

# WHAT IS COGNITION ?



- Cognition is everything to do with thinking and learning
- Workings of the mind = through which we make sense of the world.
- Cognitive rehabilitation therapy focuses on the development of cognitive skills which have been lost or altered as a result of neurological trauma.
- Aim of treatment is to improve the ability to carry out everyday tasks.

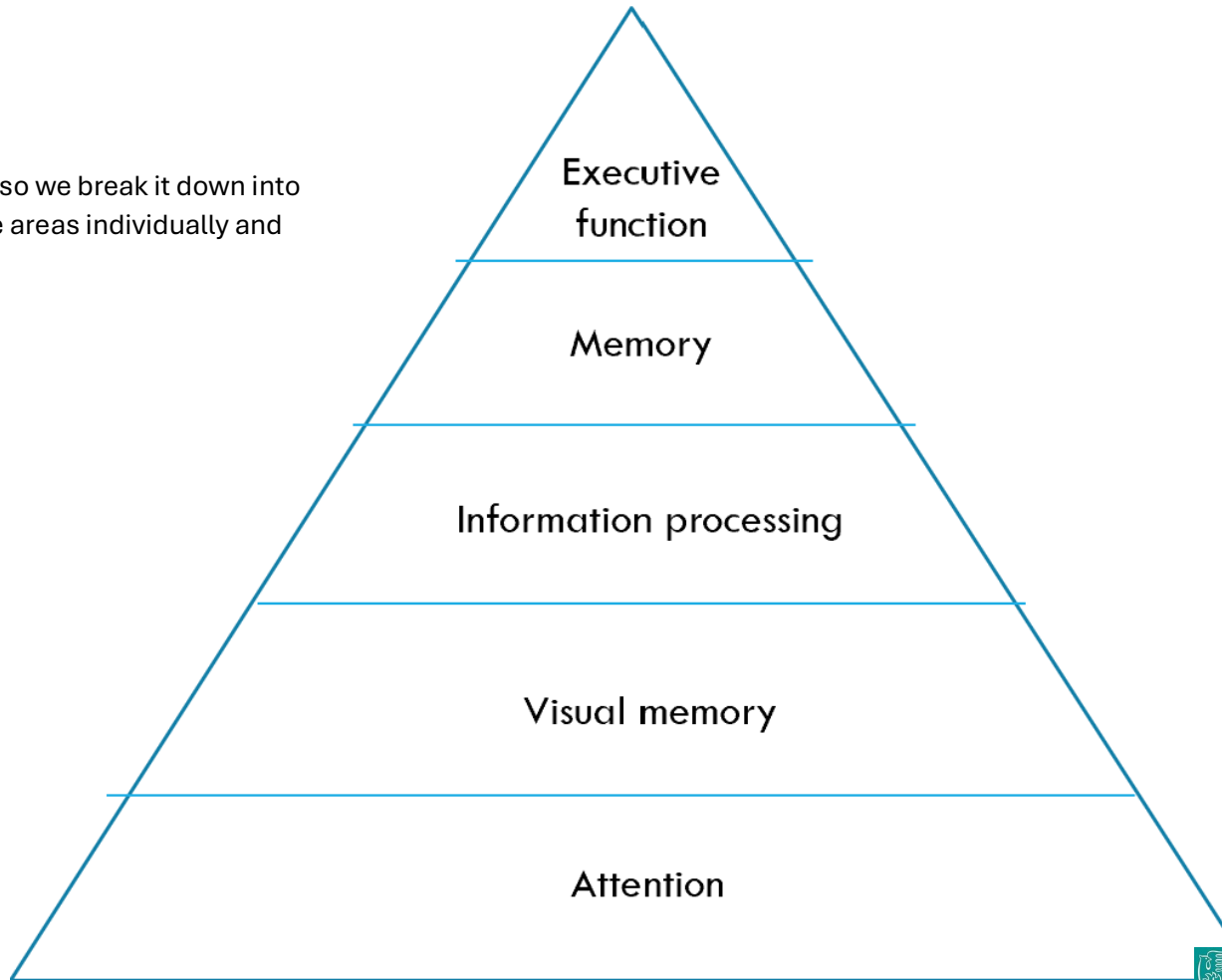
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# MAKING SENSE OF COGNITION

Cognition is highly complex, so we break it down into these 5 areas and treat these areas individually and collaboratively.



PLEASE SEE OTHER FACT SHEETS FOR EACH AREA OF COGNITION FOR FURTHER INFORMATION

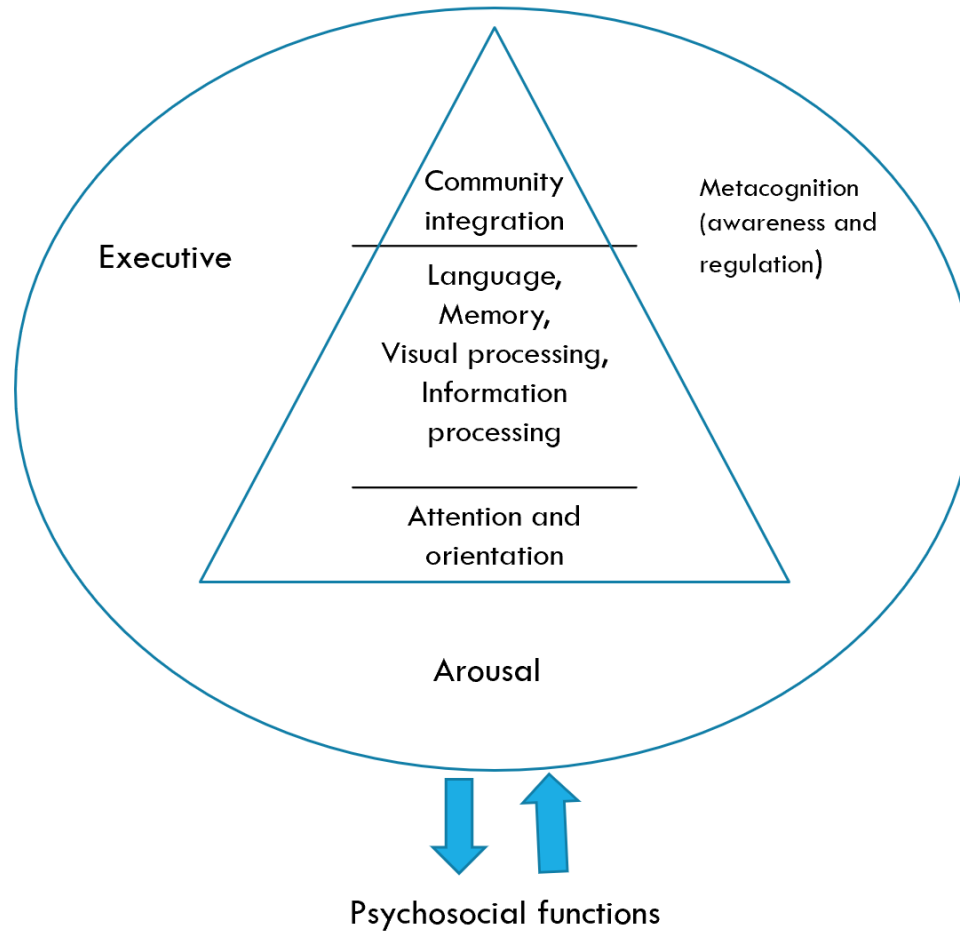
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HOW DO WE TREAT COGNITION?

# COGNITIVE TREATMENT MODEL



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TREE TRAINING – KIT MALIA  
& ANNA BRANNAGAN (2015)

## Education

This is not a “one-off” event. This means lots of repetition in many different ways over an extended period of time. Family and friends will be included in this process. The overall aim is develop awareness.

## Process training

This is a restorative approach.

*Conscious and Automatic* – This is where we learn new information. The process of trying to make sense of it (categorise it) is slow and effortful. *This is conscious processing.*

As the skill or information becomes more familiar, the process of categorising becomes faster and less effortful until it expends minimal processing power. *This is known as automatic processing.*

*The overall aim is to OVERCOME the problem (restorative approach).*

It involves practising a skill to help it return to an automatic level.

## Strategy Training

This is a compensatory approach

This is divided into three major areas: internal, external and environmental

- *External strategies* -person relies on things outside themselves e.g. physical objects or devices e.g. using alarm function on a mobile phone.
- *Internal strategies* – where the person relies on mental processes that cannot be physically touched or seen by other people e.g. visualising what you have been doing such as retracing your steps if you lose your keys
- *Environmental strategies* – these are controlled by other people and usually used when the person with the brain injury does not have sufficient awareness to utilise strategies independently e.g. rearranging someone’s bedroom to reduce stimulus such as pictures or minimising noise.

## Functional Activities Training

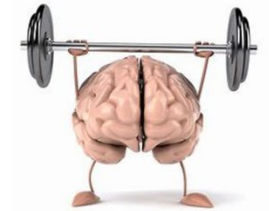
This is where we apply what has been learnt in the other approaches into everyday life.

# FOUR APPROACHES TO CRT

## Education



## Process Training



## Strategy Training

2018 JANUARY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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## Functional Activities Training



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