Cogmed Working Memory Training™
Fact Sheet 2011

An evidence-based intervention for improved working memory

**Cogmed Training**

Cogmed Working Memory Training is an evidence-based program for helping children, adolescents, and adults sustainably improve attention by training their working memory.

The program is based on strong scientific research, is delivered under the supervision of a qualified Cogmed Coach, and can be done either in the convenience of the client’s home or at a designated healthcare facility.

The complete program includes:

- Initial interview
- Start-up session
- Five weeks of training with weekly coach calls
- Wrap-up meeting
- Six month follow-up interview
- Access to the Cogmed Training Web
- Cogmed Extension Training (12 months)

Provided via a national network of attention specialists, all qualified by Cogmed.

Computer-based training, using a PC at home or at a designated healthcare facility.

Software adjusts complexity level for each exercise, in real time, for maximized training effect.

25 training sessions of 30-40 minutes each, done over 5 weeks.

Supported by a Cogmed Coach who leads the training, tracks results, and gives support and motivation.

User/family sets the training schedule with the Cogmed Coach, with plenty of flexibility.

Cogmed Training Web gives all users online access to their own training results and progress status.

Cogmed Extension Training allows the user to further sharpen the acquired capacity and to verify how the results hold over time.

**Cogmed Programs**

Cogmed Working Memory Training is built around three easy-to-use and age-specific software applications.

**Cogmed JM**

Pre-school

Younger children use their working memory for a number of things, such as focusing on and following instructions, and remaining seated to complete independent activities.

**Cogmed RM**

School age

Working memory is crucial for children and adolescents in school and socially. Reading, solving math problems, planning, and following a conversation all rely on working memory.

**Cogmed QM**

Adult

Working memory in adult and professional life is critical for challenges such as planning, focusing, resisting distraction, and meeting deadlines.

To learn more about our programs and about working memory, visit www.cogmed.com.au

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Studies consistently show that problems with attention and learning are often caused by poor working memory. That holds true for those with ADHD, learning problems, traumatic brain injury and specific learning disabilities. It is also often true for concentration problems and poor academic performance.

Research shows that working memory is one of the best predictors of academic success. Working memory is particularly important for reading comprehension and math ability.

A substantial and growing body of work documents the efficacy of Cogmed Working Memory Training. Most notably, Klingberg’s 2005 study on school age children with ADHD showed it to be effective in a placebo-controlled, multi-centre trial. Substantial and lasting reduction of attention problems following training-induced working memory improvements is a research breakthrough. Leading American and European research teams have now replicated the research using Cogmed products and protocol.

Recent published studies have shown Cogmed Training to address math skills, reading comprehension and attention deficits. For the latest results and research posters, visit www.cogmed.com/research.

Working memory is critical for focusing, resisting distractions, and for complex thinking. Improved working memory capacity generalizes to improved attention and learning capacity. 8 out of 10 users who complete training show measurable effects.

Research and clinical data show improved grades following Cogmed training. Parents and teachers also report improved social skills, taking initiative, remembering instructions, and completing assignments more independently. The objective is better academic results, particularly in reading comprehension and math.

Cogmed Working Memory Training is available in Australia and New Zealand through a network of accredited Cogmed Coaches. Each Coach is trained and supported by a Cogmed Training Facilitator to ensure the highest level of quality in all trainings.

To learn more about Cogmed, contact:

**Kids Matters**

**Occupational Therapy**

**Julia Eggles**

Senior Occupational Therapist & Cogmed Qualified Coach

1300 136 596  www.kidsmatters.com.au

Now available from Pearson


For any questions, call 1800 882 385 (Aus) 0800 942 722 (NZ)

For research references and more information, please see www.cogmed.com/research.

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Cogmed Working Memory Training is not intended to be a substitute for a health-care provider’s consultation or a substitute for medication that a doctor may have prescribed. Results may vary.