



Working Memory Training

Cogmed Independent Coach

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I am based in Bath and coach clients
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Agenda

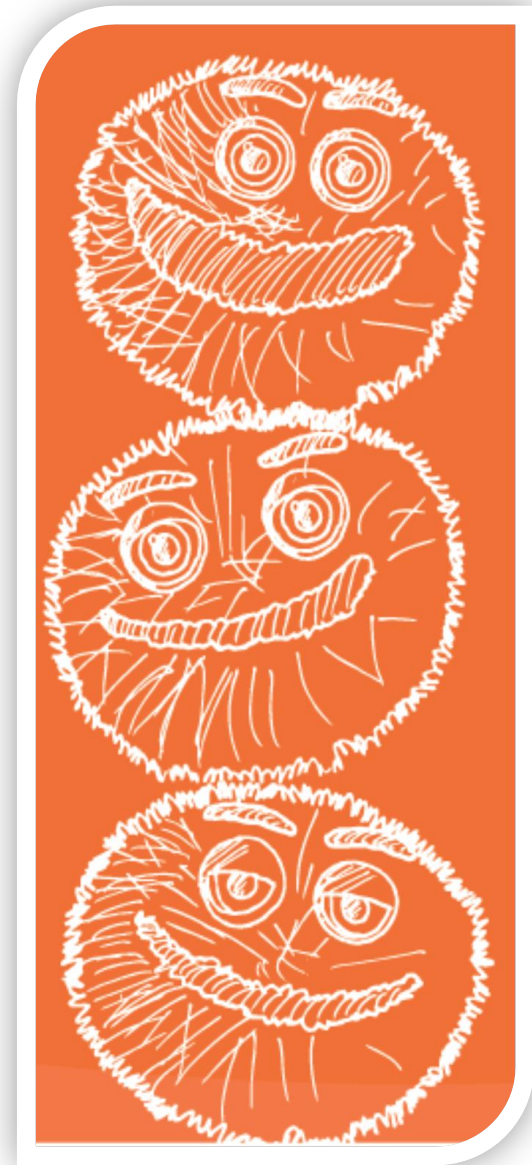
Coaching tips

Warning signs

Working with adults

Client feedback

Q&A



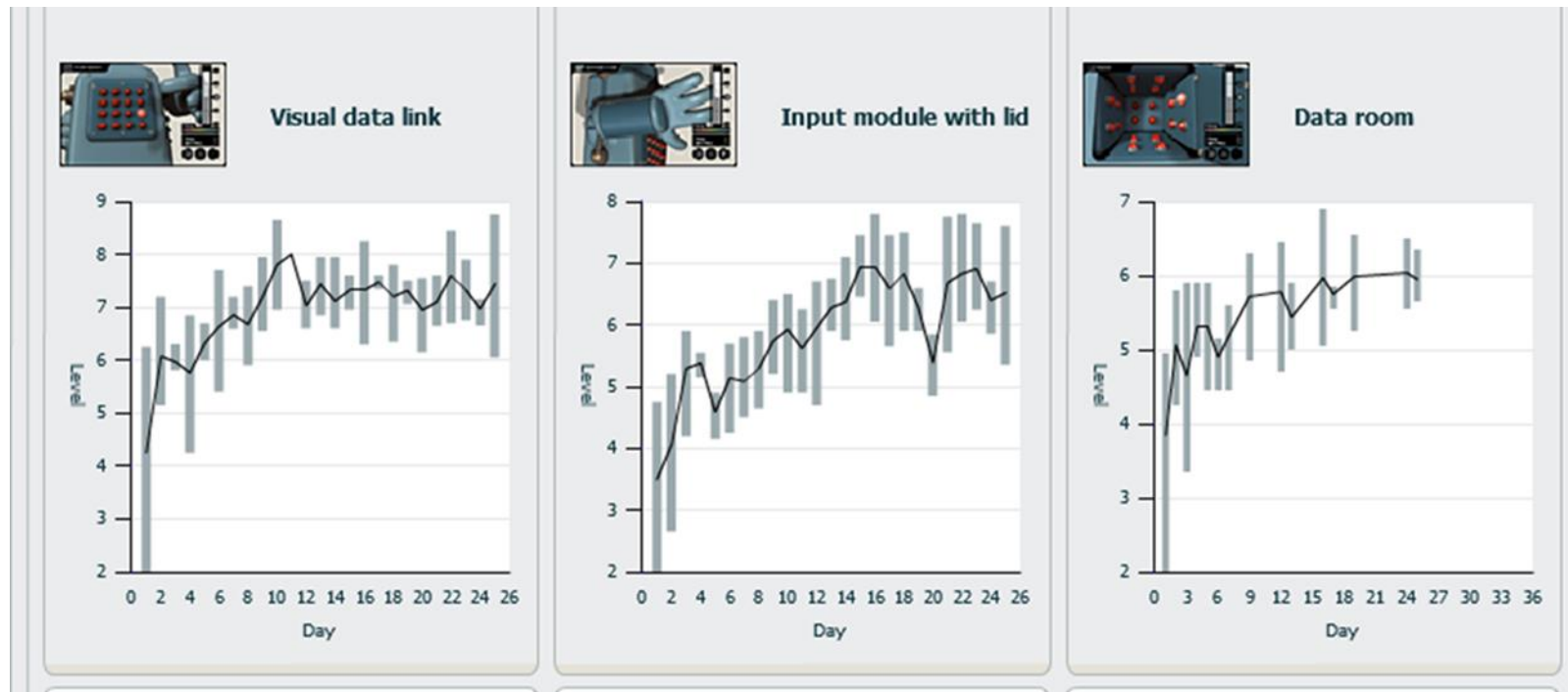
Coaching Tips



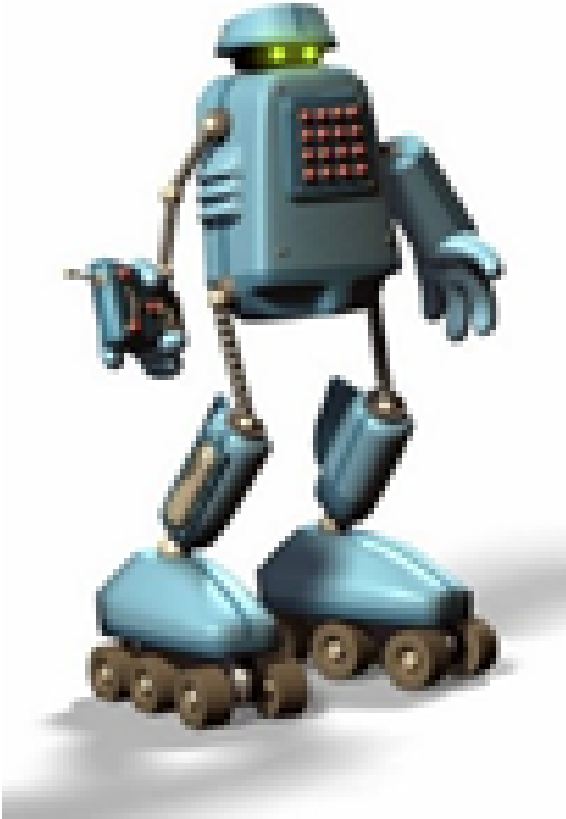
- Through initial discussions and working memory assessments, try to ensure that the correct version of the Cogmed program is chosen.
- Discuss when would be a good time to do the program and where the training will take place.
- If using a laptop discuss the possibility of using an external mouse for finer motor control.
- Review the clients progress on day 3 of the program and check that they are happy with the version they are using. If necessary change the training program to a more suitable version.

Analysing Training

When you are analysing the training data, you are hoping to see tight, low and high levels on each exercise.



Coaching Tips



- Try to encourage the clients to stick to the training days. With the correct breaks. Provide weekly timetables.
- Discuss the importance of completing each activity before moving on to the next activity.
- Encourage clients to take short breaks if they are becoming tired or frustrated, rather than entering any data to finish an activity.
- Identify the time of day that good training is taking place for a client.

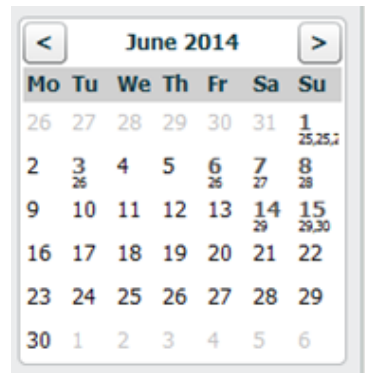
Coaching Tips

- Children will need support from their parents on a daily basis throughout the program. They will need weekly and sometimes daily rewards.
- Adults should be encouraged to reward themselves for their hard work.
- Give constructive and positive feedback on the weeks training.
- Cogmed is an intensive program and the clients will have to work hard, they will always train on the limits of their working memory capacity. Keep the client focussed on the progress they are making.
- The difficulty level will automatically adjust based on the performance of the users, so that they will always train on the limits of their working memory capacity



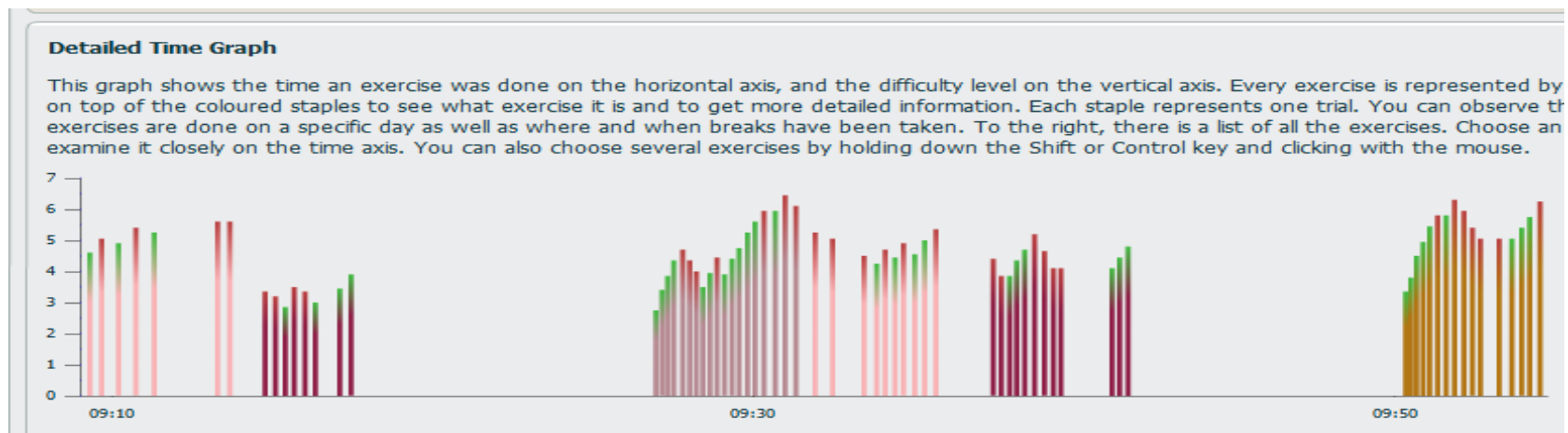
Warning Signs

- Clients are unable to finish the days activities and are spreading one day over several days.



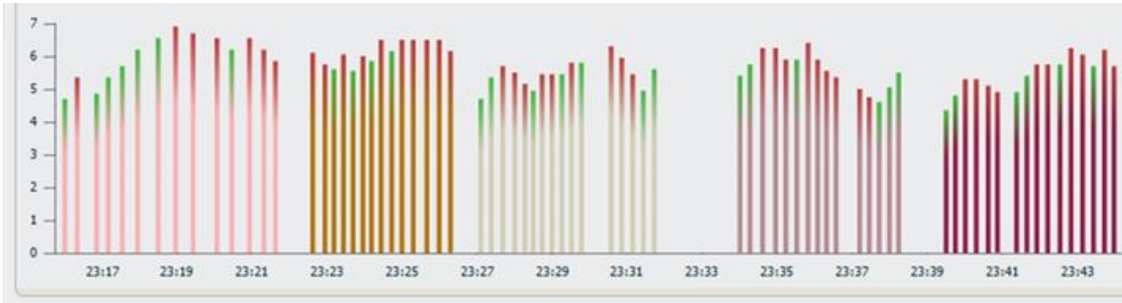
June 2014						
Mo	Tu	We	Th	Fr	Sa	Su
26	27	28	29	30	31	1 25,25.7
2	3 26	4	5	6 26	7 27	8 28
9	10	11	12	13	14 29	15 29,30
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

- Moving from one activity to another without completing each activity.



Warning Signs

- Training late at night or when very tired.



- Finishing activities by entering any data,
- resulting in lots of red lines on the training chart.



Coaching Adults

- Provide detailed analysis of Training Index and Cogmed Progress Indicator results.
- Discuss parts of the program that the client is finding more difficult.
- Discuss when and where the training is taking place.
- Ensure that the client is aware of the importance of keeping to the training program to ensure maximum progress.
- If the client has a hectic week and the training does not take place, then start again the next week.
- Encourage the client to reward themselves for working hard during the program.
- Give encouragement and praise for the training.



Some of my Cogmed clients feedback

- Immediate impact on the speed of reading and ability to read to themselves and to read aloud.
- Immediate increase in two Maths sub levels at school.
- Increased ability to distinguish between peoples faces.
- Increase in ability to remember complicated information.
- Increased ability to sustain attention in school.
- Much calmer at home.
- More able to sustain conversations with their family.
- Now able to take notes in meetings, without needing to record everything.
- Now able to remember mental maths question and work out the answer.

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