

An evidence-based intervention for improved attention

Cogmed Training

Cogmed Working Memory Training is an evidence-based program for helping children, adolescents and adults sustainably improve attention by training their working memory.

This program is based on strong scientific research and it is done in the convenience of **your own home** under the supervision of a **qualified Cogmed coach**.

The complete program includes:

- Initial interview
- Start-up session
- Five weeks of training with weekly coach calls
- Wrap-up meeting
- Six months follow-up interview
- Access to the Cogmed Training Web
- Cogmed Extension Training (12 months)

Provided by a national network of attention specialists, all qualified by Cogmed.

Computer-based training, using a PC at home. No need for office visits.

The scientifically developed and tested software adjusts complexity level for each exercise, in real time, for maximum training effect.

25 training sessions of 30-40 minutes each, done over 5 weeks.

Each user has a **Cogmed Coach** who leads the training, tracks results and gives support and motivation.

The user/family sets the training schedule with the Cogmed Coach, with plenty of flexibility.

The **Cogmed Training Web** gives all users online access to their own training results and progress status.

The **Cogmed Extension Training** allows the user to further sharpen the acquired capacity and to verify how the results hold over time.

Cogmed Products

Cogmed Working Memory Training is built around three easy-to-use and age-specific software applications.

Cogmed JM Pre-school

Younger children use their working memory for a number of things, such as focusing on and following instructions, and remaining seated to complete independent activities.



Cogmed RM School age

Working memory is crucial for children and adolescents in school and socially. Reading, solving math problems, planning, and following a conversation all rely on working memory.

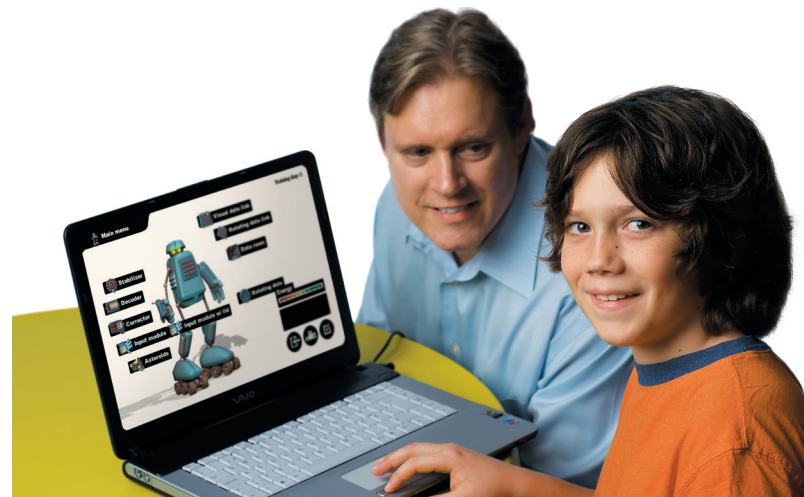


Cogmed QM Adult

Working memory in adult life is critical for challenges such as planning, focusing and resisting distraction.



To learn more, take the working memory challenge at aboutworkingmemory.org

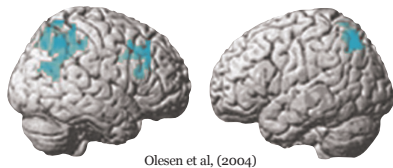


Research

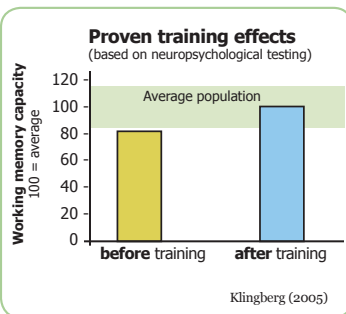
Studies consistently show that most people with attention deficits have a working memory deficit. That holds true for attention problems due to ADHD, traumatic brain injury or normal aging; it is also true for milder concentration problems.

Research also shows that deficits in working memory are related to poor academic or professional performance. Conversely, strong working memory capacity is closely correlated with fluid intelligence.

Research shows that training-induced changes in working memory are associated with increases in task-related prefrontal and parietal brain activity¹ (blue).



Olesen et al, (2004)

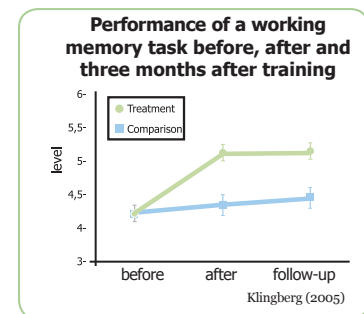


A substantial and growing body of work documents the efficacy of Cogmed Working Memory Training. Most notably, Klingberg's 2005 study on school age children with ADHD showed it to be effective in a placebo-controlled, multi-center trial.

There were statistically and clinically significant treatment effects on non-trained measures of working memory, response inhibition and complex reasoning.

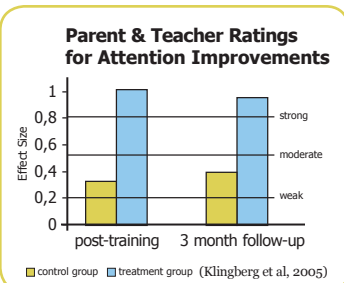
Substantial and lasting reduction of attention problems following training-induced working memory improvements is a research breakthrough.

Leading American and European research teams are now replicating the research using Cogmed products and protocol. They have presented results at several U.S. research conferences. For the latest results and research posters, visit www.cogmed.com.



Benefits

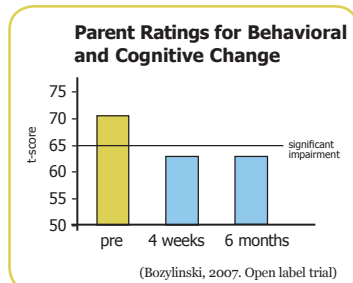
Working memory is critical for focusing, appropriately shutting out distractions, and for complex thinking. Improved working memory capacity generalizes to improved attention and impulse control. 8 of 10 users who complete training show measurable effects.



Children - Parents and teachers also report improved social skills, taking initiative, remembering instructions and completing assignments more independently.

The objective is better academic results, particularly in reading comprehension and math.

Talk to the Cogmed Qualified Practice of your choice to learn more about the research and how you or your child may stand to benefit from Cogmed training.



Adults - By training your working memory, you will be better able to stay focused, ignore distractions, plan next steps, remember instructions, start and finish tasks.

The objective is better professional performance and attentional stamina.

The Cogmed Network

Cogmed Working Memory Training is available in all of North America through a network of Cogmed Qualified Practices. There are now more than 100 practices, each practice trained and qualified by Cogmed. All are headed by a licensed psychologist or physician. They work closely with their coaching staff to ensure the highest level of quality in all trainings.



About Cogmed

Cogmed was founded in 2001, by neuroscientists at the Karolinska Institute in Stockholm, Sweden. Cogmed Working Memory Training has been in successful use in Sweden since 2003 and was introduced to the United States and Canada in 2006. Cogmed's North American headquarters is located in Naperville, IL. Get additional references on information overload and working memory; read **The Overflowing Brain**, by Cogmed co-founder, Torkel Klingberg, Ph.D., M.D. (Oxford University Press 2008).



Working Memory Training
cogmed.com

Available only through a national network of attention training experts.

Visit www.cogmed.com for a complete list of all Cogmed Qualified Practices.

For any questions, call 1-800-505-3312.

¹ Olesen et al, *Nature Neuroscience* (2004), ² Klingberg et al, *JAACAP* (2005), ³ Martinussen et al, *JAACAP* (2000), ⁴ Gathercole et al, *Br J Educ Psychol* (2000), ⁵ Bozylinski, 2007 (CHADD), Data on file, Cogmed (2007)