

## Cognitive Function Workshop

### Registration Form 27.05.10

PRICE

- I wish to attend as a non-member of the Community Therapists Network £185
- I wish to attend as a member of the Community Therapists Network £145  
Please provide your CTN Membership number:
- Additional 15% discount for CTN members making a block booking of 3 or more -  
Please provide details of all delegates and deduct 15% from total amount

Title:	First name:	Surname:
<input type="text"/>		
Job Title: <input type="text"/>		
Company: <input type="text"/>		
Address: <input type="text"/>		
<input type="text"/>		
Town:	County:	Post Code:
<input type="text"/>		
Telephone:	Email:	
<input type="text"/>		

I wish to book  delegates to attend at £  each. Total = £

- I enclose a cheque for the total amount payable to Innervate Ltd
- Please invoice me for the total amount payable \* Purchase Order n<sup>o</sup>:   
\* If invoice details differ to those above, please provide on a separate sheet
- Please charge my debit/credit card for the total amount payable
- Delta  Maestro  Mastercard  Visa

Name on card:

Card number:  3 digit security code:

Expiry date:  Start date (Maestro):  Issue n<sup>o</sup>. (Maestro):

Date:  Signature:

Special dietary requirements:

We may send you additional information on the services of the Community Therapist Network and its products. If you wish to receive information please tick this box:

Please return to:

Community Therapists Network Secretariat, Innervate Ltd, 27 Fitzroy Square,  
London W1T 6ES or fax to 020 7760 7193

Telephone: 020 7554 4044, email: [info@communitytherapy.org.uk](mailto:info@communitytherapy.org.uk)

[www.communitytherapy.org.uk](http://www.communitytherapy.org.uk)

# Helping Your Patients To Manage Their Cognitive Function

How does the brain work?

Factors that impact on cognition

Explaining cognition to patients

Strategies for coping

Thurs 27<sup>th</sup> May 2010

Shropshire House

London



Presented by

**Dr Anita Rose**

BA(Hons), DCLinPsy

Highly Specialist Clinical Psychologist, The Walton Centre NHS Foundation Trust

Delegates receive a free copy of Dr Rose's booklet:

'MS and Cognitive Function - Top Tips for Promoting Self Care'

# Helping your patients to manage their cognitive function

**Date/Venue** 27.05.10 Shropshire House, London  
**Registration** 09:30 am Workshop closes: 16:30 pm

## About the Presenter

Dr Anita Rose has been the Highly Specialist Clinical Psychologist with the MS Team at the Walton Centre of Neurology and Neurosurgery, Liverpool, since October 2005. She has had an interest in Neuropsychology and has obtained extensive experience in this field since 1998.

Her original career (before marriage and children!) was as a psychiatric nurse. She visits South Africa yearly to work as a volunteer with women and children. Since 2005 she has provided training within a Neuropsychology Dept in Cape Town following a 4 month secondment to that department.

She is currently involved in, or running, a number of research projects including: Computerised Cognitive Behavioural Therapy for people with MS; Service related issues with Cognitive deficits in people with MS; Carer burden and strain related to cognitive issues in people with MS; Investigation into Cognition in MS.

Outside of her work within the NHS she is an advisor to City Hearts Women's House, Sheffield - a residential home for women with life controlling issues.

## About the Workshop

This is a new workshop from the Community Therapists Network designed to offer you a general introduction to cognitive rehabilitation, helping you to support those patients suffering cognitive impairment problems arising from their long-term neurological condition. It is particularly relevant to those professionals managing people who have had a stroke, have Multiple Sclerosis, Parkinson's Disease, Acquired Brain Injury or Epilepsy.

The workshop is divided into the following areas:

## How Does the Brain Work?

- Anatomy of the brain.
- Exploring brain function and cognition.
- General cognitive problems e.g. memory, attention, problem solving etc.

## Factors that Impact on Cognition

eg. fatigue, sleep, pain and emotions.

## Explaining Cognition to Patients

It's relatively easy to tell a patient that cognitive problems are common in their condition but what do you say when they ask "why?"?

In this interactive session participants will explore why we need to educate patients and their families, explaining the basic anatomy to patients and why they are having problems.

## Strategies For Coping

- What are strategies? Do they work?
- How do I help a patient use strategies?
- How do I teach them? What about the patient who has no insight?