

# Headway Essex

## Cognitive Rehabilitation in Practice



### Cognitive Rehabilitation in Practice

1 day training course

8 November 2019

Colchester, Essex

£75 per person  
+ booking fee  
(including lunch)

Book Today  
Online at Eventbrite



[admin@headwayessex.org.uk](mailto:admin@headwayessex.org.uk)



01206 845945



Headway  
Essex

[www.headwayessex.org.uk](http://www.headwayessex.org.uk)

# Benefits of attending the course

Cognitive rehabilitation following acquired brain injury is about techniques and practices that help to promote the restoration of cognitive skills such as memory or planning skills through retraining the disrupted skill or by teaching the use of compensatory strategies to 'by-pass' the disrupted skill. In reality, most cognitive rehabilitation is a combination of both approaches.

In this course, you will look at the early phase rehabilitation approaches following brain injury (quite often hospital-based) and also at what might be possible in terms of long-term community-based rehabilitation. In this course, however you will primarily focus on community-based rehabilitation practice and the issues to take into account when designing a cognitive rehabilitation programme for an individual client.

## Meet the trainer

Steve Shears MSc has a wealth of experience in the field of acquired brain injury as a psychotherapist specialising in working with people living with acquired brain injury. Steve has also presented many workshops in the UK, Ireland and Gibraltar and has spoken at seminars throughout Europe.

## Learning Outcomes

Delegates will benefit from:

Having a greater understanding of the practice, theory and evidence-base of cognitive rehabilitation following acquired brain injury.

Be able to consider options of retraining and compensatory approaches to cognitive rehabilitation.

Be able to understand the barriers you may encounter to effective cognitive therapy and how to work with these to achieve better outcomes.

Have the opportunity to practice on specimen cases involving cognitive deficits to develop formulation and treatment options.

# Course Contents 2019

10.00	Introduction – Each other and course aims
10.10	Warm-up game on memory
10.20	Your aims
10.25	Rehab pathways, approaches, early/late phases. Rehabilitation and ethics.
10.40	Video clip & discussion – thoughts from a client on Rehabilitation
10.50	Brain functions and cognitive difficulties revisited. Plasticity of the brain and rehabilitation
11.00	Interactive discussions about assessing cognitive strengths and weaknesses – formal testing by neuropsychology and other ahps self report ebiq/stroop
11.10	Barriers to rehabilitation –neurobehavioural problems. Insight and capacity issues
11.30	<b>BREAK</b>
11.45	Attention and memory issues/ executive functions
12.30	<b>LUNCH</b>
13.00	Motivational factors/task complexity/error controlled learning required
13.15	Working on cognitive rehabilitation plans
14.00	<b>BREAK</b>
14.15	Working on cognitive rehabilitation plans -continued
15.00	Round up - what will I do differently?
15.15	Evaluations
15.30	<b>END</b>



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## General Information

The course is run by Headway Essex and the cost is £75 + booking fee per delegate.

All bookings are to be made online at <https://www.eventbrite.co.uk/e/headway-essex-training-cognitive-rehabilitation-in-practice-tickets-72267143973>

**Confirmation:** Your confirmation letter (via email) will give you details of and directions to the event venue so bring it with you on the day.

**Cancellation Policy:** Cancellations made more than 7 days prior to the course start date will be eligible for a refund or the place can be passed to another person. Any cancellations after this time will not be eligible for a refund.

In the unlikely event of any event being interrupted, such as in the case of a natural disaster or if the tutor is ill, it will be rescheduled. If you are unable to attend the rescheduled event you will be given a full credit for a future event.

**To change delegates:** We are happy to change delegates upon notification by phone or letter, received up to 48 hours before the event.

**Certificates of Attendance:** These are only issued to delegates who attend the entire day's programme and complete the evaluation form.

**Special Requirements:** If you have any special requirements related to disability or diet, please email [admin@headwayessex.org.uk](mailto:admin@headwayessex.org.uk) or telephone 01206 845945 at the time of booking.

**Location:** Birkett Long solicitors, Amphora Place, 1 Sheepen Rd, Colchester CO3 3WG

[https://www.birkettlong.co.uk/site/contact/solicitors\\_colchester/](https://www.birkettlong.co.uk/site/contact/solicitors_colchester/)

