Motivating Apathetic, Depressed, and Cognitively Impaired Individuals to Maximally Benefit from Therapy

**Presenters:** Rob Winningham, Ph D and Mike Studer, PT, MHS, NCS, CEEAA, CWT, CSST

**This course will be live and interactive:** 1/15/2016, 8:00 am - 3:45 pm (with breaks) 6.5 hours

**Location:** Sheraton Portland Airport Hotel
8235 NE Airport Way
Portland, OR 97220

**COST:** $179.00 (Upgrade to a Premium Subscription for just $10.00 NOW)
**EARLY BIRD until December 1, 2015:** $159.00
**Group Pricing:** 5 or more Registrations and get one free admission

This course is appropriate for the following audiences: Physical Therapists, Speech Therapists, Occupational Therapists, Physical Therapy Assistants, Certified Occupational Therapy Assistants, and Recreation Therapists who treat the following:

- Alzheimer’s Disease
- Parkinson’s Disease
- Brain injury from stroke or trauma
- No awareness of their impairments
- Depression
- Apathy
- Extreme lack of motivation
- Multiple Sclerosis
- Older adults with memory problems
- Patients that fall or are fearful of falling

18 and older, with a focus on older adults and those who have experienced a brain injury

**Instructional level:** Intermediate

**COURSE DESCRIPTION**

Patients with cognitive impairment often have difficulty with functional activities as well as learning or relearning behaviors in the clinic. Attendees will learn what aspects of cognition are most often affected by mild to moderate cognitive impairment and how to overcome some of those deficits with either long term cognitive rehabilitation or short term executive functioning enhancing interventions. Many clients are functioning below their potential, because of fear or other psychological barriers. In addition, depressed, unmotivated, apathetic and/or anxious clients often do not benefit from treatment as much as others. As you know, these patients often pose difficult challenges for therapists.
In this exciting and unique course we will learn and discuss how to increase the efficacy of our treatment with patients who have cognitive impairment, depression, or difficult personality disorders. Therapists will learn how to individualize their treatment interventions for difficult populations in this intermediate course. Therapists will also get practical ideas, tools, and strategies they will be able to immediately put into practice.

If you treat patients with the following conditions, then this course is for you:

- Alzheimer’s Disease
- Parkinson’s Disease
- Brain injury from stroke or trauma
- No awareness of their impairments
- Depression
- Apathy
- Extreme lack of motivation
- Multiple Sclerosis
- Older adults with memory problems
- Patients that fall or are fearful of falling

The approaches presented will be evidence-based, supported by research and will focus on improving functional independence, mobility, ADLs, and even memory ability. Videotaped clinical case studies and examples will be used to illustrate and reinforce the ideas and techniques.

**Learning outcomes:**

- Participants will be ready to implement effective strategies that enhance functional independence in clients with cognitive impairment.

- Participants will be able to identify strategies to remove common barriers to learning.

- Participants will identify optimal caregiver training strategies for the cognitively impaired.

- Identify several ways to motivate depressed, apathetic, and anxious patients to participate in therapy and activities to improve memory ability and quality of life.

- Learn how to recognize and employ at least 5 real time strategies to enhance attention and executive functioning in people with mild to moderate cognitive impairment.

- Participants will be able to identify and apply effective cognitive rehabilitation strategies, especially for their geriatric and brain injured patients.

- Participants will know how encoding, storage and retrieval changes throughout older adulthood.

**Brief Timeline of Course:**

8:00-8:45 How memory (and the brain) changes with cognitive impairment and dementia.
8:45-9:30 Maximizing cognition through improved attention and taking advantage of existing cognitive abilities

9:30-9:40 Break


11:00-12:00 Psychology applied in the rehabilitation clinic: Part 1. Maximizing learning and treatment outcomes in your unmotivated, depressed, apathetic, neurotic, fearful and/or anxious patients

12:00-1:00 Lunch

1:00-1:45 Psychology applied in the clinic: Part 2. Maximizing functional independence and carryover in patients with affect, cognition, or psychological impairment. Functioning better in a variety of settings, and with different caregivers.

1:45-2:50 Evidenced-based cognitive and psychological rehabilitation approaches: beyond “the couch”.

3:00-3:45 Videotape applications of evidenced-based cognitive rehabilitation approaches

**Mike Studer, PT, MHS, NCS, CEEAA, CWT, CSST**

Mike Studer is a full-time treating clinician at and president of Northwest Rehabilitation Associates in Salem, OR. He is has been recognized as a board certified neurologic clinical specialist by the American Physical Therapy Association (APTA) since 1995 and is a nationally and internationally-recognized physical therapist in the areas of neurology and healthy aging. Mike is active in the APTA, with national-level board positions, clinical research, continuing education, and authoring publications. In 2011, Mike received the Neurology Section Clinician of the Year – a national award from the American Physical Therapy Association. In 2014, he received the same award from the Geriatric Section of the APTA – making him the only clinician to have received these awards from two different sections on a national level.

**Rob Winningham, Ph.D.**

Dr. Rob Winningham has 20 years of experience researching applied memory issues and for the past 16 years has conducted research on older adults and ways to enhance their mental functioning and quality of life. He has developed novel approaches to maximize the efficacy of physical, occupational, and speech therapy. Most recently, he has been helping LinkedSenior.com create video games and interactive activities specifically designed to enhance older adult’s cognition. Thousands of subscribers get his monthly brain stimulation activities called Dr. Rob’s Cranium Crunches. He is a full Professor and Past Chair of the Behavioral Sciences Division at Western Oregon University (WOU) where he managed both the Psychological Sciences and Gerontology Departments. Dr. Winningham received his Ph.D. in Neuroscience from Baylor University. In addition to publishing many peer-reviewed articles in the area of human memory, Dr. Winningham makes frequent television and radio appearances and has given well over 600 invited presentations about memory and aging at various
conferences and workshops. His book *Train Your Brain: How to Maximize Memory Ability in Older Adulthood* was published by Baywood Publishing. Learn more at: www.robwinningham.com