

Session 1: Introduction and Overview: Neuropsychological Functioning in the Context of Viral Infection

Session 2: Attentional Abilities: Focused Attention

Session 3: Attentional Abilities: Sustained Attention

Session 4: Working Memory

Session 5: Executive Functioning Strategies: Sequencing, Planning, and Organization

Session 6: Executive Functioning Strategies: Abstract Reasoning and Problem Solving

Session 7: Verbal Memory Strategies

Session 8: Visual Memory Strategies

Session 9: Word Finding and Communication Strategies

Session 10: Impact of Fatigue on Emotional and Cognitive Functioning and Behavioral Coping Strategies

Session 11: Emotional Regulation and Coping Strategies

Session 12: Summary of Cognitive Remediation and Emotional Regulation Strategies

The Cognitive Remediation Team



Dr. Amanda Sacks-Zimmerman (left) is a board-certified clinical neuropsychologist with extensive experience in treating neurological disorders with cognitive remediation as well as researching the cognitive impact of stroke and brain injury. Dr. Sacks-Zimmerman treats a variety of patients who suffer from cognitive and emotional difficulties after illness or injury.

Dr. Heidi Allison Bender (center), the Director of Neuropsychological Services at the Weill Cornell Medicine Brain and Spine Center, is an award-winning, board-certified neuropsychologist specializing in the evaluation and treatment of patients of all ages with a wide range of neurological and cognitive disorders.

Dr. Jessica Spat-Lemus (right) is a neuropsychologist experienced in conducting neurocognitive assessments and cognitive remediation with individuals of all ages who have medical and neurological disorders. She believes in moving beyond a patient's neurocognitive deficits to identify their strengths in order to improve overall functioning and well-being.

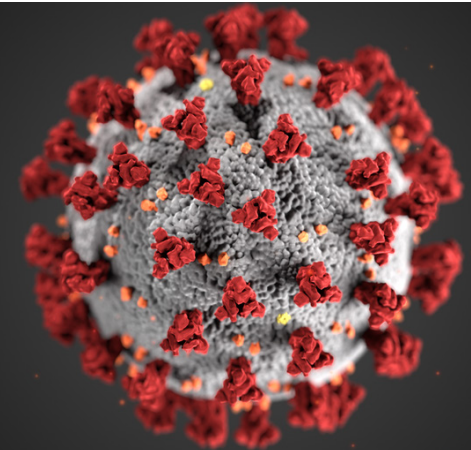
The neuropsychology team has been collaborating on COVID-19 neuropsychology-related research, including several accepted presentations at national and international conferences. They are in the process of developing an innovative service delivery care model that includes both evaluative and interventional neuropsychological services throughout each stage of COVID-19 recovery.

These providers are also available for individual cognitive remediation and cognitive behavioral therapy.

**Call 212-746-3356 for more information
or to enroll in the next group**



**Weill Cornell
Medicine**
Brain & Spine
Center



Finding Your Way Back After Covid-19

**Group cognitive remediation
therapy can help you**

**feel more like yourself after
recovering from the coronavirus**

weillcornellbrainandspine.org

What's Going On In Your Brain?

You know all too well the physical toll COVID-19 took on your body, but the cognitive and emotional effects may have taken you by surprise. We know from research on SARS and MERS, a similar family of viruses, that coronaviruses like COVID-19 can cause symptoms that outlast physical recovery, namely emotional and cognitive diminishment. The good news is that there is a path forward.

Like any infection, COVID-19 affected your whole body. You may have been most aware of physical manifestations like a cough or fever, but the virus didn't stop there. Many patients report feeling "brain fog" after their physical recovery, or having difficulty controlling their emotions as well as they had in the past. If this is your experience, you are not alone.

Cognitive and mood-related issues are frequent complications of COVID-19. Just as rest and medications helped you through the acute phase of your illness, cognitive remediation can help you get back to feeling like yourself. Cognitive remediation is a neuropsychological treatment that focuses on improving cognitive functions through exercises that stimulate attention and memory as well as strategies that help with tasks of daily living.

Research has demonstrated that cognitive remediation can lead to significant improvements in a number of cognitive areas after a wide range of conditions, including stroke, traumatic injury, and, yes, the aftermath of a viral infection, like COVID-19.

Does Cognitive Remediation Help?

Many COVID-19 survivors describe an unrelenting feeling of cognitive and physical fatigue which may require considerable effort to overcome. As a result, you may find it hard to re-engage in your daily activities in the same ways that you did in the past. You may need help –the good news is--- cognitive remediation may be the answer.

Just as rest and medication helped your body recover, cognitive remediation can help your brain get better.

This therapeutic treatment is based on the principle of neuroplasticity, meaning that the human brain is not a static organ but can be physically changed. These neuroplastic changes can occur within neural pathways and synapses after exposure to

enriched environments. Cognitive remediation can provide an enriching environment fostering neurocognitive and behavioral improvement.

**For more information
Call 212-746-3356 or visit
weillcornellbrainandspine.org**



Why Participate in a Group?

You are not alone in what you are experiencing. Others who have experienced COVID-19 know better than anyone how distressing and overwhelming its cognitive and emotional after-effects may be. Going through cognitive remediation as part of a group allows you to get the help you need in the company of others who understand what you've been through. Learning these new strategies in a group reduces the sense of isolation that often accompanies cognitive dysfunction.

A group setting also allows you to receive and provide feedback on strategies that work best, as well as encouragement to help you along your journey to recovery.

FOR MORE INFORMATION,

OR TO ENROLL IN THE NEXT GROUP:

Call 212-746-3356

weillcornellbrainandspine.org/cognitive-remediation