

How does Cogmed Working Memory Training Work?

- We offer the whole Cogmed process remotely, which means you do not have to attend our office to participate. Eligibility assessments are completed online and via a training 'set-up' interview phone call.
- Training takes place in a distraction-free environment on a tablet or computer in your own home or at our Psychology Clinic/office.
- Participants are presented with a different set of exercises to complete each scheduled day.
- Following an initial assessment, the Coach chooses approximately how long each training block lasts (25, 35, or 50 minutes) and how often the participant should train (3 to 5 days a week), which impacts the overall length of time to complete the Cogmed training. Configuring these parameters allows the training to be individualized to the needs of the Participant.
- Training is available in two programs: Standard or Light. The Standard version requires comfort with numbers and letters, while the Light version does not and may be more appropriate for young children and those with specific cognitive difficulties that interfere with language processing.
- There are different exercises in the program that train working memory in different ways. The more you train, the more difficult the exercises will get. The program will automatically adjust to your ability level. In order to get results you have to work hard. In Cogmed Training, trying hard does not mean getting everything right, but focusing and trying your best.
- Training is adaptive, which means that the program adjusts based on the Participant's performance so that they are consistently presented with exercises that are appropriately difficult to challenge their working memory.
- There is an optional incentive program integrated into the program, called the Create theme, where training progress and effort directly translate into collecting rewards for building a virtual world at the end of each training session.
- Completion of sessions, training performance and progress data/graphs are viewable by both the Coach and the Participant.
- Most Participants require a Training Aide who acts as a support person to help monitor training and provide encouragement and motivation. This is especially important for children and adolescents.
- The Coach will 'check in' regularly with the Training Aide/Participant to discuss performance and challenges.