

What makes Cogmed Working Memory Training Different and Special?

- There is no other commercial working memory training program that so actively pursues research validation or employs such discretion in aligning claims with evidence. Cogmed Working Memory Training (CWMT) has over 200,000 users and is employed in over 20 countries.
- The evidence that CWMT can improve working memory (WM) for a wide variety of populations comes out of rigorous research published in over 100 peer-reviewed scientific journals. Cogmed training claims provide real evidence for improving WM across all age ranges. Cogmed was developed from leading neuroscience research which established that WM capacity is not fixed and can in fact change.
- Cogmed training is a computer-based intervention designed to improve WM. The selection and design of exercises, their composition, their scheduled distribution and total accumulated volume plays a vital role to achieve results.
- Cogmed WM Training is different to other 'brain training'. Not all cognitive training programs are equal. Cogmed is also very different to receiving tutoring or completing fun brain exercises, puzzles and games on the internet or computer apps. It does not teach behavioural strategies for coping which the management of WM deficits generally focuses on.
- Cogmed has an 80% success rate, so the chance of improvement is highly likely. Improvements in attention as a result of Cogmed training is also long-lasting. Evidence shows that the results of the training are strong and can last up to, or continue to improve, beyond one year following training.
- Cogmed requires hard work, motivation and challenges, which is why Cogmed training is always supported by a qualified Cogmed coach. This distinctive model ensures quality, following the method and accountability for the outcomes. Success is also dependent on this coaching method. Cogmed is only provided through professional avenues and is not available for purchase 'off the shelf'.
- Cogmed online program has a built-in algorithm, that is able to monitor and measure progress, and automatically adjust to meet the capability of each individual whilst still creating a challenge.