



Working Memory Training



Peak Development Associates, PA

PEAK DEVELOPMENT ASSOCIATES

is pleased to announce

Cogmed Working Memory Training

Cogmed is an evidenced-based cognitive training that can make long-lasting improvements in working memory in children, adolescents and adults. Working memory is the cognitive function responsible for keeping information "online," manipulating it, and using it in your thinking. Poor working memory is the core factor in attention problems and can cause problems in school and at work.

The Cogmed model offers

- An effective, safe, non-pharmacological, and cost-effective approach to address attention problems.
- Improvements in working memory substantially and lastingly - 80% of users benefit
- Substantial improvements in math and reading comprehension performance
- It is backed by solid, independent research
- Has the ability to deliver strong and lasting benefits in improved focus, thinking, planning, and learning

The doctors at Peak Development are now qualified and certified Cogmed coaches who will lead the training, track results and give support and motivation. All Cogmed training exercises occur in the convenience of the patients' homes. The complete program includes:

- Initial interview
- Start up session
- Five weeks of training with weekly coach calls
- Wrap up meeting
- Six month follow up interview
- Access to Cogmed Training Web