

How does Cogmed Working Memory Training work?

Cogmed is an online program that is completed in your home or in our clinic. It uses different exercises over a period of five to 14 weeks to train working memory in 25 to 40 training sessions (depending on the level of intensity, as set up by the psychologist coach). Training is cumulative and follows the child in a way that makes things simpler when an exercise gets too difficult. When the child advances, the exercises automatically get more difficult. A lot of the training is about repeating different sequences over and over again. This inevitably gets boring, and it is therefore necessary to motivate the child before and during training. A good training environment and motivation with rewards are critical. The Cogmed Coach will help you to set up a reward system and will be in contact with you regularly to motivate and give you feedback on how your child is proceeding in the program. The parent or guardian acts as the Training Aide to ensure the child adheres to the training schedule and remains on-task.

Please note: All data is de-identified and no personal details are kept online.