The 12-Week Agenda

Session 1: Introduction and Overview

Session 2: Neuropsychological Functioning and Cerebrovascular Disease

Session 3: Attentional Abilities: Simple and Sustained Attention

Session 4: Executive Functioning: Sequencing, Planning, and Organization

Session 5: Executive Functioning: Abstract Reasoning and Problem solving

Session 6: Cerebrovascular Disease and Processing Speed

Session 7: Cerebrovascular Disease and Verbal Memory

Session 8: Cerebrovascular Disease and Visual Memory

Session 9: Cerebrovascular Disease and Language

Session 10: Visuospatial Functioning

Session 11: Coping Strategies

Session 12: Summary of Cognitive Remediation Skills

The Cognitive Remediation Team

Dr. Jessica Spat-Lemus (left) is a clinical 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.

Dr. Amanda Sacks-Zimmerman (right) 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 that may be the result of cerebrovascular accidents such as stroke.

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

Weill Cornell Medicine
Brain & Spine Center

Finding the Way Back to Your Best Self

Group cognitive remediation therapy can help you feel more like yourself after a cerebrovascular accident.

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What Happened Inside Your Brain?

For a brief period of time during a cerebrovascular accident (a stroke, aneurysm, or other event), some parts of the brain are deprived of their usual supply of oxygen. The good news is, if the flow of oxygen is restored quickly, these accidents are very survivable.

Depending on what parts of your brain were affected, you may be experiencing weaknesses in motor skills or speech, or other functions controlled by the part of your brain that was temporarily deprived of oxygen.

If the area of your brain that experienced the interruption happened to be an area that controls memory, attention, or information processing, you may be experiencing some weaknesses in those areas. Cognitive issues are a frequent complication of a cerebrovascular event. And just as physical therapy or speech therapy can help you regain strength in those areas, cognitive remediation can help you recover what we call "executive function."

Executive function refers to the skills required to carry out everyday actions such as planning a task, beginning a task, and knowing when a task is complete.

Research has demonstrated that cognitive remediation can lead to significant improvements in a number of cognitive areas

For more information

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or visit

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Does Cognitive Remediation Help?

The good news is that everyone, even after a cerebrovascular accident, has intact cognitive abilities and strengths. Cognitive remediation therapy teaches a patient to use those existing abilities to compensate for deficits in other areas. Cognitive remediation treatment incorporates all domains of functioning: emotional, behavioral, and cognitive.

Cognitive rehabilitation is based on the principle of neuroplasticity, meaning that the human brain is not a static organ but can be physically changed. These changes can occur within neural pathways and synapses after exposure to enriched environments. Cognitive remediation provides such an enriched environment.

Just as speech therapy or physical therapy can aid in recovery, so can cognitive remediation.

Cognitive remediation incorporates attention-enhancing exercises that require internal neurological functions. These attention exercises engage both visual and auditory skills, both of which are essential to many everyday tasks. Attention and information-processing exercises are designed to enhance information retention and recall, contributing to improvements in memory.

Behavioral, emotional, and cognitive changes after a cerebrovascular accident can be stressful, but with quality remediation a patient can achieve excellent results and a good quality of life.

Why a Group?

- You are not alone in what you are experiencing. Others who have had a cerebrovascular accident know better than anyone how confusing its cognitive after-effects may be. Going through 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.
- A group setting allows you to receive and provide feedback on strategies that work best, as well as encouragement to help you along your journey.
- Learning these new strategies in a group reduces the sense of isolation that often accompanies cognitive dysfunction.

FOR MORE INFORMATION,

OR TO ENROLL IN THE NEXT GROUP:

Call 212-746-3356

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