

# Cognitive Rehab

**The Multicontext Approach  
to Cognitive Rehabilitation of  
Executive Dysfunctions:  
Promoting Strategy Use &  
Awareness across Functional  
Activities**

**Dr. Joan Toglia**

PhD, OTR

**December 4-5, 2010**

**8:30am-4:30pm**

**725 Welch Rd**

**Palo Alto, CA**

**12 Contact hours  
SLPAB Provider # 242**

## COURSE DESCRIPTION

This course provides clinical evaluation and treatment strategies for adults who demonstrate symptoms of executive dysfunction such as impulsivity, initiation, keeping track of information (working memory), self monitoring, shifting attention, choosing relevant information, monitoring time, multi-tasking, planning, organizing and problem solving.

New methods of assessing executive function will be reviewed. A Multicontext (MC) treatment approach that focuses on promoting transfer of strategies across everyday activities and improving awareness and functional performance will be emphasized. Multicontext treatment systematically varies environmental context and activity demands to facilitate transfer of learning. Techniques to help persons understand, anticipate, monitor and control cognitive symptoms are integrated throughout intervention.

A variety of internal and external or compensatory treatment strategies to enhance awareness and executive functions across a wide range of functional activities will be presented. Clinical applications for persons with acquired brain injury, stroke, neurological illness and mild cognitive impairment will be emphasized, however principles can be applied to a broad range of persons with executive dysfunction.

### **COURSE LOCATION:**

Friedenrich Auditorium

Lucille Packard Children's Hospital

725 Welch Road

Stanford, CA 94305

### **Mailing address:**

Rehabilitation Services MC 5284

300 Pasteur Dr.

Stanford CA 94025

## FACULTY

**Joan Togli, Ph.D., OTR** is Professor and Program Director of Occupational Therapy, Mercy College, Dobbs Ferry, NY. and Professional Associate at New York Presbyterian-Cornell Weill Medical Center.

Dr. Togli is recognized for her work on the Multicontext treatment approach and the use of dynamic investigative assessment methods. She has presented lectures and workshops in Europe, South America, Asia, Canada as well as throughout the United States and is author of numerous publications. She has contributed extensively to the field of cognitive perceptual rehabilitation as a clinician, educator and researcher.

### COURSE OBJECTIVES

- ◆ **Identify** outcome measures and methods
- ◆ **Describe** and use the multi-context approach to enhance awareness and generalization of learning
- ◆ **Describe** a wide range of methods for assessing executive function
- ◆ **Define** types of cues and mediation methods that are effective in treatment
- ◆ **Describe** external and internal strategies that are effective in managing executive function symptoms such as problems in initiation, impulsivity, losing track, difficulty shifting sets and managing multiple step activities
- ◆ **Use** systematic methods for enhancing self-monitoring skills, self regulation and awareness
- ◆ **Use** systematic methods for promoting generalization of cognitive strategies across functional activities

## COURSE OBJECTIVES

### Saturday, December 4

- 8:15 Registration  
8:50 Welcome and Introduction  
9:00 **Overview of Executive Function**  
10:15 **Executive Function and Cognitive IADL** (continued)  
11:15 **Understanding Awareness**  
12:00 Lunch  
1:00 **Framework for Assessment & Intervention of Cognitive Strategies**  
-Dynamic Interactional Model  
-Cognitive Intervention-Evidence based treatment  
-Dynamic assessment methods/ application to executive function  
2:30 **Framework for Intervention: Multicontext (MC) Approach**  
4:30 End

### Sunday, December 5

- 8:30 **Multicontext Treatment** (continued)  
9:30 **Initiation and Impulsivity**  
-Treatment strategies across functional contexts  
**Working memory, dual tasking and attention**  
-Integrating strategy into everyday activities  
10:45 **Case Treatment Planning and Discussion**  
12:00 Lunch  
1:00 **Shifting and Cognitive Flexibility**  
2:45 **Case Treatment Planning**  
3:30 **Cognitive Group Programs**  
4:15 Questions  
4:30 End of course

## REGISTRATION

**EARLY REGISTRATION \$225**  
**After November 3, 2010 \$250**  
Full time student \$50. Please list school.

Name: \_\_\_\_\_

License # \_\_\_\_\_

E-mail (please print clearly): \_\_\_\_\_

Address: \_\_\_\_\_

Amount: \_\_\_\_\_ Phone: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Visa  MC  Expiration Date: \_\_\_\_\_

Checks Payable to Stanford Hospital

Mail registration and payment  
(check or credit card) to:

Deb Bolding  
Rehabilitation Services  
300 Pasteur Drive MC 5284  
Stanford CA, 94305

[dbolding@stanfordmed.org](mailto:dbolding@stanfordmed.org)

For hotel or other information

OR Fax to: 650-725-5433