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Beyond Treatment As Usual: The Case for Cognitive Remediation and CETCLEVELAND®



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Introduction



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Bridgehaven CET Video Louisville, KY



Needs link or pre set-up



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Who am I?

Outline



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I. Cognitive Remediation: Background

II. CET and Cognitive Remediation

III. Components of CET

A. Rehabilitation

B. Structure

C. Education

D. Resocialization

E. Practice and Humor

IV. Training



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Cognitive Remediation: Background



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Old Understanding of the Brain

- The brain does not change.
- Once a brain is damaged, it can not be improved.
- We have a fixed number of brain cells and synaptic connections.





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New Understanding of the Brain

- “Neuroplasticity” :
 - the brain’s ability to re-organize itself through forming new neural connections or by adding cells.
 - allows the neurons in the brain to adjust their activity and organization in response to new situations or to changes in the environment.
- Your brain creates new brain cells during adulthood—about 1400 neurons per day.



Cognitive Remediation is based on Neuroplasticity

Positive , Negative and Cognitive Symptoms



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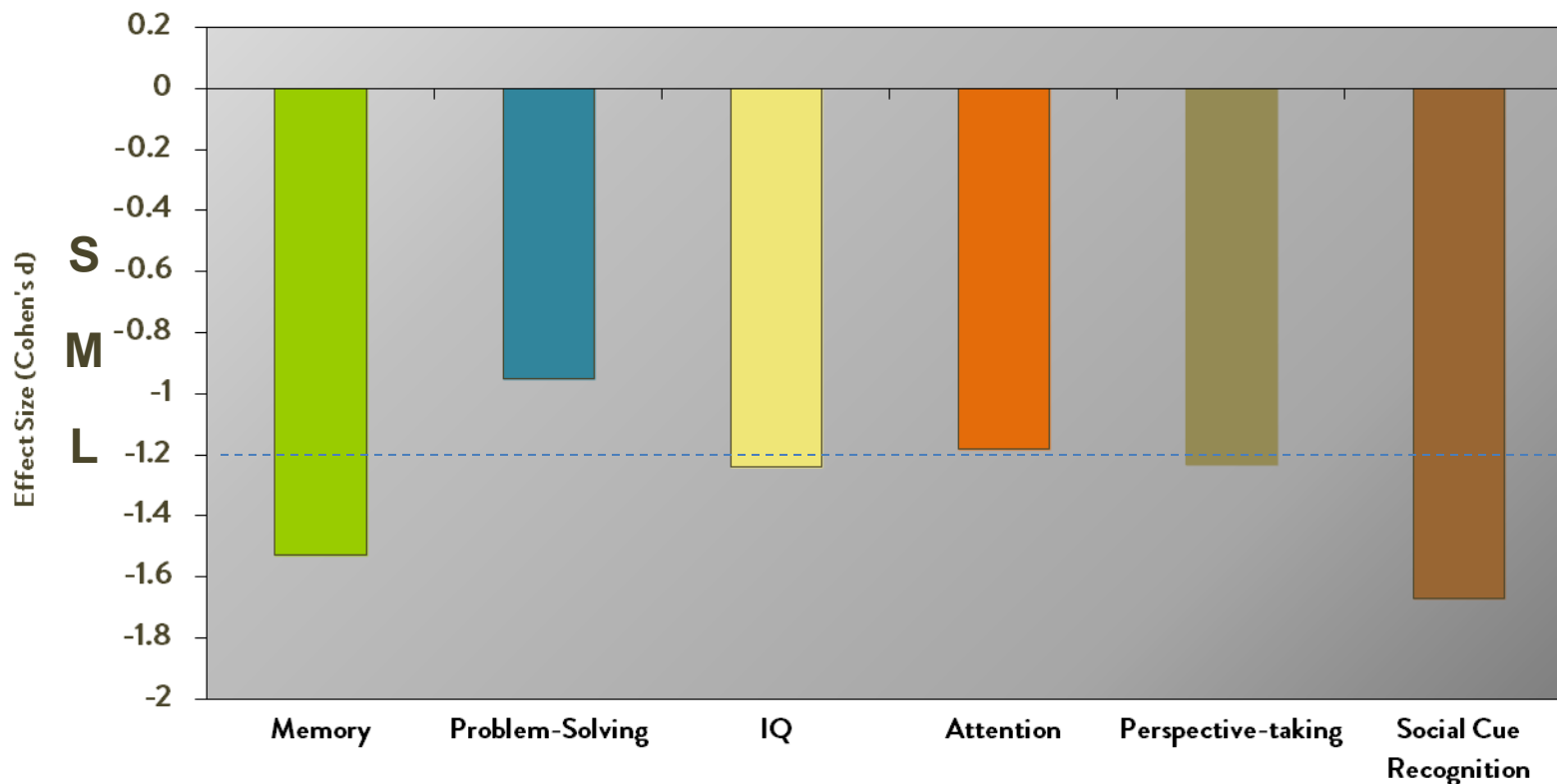
- Medications can address the positive symptoms of schizophrenia.
- Cognitive Remediation programs were developed to address the negative and cognitive symptoms of schizophrenia.

Cognition in Schizophrenia

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Corrigan & Green, 1993; Heinrichs & Zakzanis, 1998; Schneider et al., 2006; Sprong et al., 2007



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Effect size = size of difference between
normative population and people w/ schiz

Neuroplasticity + Cognitive Remediation = Hope



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- Neuroplasticity is the brain's ability to change. Improved cognition is possible.
- Many Examples: Taxi Drivers in London.
Blindfold experiment.
My cell phone and I....
(or other personal examples)



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CET and Cognitive Remediation



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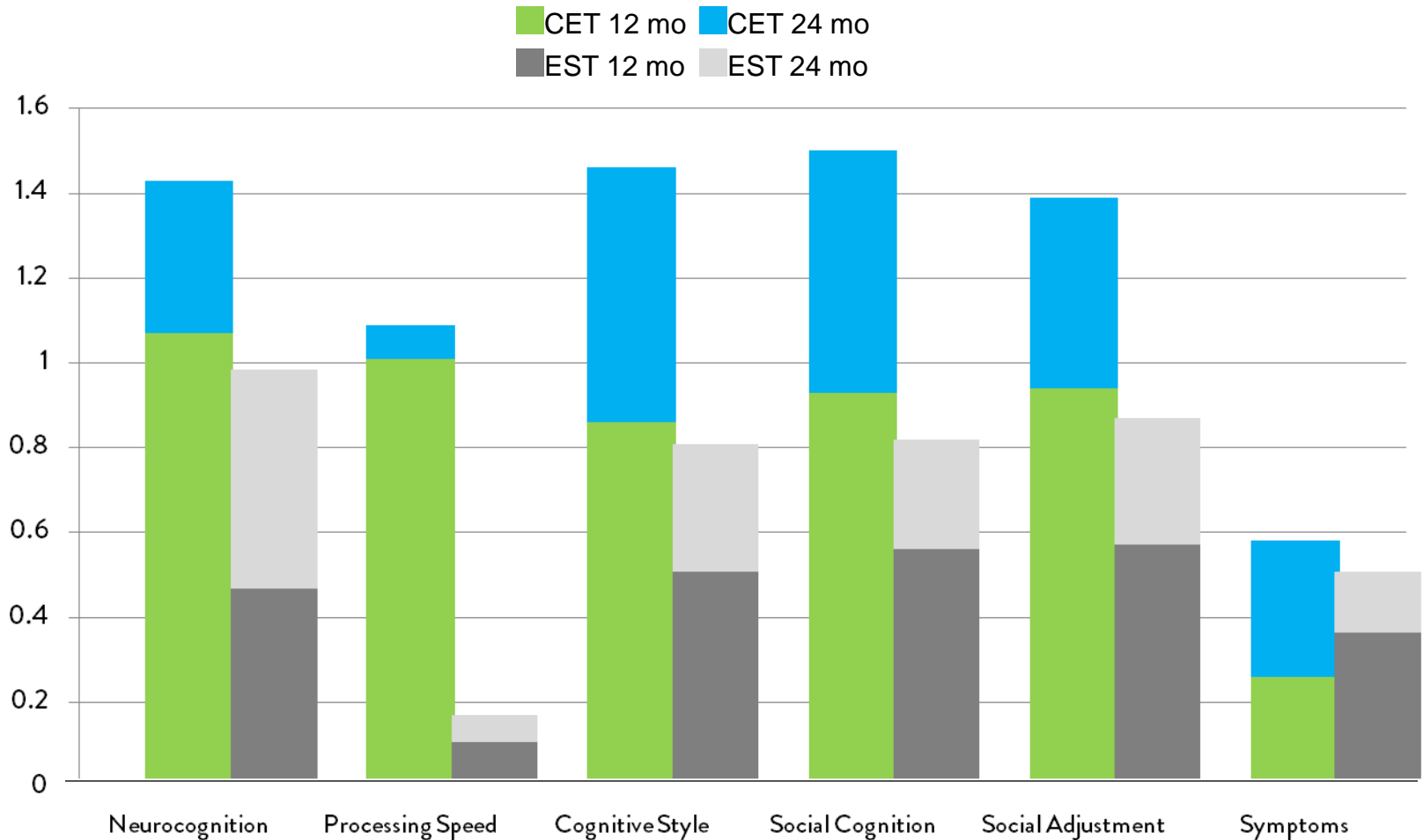
CET was developed at Univ. of Pittsburgh to take advantage of Neuroplasticity .

- NIMH supported research.
- 121 stable phase participants divided in two groups.
- Outcomes published in The Archives of General Psychiatry, 2004

Effect Sizes of CET & EST (Enriched Supportive Therapy) at 12 and 24 Months by Composite Index



Hogarty, Flesher--Archives of General Psychiatry, Sept. 2004

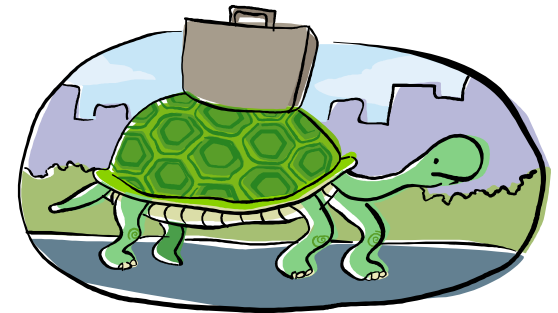


CET Focuses on the Negative Symptoms

- Flat or blunted emotion
- Lack of motivation or energy
- Lack of pleasure or interest in things

But thinking difficulties are also usually present:

- Poor thinking styles:
 - Concrete thinking
 - Rigid thinking
 - Amotivated thinking
 - Disorganized thinking
- Poor concentration and memory



CET focuses on Socialization



Socialization

- Children are told what to do
- Adults are expected to “get it”

But.....

- Suppose your memory is impaired and it’s hard to follow a conversation, much less participate in it.
- Suppose your thought processing is slowed down and it takes extra effort to process and respond to what is happening around you.
- Suppose you can’t trust your judgment.

Then what happens?.....



- If adults (your clients) don't "get it" people walk away.
- When people walk away:
 - Socialization stops
 - Learning stops
 - Strange behaviors grow and...



People become Desocialized:

- Dysfunctional roles are established.
- Others begin to reinforce dysfunctional roles.
- Dysfunctional behavior becomes familiar, if not always comfortable.
- No learning about the generalized other.



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Components of CET



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Components of CET

- Rehabilitation
- Structure
- Education
- Resocialization
- Practice and Humor



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Components of CET: *Rehabilitation*

Attention

Memory

Problem Solving



Group Exercise: Example 1

Word Sort

dove

fire

lime

white

crow

egg

parakeet

canary

lemon

earth

cardinal

green

apple

sun

grass

black

pepper

yellow

red

clouds

See last slides for Condensed Messages option



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Components of CET: *Structure*

- Consistent and Predictable Format
 - Agenda
 - Weekly one on one coaching
- Aids to Attention and Concentration



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Components of CET: *Structure*

1. Computer Group
2. Social Cognition Group
 - Notetaking
 - Chairperson
 - Coaching Plan
 - Group Exercise



Components of CET: *Structure*

Computer Group Exercises

- One hour a week
- Done in pairs
- Pairs support each other
- A chance for socialization
- Prepares participants for group
- Continues during the course of the group
- Progressively more challenging and more abstract



(I think a real CET photo would be better here)

Components of CET: Structure

Typical Social Cognition Group Agenda



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COGNITIVE ENHANCEMENT THERAPY

Tuesday, January 16, 2007

Group #9, Session 20

Welcome Back: Judy

Selection of Chairperson:

Review of Homework:

- a) Describe a recent situation in which you disagreed with another person
- b) Describe your perspective
- c) Describe their perspective

Social Cognition Talk: Foresightfulness

Speaker: Ray

Exercise: Word Sort

Coach: Judy

Participants: Sam and Jo

Feedback: Everyone

Homework:

Tell about a time when you could have been more foresightful.

Tell how being foresightful would have made the situation different.

Next Group Meeting is Tuesday January 23, 2007



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Components of CET: *Education*

- Curriculum of 45 Social Cognition topics
 - Neurophysiology
 - Human social interaction issues
 - Adjustment to disability
 - Application to life



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FRONT STAGE / BACK STAGE (PERSPECTIVE TAKING)



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Front stage

Public

More formal

Based on explicit rules

Back stage

Private

Less formal

Based on unwritten rules

Rapid shifts

Back and forth

Education



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Homework questions

Think about a time when you had to shift between front stage and back stage behavior

- a. What was the front stage situation?
- b. What was the back stage situation?
- c. What difficulties did you encounter with the shift?



Components of CET: *Resocialization*

- Follow Up questions/discussion during the Homework reporting challenge abstract thinking
- Pair work
 - Computer exercise
 - Group exercise
- Coaching Plan



Components of CET: *Practice and Humor*

- Redundancy (Practice)
 - Within the Social Cognition group
 - Computer exercises
 - One on ones
- Humor
 - Energizes the limbic system
 - Creates safety
 - Exercises abstract thinking



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Computer Exercises Work the Brain



Change
pictures

(and they are fun too!)



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Training

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- Evidence-Based Training
 - One-time workshops can increase knowledge and attitude toward change but not behavior
 - Building proficiency appears to require repetitions and active learning
 - One estimate: 20 – 25 implementation attempts to achieve consistent professional behavior change (Joyce & colleagues, 2002)

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- 15 months of intensive hands on training includes:
 - Introductory training for agency
 - Training and support for recruitment of group members
 - Monthly on site training throughout
 - Weekly involvement in groups via video conferencing

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Goal of training is to:

- Co-facilitate two CET groups members
- Certify 6 coaches
- Assist in selection of participants
 - the most appropriate
 - Using the selection tool of the Initial Interview



Training Year

- training for 4 to 6 mental health professionals
- 14 to 15 months of training
- weekly training and supervision time
- one on-site visit/training per month
- manuals, posters, software
- video conferencing camera
- coach's mid-point review, final certification interview, certificate of completion

All the agency needs to provide are the participants, coaches to be trained, a group room, a whiteboard and computers with internet connection.



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CET: Physical Therapy for the Brain

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See last slides for other title option