



# **CDP Presents CogSMART/Compensatory Cognitive Training for Service Members and Veterans with Neuropsychiatric Conditions**

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This webinar will describe Compensatory Cognitive Training (CCT) and Cognitive Symptom Management and Rehabilitation Therapy (CogSMART) for individuals with neuropsychiatric conditions, including traumatic brain injury and psychiatric illnesses. These interventions focus on teaching strategies to improve organization, attention, learning, memory, cognitive flexibility, problem-solving, and planning, rather than extensive drills and practice. In other words, CCT/CogSMART emphasizes teaching participants how to improve their cognitive skills by using strategies and practicing their strategy use in the community. Implementation practice helps turn these strategies into habits, so they can be used automatically in the real world. By improving cognitive abilities, CCT/CogSMART strategies can help people perform better in their everyday activities and reach their goals pertaining to school, work, social functioning, and independent living. CCT has been successful for people with cognitive challenges resulting from many types of neurological and psychiatric conditions. Results from randomized controlled trials will be reviewed, and key components of the intervention will be described and demonstrated. Clinical aspects of intervention delivery (e.g., identifying candidates, linking cognitive strategies with rehabilitation goals) will be discussed.

**Target Audience:** For behavioral health providers who treat military personnel, veterans, and their families.

**Instructional Level:** Introductory

**Learning Objectives:**

Attendees will be able to:

- Differentiate compensatory and restorative interventions to improve cognition in people with psychiatric disorders.
- Categorize domains of cognitive functioning targeted in CogSMART/CCT.
- Demonstrate how to link cognitive strategies with individual rehabilitation goals.



### **Agenda for CDP Presents Webinar**

<b>Webinar room prep and Lobby time</b>	<b>11:30am - 12:00 PM</b>
<b>Welcome to CDPP and Speaker Intro</b>	<b>12:00pm - 12:05 PM</b>
<b>Speaker Presents</b>	<b>12:05pm - 1:25 PM</b>
<b>Question and Answer</b>	<b>1:25pm - 1:30PM</b>



## Location Information

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**Address:**

<http://deploymentpsych.ce21.com/item/cdp-presents-cogsmartcompensatory-cognitive-training-service-members-veterans-neuropsychiatric-conditions-92288>

March 16, 2022 12:00 PM - 1:30 PM Eastern time

## Participate

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**Registration Information:**

Participants can register via the link provided above, utilizing the CE21 system.

**Cost/Refunds:** Zero cost, no refund policy

**Special Accommodations:**

If you require special accommodations due to a disability, please contact Micah Norgard at [micah.norgard.ctr@usuhs.edu](mailto:micah.norgard.ctr@usuhs.edu) 2 weeks prior to the training so that we may provide you with appropriate service.



## **Presenter**

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Elizabeth Twamley, PhD

Dr. Twamley is a neuropsychologist and a Professor of Psychiatry at UC San Diego. Much of her work is based at the VA San Diego Healthcare System, where she is a VA Rehabilitation Research and Development Research Career Scientist and the Director of the Clinical Research Unit of the Center of Excellence for Stress and Mental Health. Dr. Twamley's research has focused on cognitive training and other interventions to improve real-world functioning for individuals with psychiatric disorders, traumatic brain injuries, and other cognitive impairments. She has developed and evaluated Compensatory Cognitive Training (CCT) and Cognitive Symptom Management and Rehabilitation Therapy (CogSMART) with funding from NIH, VA, DoD, NSF, BBRF/NARSAD, and UC San Diego grants. These treatment manuals and other clinical materials are available at no charge on her website, [www.cogsmart.com](http://www.cogsmart.com).

## **Continuing Education**

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The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

The Center for Deployment Psychology offers attendees 1.5 credit hours for participation in this training. Participants attending events in person are required to sign-in at the start of the training and sign-out at the conclusion of the training in order to attain CE credit. Participant attendance data will be collected electronically during webinars. There is a 30-day time limit post-training to complete all CE requirements. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to Mr. Micah Norgard at [micah.norgard.ctr@usuhs.edu](mailto:micah.norgard.ctr@usuhs.edu).

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