Available through a national network of attention training experts

Talk to the Cogmed Qualified Practice of your choice to learn more about the research and how you or your child may stand to benefit from Cogmed training. Visit cogmed.com or call 1-888-748-3828 today for more information and a list of Cogmed Qualified Practitioners.

This is a program based on strong scientific research that is done in the convenience of your own home under the supervision of a Cogmed qualified coach.

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

- 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)

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

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

Computer-based training, using a PC at home. No need for office visits.

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

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

The scientifically developed and tested software adjusts complexity level for each exercise, in real time, for maximum training effect.

Each user has a Cogmed Coach who leads the training, tracks results and gives support and motivation.

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

"I am suddenly getting everywhere on time, without any effort."

"He has a new maturity about him and does his homework without frustration."

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Most people with an attention problem also have a working memory deficit. That means they don’t have the same working memory capacity as their peers.12 Our program, backed by clinical evidence, is proven to train and improve a person’s working memory. Post-training evaluations show this helps kids perform better in school. To put it simply, increasing working memory capacity improves attention, which helps improve academic and professional performance.

**What is working memory?**

We use working memory every day. It is the ability to keep information in your mind for a short time, focus on a task and remember what to do next. With a working memory deficit, it is difficult to stay focused, ignore distractions, plan next steps, remember instructions, start and finish tasks. Studies show a deficit in working memory often leads to difficulties in school especially in reading comprehension and math.3

**Problems focusing**

Easily distracted. Forgetting instructions.

**Difficulties starting and finishing tasks**

Problems focusing and paying attention. Finishing tasks. The objective is better academic performance as a result of Cogmed Working Memory Training, and was published in Spring, 2009. Visit our website for more information.

**Benefits**

Improved ability to sustain attention

**Improved impulse control**

Better complex reasoning skills

**Better academic performance**

**Research has established an important connection between working memory and attention.**

**Introducing Cogmed Working Memory Training**

The first significant psychological intervention in a decade created for people with attention problems.

In the U.S. since 2006, Cogmed Working Memory Training is a home-based program that helps people with attention problems by training and increasing their working memory capacity. Clinically proven results demonstrate that after training, people improve their ability to concentrate, control impulsive behavior and better utilize complex reasoning skills. In the end, better academic and professional performance can be achieved.

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