

## **What is Cogmed Working Memory Training?**

- Cogmed Working Memory Training (CWMT) can be for anyone who wants to improve their working memory capacity and is particularly effective for those who were born with a limited span, acquired injuries and disorders, or stimulus overload.
- Cogmed WMT is an evidence-based intervention that improves attention by training working memory. It has multiple scientific research studies to support its effectiveness and success as a real intervention for strengthening specific working memory cognitive functions. Cogmed is used around the world with great success in clinical and educational settings.
- Cogmed WMT is built on the evidence that working memory can be improved by the right training, which is intensive, highly structured and highly supported.
- Cogmed WMT is a computer-based program that involves numerous weeks of regular, specific, and intensive training with specialised coaching support.
- The majority of individuals who train with Cogmed show improvements in working memory as well as non-trained behaviour including improvements in inattention and capacity to learn.