

Cognitive rehabilitation of the most commonly encountered cognitive deficits

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In many settings, both inpatient and outpatient, we encounter patients who have deficits to their cognitive functioning. Clients may come into the world with congenital deficits that affect their ability to learn, work, or socialize. Others may acquire problems through illness or injury. Even when we are not working with an individual primarily to treat their cognitive deficits, we often must take those problems into account when treating that person in order to increase patient understanding of and compliance with treatment. Certainly, at other times the primary focus of our treatment is cognitive rehabilitation. This paper will present an explanation of the underlying process of how to bring about improvement in cognitive functions, and specific examples will be given to illustrate how to improve functions relating to 1) speed of information processing and 2) to the ability to keep track of multiple stimuli. Those processes are subject to direct remediation, and improving those functions can have a significantly positive impact on the individual's overall capacity to function in the world.

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