

# Cogmed Working Memory Training™

An evidence-based intervention for improved working memory



Working Memory Training

Now available for tablet devices

## Improving Working Memory

*Cogmed Working Memory Training™* is a computer-based solution that helps people sustainably improve their attention by training their working memory. It combines cognitive neuroscience with innovative computer game design and close professional support to deliver substantial and lasting benefits.

The evidence shows that people with poor working memory can struggle to hold and manipulate information for a brief period of time, making it difficult for them to succeed in life.

But by training working memory – often referred to as the “engine of learning” – clients are able to stay focused, ignore distractions, plan next steps, start and finish tasks, and remember instructions more effectively.

## What does Cogmed involve?

The *Cogmed* software is built around three easy-to-use and age-specific online applications, each designed to motivate and reward the user for training.

The program is based on strong scientific research. *Cogmed* is a rigorous program designed to improve working memory through intensive and systematic training. *Cogmed* delivers substantial and lasting benefits. This is due to its:

**Very focused design** – The programs guide the client through multiple rotating exercises each day, and programs automatically adjust the complexity level of the exercises in real-time, to a level that is challenging but not so difficult that it becomes intimidating. It adapts to whoever is using it.

**Flexible and user-friendly** – The latest release sees the *Cogmed* Coaching Centre delivered on tablet devices. With variable training session protocols, the programme is now more flexible and user-friendly.

**Highly personal support** – *Cogmed* is carefully designed, rigorous, and focused on a key cognitive function. But to have strong real life effects, it has to be used in the right way. This is why *Cogmed* training is always supported by a *Cogmed*-trained coach.

**Improved working memory “generalises” to behaviour** – When you improve your working memory capacity, the change generalises to your behaviour. In other words, the change is translated to other things than just working memory. You may be better able to pay attention, resist distractions, self-manage, and learn.

## The Cogmed package

Each *Cogmed* training session consists of a series of exercises that target different aspects of working memory. All three *Cogmed* programs are available within your annual licence, regardless of the size selected.

### Cogmed JM

#### Preschool

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.

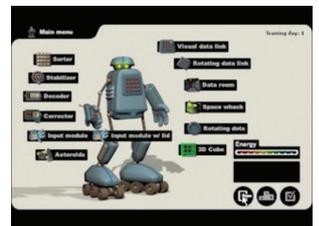
*Cogmed JM* features an interface especially designed for younger children.



### Cogmed RM

#### School Age

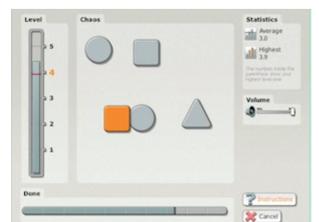
Working memory is crucial for children and adolescents in school, and socially. Reading, solving maths problems, planning, and following a conversation all rely on working memory. The program features a reward game at the end of each session.



### Cogmed QM

#### Adult

Working memory in adult and professional life is critical for challenges such as planning, focusing, resisting distraction, and meeting deadlines. This program has an interface specifically designed for the older age-range, and like the other programs feature exercises that automatically adjust in difficulty to expand working memory capacity.



*Cogmed* is carefully designed, rigorous, and focused on a key cognitive function. But to have strong real life effects, it has to be used in the right way. This is why *Cogmed* Coach Training is provided to all licence holders. The *Cogmed* Coach works with the user/family to set a flexible training schedule, provide structure, motivation, and feedback on the progress.



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## Research

*Cogmed* is developed by leading neuroscientists and proven to be effective in rigorous research published in peer-reviewed journals. Research teams from leading institutions all over the world have contributed to the growing body of research about *Cogmed* training; with more than 80 peer-reviewed publications as of March 2016.

The findings that are repeatedly reported include sustained improvements on working memory and attention in both children and adults. Training effects have been reported in children and adults with ADHD, children with learning difficulties, hearing impairments, low language abilities, born prematurely, with intellectual disability, in adults with acquired brain injury and in typical samples ranging from preschoolers to older adults.

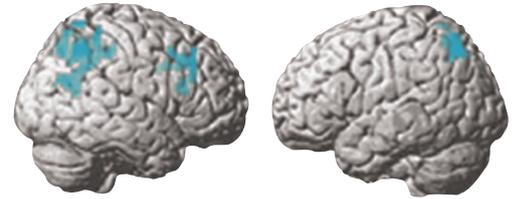
8 out of 10 users who complete *Cogmed* training show measurable beneficial effects.

\* Data from *Cogmed* clinical practices and academic research (Klingberg et al., 2005).

This includes an improved ability to:

- Focus, follow instructions, and stay on task
- Resist distractions and engage in complex thinking
- Maintain attention, impulse control and learning capacity

For more information visit [www.cogmed.com/research](http://www.cogmed.com/research)



Research shows increases in task-related prefrontal and parietal brain activity (blue) following training Olesen et al, (2004)

## Benefits of Cogmed

Developed in partnership with thousands of professionals worldwide, the new tablet version gives you:

### Anytime, Anywhere Access

All three training programs (JM, RM and QM) and the *Cogmed* Coaching Centre are now available on tablet devices, making the program easier than ever to administer.

### Greater Flexibility

New protocols let you decide on the right training programme for your clients, based on their schedule and needs. Choose between: 25, 35 and 50 minutes and 3, 4 or 5 days per week\*.

\*Shorter sessions are available for pre-school children.

### Research-Based

Over 80 studies have been published proving the beneficial effects and what patients can achieve with *Cogmed*.

### Great Look

A new user-friendly interface makes it easier to see your reports, set up new usernames and customise the colour to personalise *Cogmed* for you.

### Big or Small

With more licence options you can select a package that suits your setting: 5, 10, 20, 40 or 60 user IDs.

## About Cogmed

*Cogmed* was founded in 2001 by neuroscientists at the Karolinska Institute in Stockholm, Sweden. *Cogmed* training has been in successful use in the United States and Canada since 2006. The *Cogmed* system is now applied in more than 20 countries and 10 languages.

In 2010, *Cogmed* joined the Clinical Assessment Group of Pearson. Pearson is the world's leading education company, providing educational materials, technologies, assessments, and related services to teachers and students of all ages. Learn more at [www.cogmed.uk.com](http://www.cogmed.uk.com)

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Alternatively call **0845 630 8888** (\*Calls cost 3p per minute plus your phone company's access charge.) or email [info@pearsonclinical.co.uk](mailto:info@pearsonclinical.co.uk) if you have any queries. Overseas Customers, please visit [www.cogmed.com](http://www.cogmed.com) in the first instance. For more information about the research behind Cogmed and research references, please see [www.cogmed.com/research](http://www.cogmed.com/research)



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