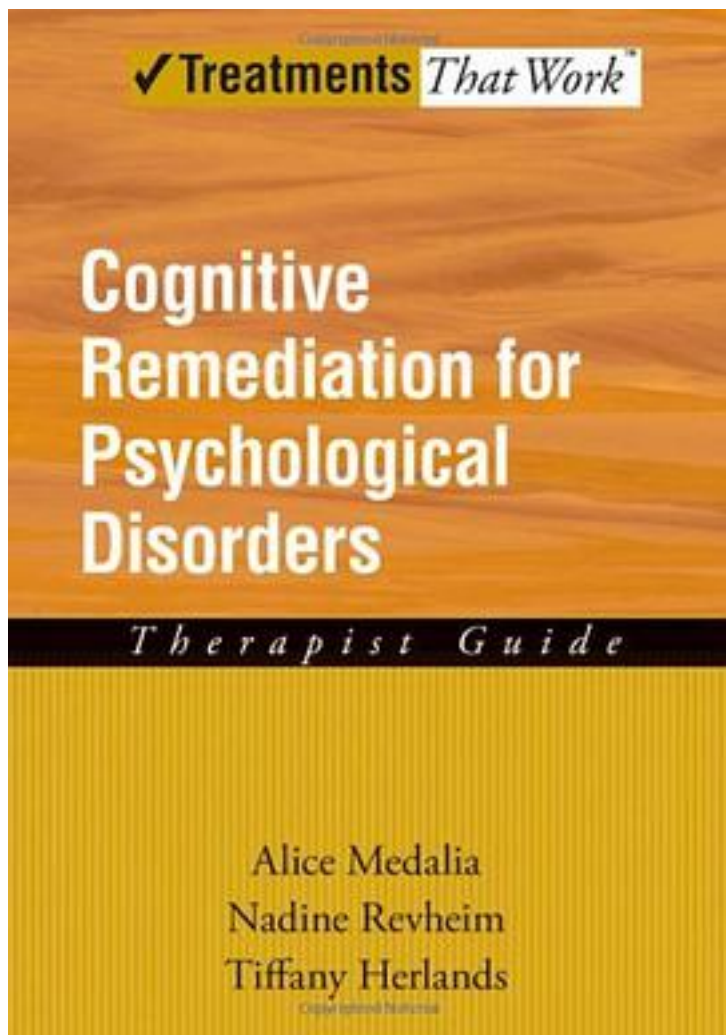


# Cognitive Remediation for Psychological Disorders



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出版者:

出版时间:2009-4

装帧:

isbn:9780195383713

Individuals who suffer from chronic mental disorders, including schizophrenia and

bipolar disorder, often experience cognitive deficits. For example, they may have difficulty with attention, memory, processing speed, abstract reasoning, and problem solving, among others. Cognitive remediation is an evidence-based behavioral treatment for people who are experiencing cognitive impairments that interfere with daily functioning. This volume contains all the information you need to set up a cognitive remediation program or "Learning Center" where clients can strengthen their cognitive skills. The program described is a group-based treatment that provides highly individualized learning, by allowing group members to work at their own pace on cognitive tasks carefully chosen to be both engaging and remedial. The goals of the Neuropsychological and Educational Approach to Cognitive Remediation (NEAR) are to provide a positive learning experience to each and every client, to promote independent learning, and to promote optimal cognitive functioning in daily life. Clients come to the Learning Center for 60 - 90 minute sessions at least twice a week. Sessions are structured to enhance motivation and learning through a set of instructional techniques that are carefully implemented as outlined in this manual. Guidelines for effectively administering therapy and running a successful program as a cognitive remediation specialist are set forth in the chapters of this book. You will learn how to choose appropriate software, recruit clients, perform intakes and assessments, and create treatment plans. Strategies for dealing with difficult clinical situations are also provided. This guide comes complete with all the tools necessary for facilitating treatment, including program evaluation forms and client handouts. Remediation (NEAR) Model is an evidence-based approach to cognitive remediation that utilizes a set of carefully crafted instructional techniques that reflect an understanding of how people learn best. This therapist guide provides a step-by-step instruction on how to implement NEAR techniques with patients to improve their cognitive functioning and quality of life.

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