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## PAEDIATRIC THERAPY SERVICES ~ COGMED WORKING MEMORY TRAINING

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Does your child have?

- Difficulties following instructions
- Difficulties maintaining concentration and focus
- Difficulties with reading comprehension and / or writing comprehension..?

If so then the chances are that they have a weak working memory.

### What is Working Memory?

Working memory is the ability to keep information in our mind for a short period of time, while using it to carry out a task. It means remembering what to focus on or what to do next.

Working memory is a function of the brain that helps us temporarily store and manage the information required to carry out complex cognitive tasks such as learning, reasoning and comprehension. Working memory keeps information in the mind for a short time, typically for a few seconds, in order to use that information for thinking.

In daily life, we use working memory for a number of tasks such as remembering instructions, solving problems, controlling impulses and focusing attention.

Working Memory has been called The "Search Engine of the Brain"!

We use our working memory every day to:

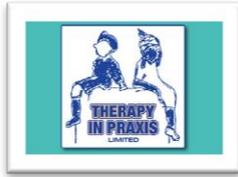
- remember what we should do next,
- to solve problems, and
- to pay attention.

Individuals with working memory problems may find it difficult to:

- Plan
- Start or finish a task
- Remember what was just said
- Remember instructions

Signs of a working memory deficit include:

- Concentration problems and being easily distracted
- Problems starting activities and carrying them to completion
- Forgetting instructions
- Forgetting homework, books, instructions
- Daydreaming instead of listening during school
- Concentrating for sustained period of time
- Tracking multiple tasks and prioritising them
- Reading comprehension difficulties



CogMed is a program based on strong scientific research and it is done in the convenience of your own home under the supervision of a qualified CogMed Coach.

CogMed Working Memory Training is designed specifically for individuals with attention deficits and working memory deficits.

Studies consistently show that most people with attention deficits also have a working memory deficit.

This is true for attention problems due to ADHD, traumatic brain injury or normal aging.

It is also true for milder concentration problem.

8 out of 10 users who complete training show measurable results.

After training they are more able to:

- Control impulsive behaviour,
- Concentrate and
- Use complex reasoning to solve problems

For those who believe that additional training would be beneficial, extended training is available.

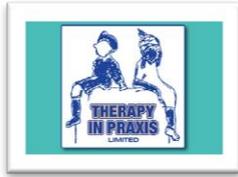
CogMed Working Memory Training is safe and effective. There are scientifically proven training programmes for all age groups from age 4 and up!

### **CogMed Research**

The effectiveness of CogMed has been proven in studies in both the UK and Sweden, where the initial development of CogMed took place.

Studies of CogMed Working Memory Training have been published in peer-reviewed scientific journals since 2002. These include several randomised, double-blind, placebo-controlled trials (Klingberg et. al., 2002 & 2005; Thorell et. al., 2008), studies documenting changes in brain activity following training (Olesen et al., 2004; McNab et al., 2009), and evaluations of CogMed training by scientists with no affiliation to Cogmed (Holmes et. al., 2009a & 2009b; Mezzacappa et al., 2010).

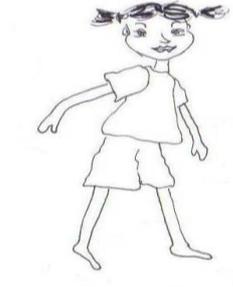
The populations studied include children with ADHD and/or working memory deficits, adult stroke victims, typically developing pre-schoolers, and healthy adults. The software and protocol used in the studies is the same as used every day by the CogMed network around the world.



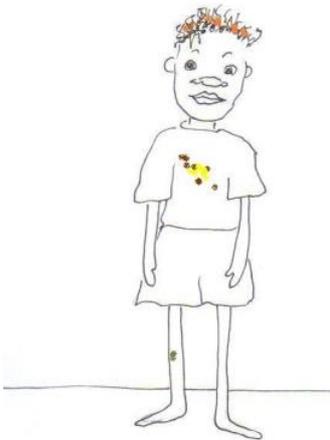
## COGMED Working Memory Training™

CogMed's training is built around three easy-to-use software programs based on age.

- **CogMed JM** - for pre-schoolers

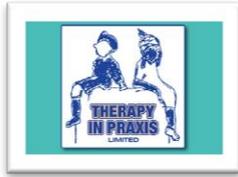


- **CogMed RM** - for school-age



- **CogMed QM** - for older adolescents and adults





## Cogmed JM

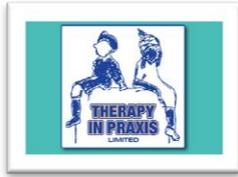


CogMed JM is for pre-school children – its training design is identical to the original program for children, CogMed RM, but features a new interface especially designed for younger children, ages 4-6.

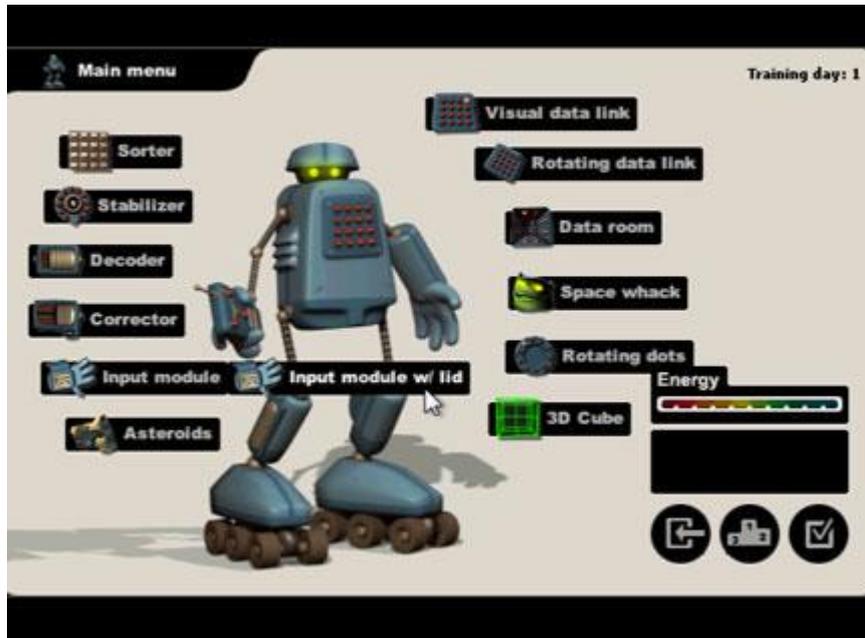
CogMed JM requires participation for 10-15 minutes every weekday for five weeks. The software guides the child through several rotating exercises each day. The exercises become more difficult in small steps, as the child's ability to handle them improves.

To help parents motivate their children and provide them with feedback, the program includes support from Therapy in Praxis' CogMed Coaches – we are a CogMed Qualified Practice.

Aside from a home computer with an internet connection, speakers, and a mouse, no additional accessories are required.



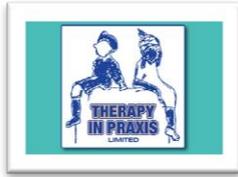
## CogMed RM



CogMed RM is for children age 7 and up – it requires participation for approximately 30-45 minutes every weekday for five weeks. The software guides the child through multiple rotating exercises each day. These exercises are designed to train working memory.

The complexity level of each exercise is automatically adjusted, click by click, to stretch the user's capacity to the maximum. To help parents motivate their children and provide them with feedback, the program includes support from Therapy in Praxis' CogMed Coaches – we are a CogMed Qualified Practice.

Included in the program is an optional racing game that functions as an immediate reward after each day of training. Aside from a home computer with an internet connection, speakers, and a mouse, no additional accessories are required.



## CogMed QM



CogMed QM is for older adolescents and adults – it is clinically proven to strengthen and increase working memory capacity with rigorous and engaging exercises. Its training design is identical to the original program for children but features a new interface for adults.

Research and clinical evidence demonstrates that adults of all ages improved their working memory capacity by 20%, after as little as 30 minutes of training each weekday during five weeks. CogMed QM is a comprehensive, computer-based training you can do at home.

The software guides you through multiple rotating exercises each day. These exercises are designed to train working memory. The exercises automatically adjust in difficulty expanding your working memory capacity. Each participant trains with support from a Therapy in Praxis' CogMed coach who monitors the training, tracks results, and provides motivation– Therapy in Praxis is a CogMed Qualified Practice.