

Cognitive Rehabilitation

Q. What is cognitive rehabilitation?

Cognitive Rehabilitation is a systematic approach to improving acquired cognitive impairments (e.g. problems with memory, concentration, or organisation), usually by training the client in ways to compensate for or 'get around' these impairments. For example someone with problems remembering what they intended to do might be trained in how to use diaries or reminders in their phone to prompt them to get things done. Or a student who has problems with organisation might be taught how to make a plan for how they will get their assignments done. The ultimate goal of cognitive rehabilitation is to improve how well the client is able to do things in their everyday life.

Q. Who provides cognitive rehabilitation?

At the BIRU, there is a position on the Community Team for a full-time psychologist to provide cognitive rehabilitation. Other staff on the team, such as the Clinical Neuropsychologists or Occupational Therapists, may also provide some components of cognitive rehabilitation.

Q. How is cognitive rehabilitation different from clinical psychology?

Cognitive rehabilitation is different from traditional clinical psychological therapy as its focus is on alleviating cognitive impairments rather than emotional problems. Clients are referred for cognitive rehabilitation because the main concern is how their cognitive impairments are affecting their ability to do things. They would be referred to Clinical Psychology if the main concern was the effect of emotional or behavioural problems on their everyday lives.