

Professional

Anna Evans is the Director and principal Speech Pathologist at *Brain & Language Connections*. She holds a Bachelor of Applied Science (Speech Pathology) Honours, and is a member of Speech Pathology Australia, Working Memory Australia and the Australian Society for the Study of Brain Impairment.

She is a provider of many evidence-based and internationally recognised programs including: Cogmed Working Memory Training, Fast ForWord® and Lindamood Bell®. She has also developed the Positive Processing Program™ and About Face! Social Skills Program™

With over 18 years experience, she is a specialist child and adolescent therapist with vast clinical experience in clinic, hospital and school settings around Melbourne. Both passionate and dedicated to her work, she believes in a holistic approach to achieve the best outcomes.

brain & language connections

Specialising in the neuroscience of speech, language and learning



*For further information on
Cogmed Working Memory
Training contact us at:*

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Cogmed Working Memory Training

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Cogmed Working Memory Training is an evidenced-based computer intervention for children, adolescents and adults with attention problems caused by poor working memory. It is a rigorous program designed to improve working memory through intensive and systematic training. Based on strong scientific research, no other attention training or working memory program can match the research behind Cogmed.

What is working memory?

Working memory refers to the ability to hold on to and manipulate information in the mind over short periods (seconds) of time. It works like a 'mental notepad' to help us store important information to carry out tasks.

Individuals with working memory problems:

- are often easily distracted
- struggle to remember instructions
- have difficulty starting, prioritizing and finishing tasks
- can have difficulty with reading comprehension
- can have difficulty with maths

It is estimated that 10-15% of school aged children have working memory problems, but these are too often misidentified as deficits of attention or intelligence (Holmes et al 2009).

*“Working Memory is the **search engine** of the brain and it is through neuroplasticity that we now know that working memory training is possible”.*

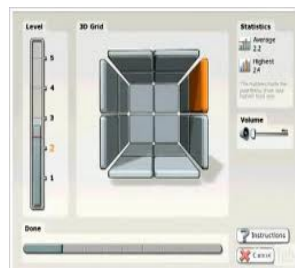
Who would benefit from Cogmed?

Individuals who have:

- struggled with attention and learning all their lives – including those with ADHD or a Learning Disability
- A Brain Injury, Stroke, or other insult to the brain
- Asperger's Syndrome & High Functioning Autism
- Down's Syndrome
- Reduced ability to focus due to the normal effects of aging

What programs are available?

Depending on your age, there are three programs available: Cogmed JM, Cogmed RM, and Cogmed QM.



How to Get Started

At *Brain & Language Connections* we are proud to be one of only a few practices in Australia currently offering Cogmed. The training, which is usually done at home, consists of 25 computerized training sessions, each 30-45 minutes long. The training program is five weeks long with five sessions every week. The complete program includes the following:

- **Initial Interview** – The Cogmed coach schedules a meeting with you to discuss the program. The potential benefits from the training are evaluated through this consultation and/or assessment.
- **Start-up session** – The Cogmed Coach plans and structures the training together with the user/family.
- **Five weeks of training with weekly coach calls** – The Cogmed Coach speaks to the family on a weekly basis to give advice on how to get the most out of the training, hear feedback, and increase motivation.
 - **Access to the Cogmed Training Web** – Both the user and the Cogmed coach can review each day's training using Cogmed's unique online system.
 - **Wrap-up session** – About one month after training is completed, the Cogmed Coach summarizes the training together with the user and provides feedback from the rating scales and the Cogmed Training Web.
 - **Six months follow-up interview** – The Cogmed Coach documents training effects again, with more time elapsed and the effects fully emerged.
 - **Cogmed Extension Training** – When the intensive five week training is completed, the user gets access to 100 *free* sessions of training with the software, to use over a 12 month period. This Cogmed Extension Training is optional.