

# What is Cognitive Rehabilitation Therapy?

The Brain Injury Interdisciplinary Special Interest Group (BI-ISIG) of the American Congress of Rehabilitation Medicine defines cognitive rehabilitation therapy to be a

*"systematic, functionally-oriented service of therapeutic cognitive activities, based on an assessment and understanding of the person's brain-behavior deficits. Services are directed to achieve functional changes by (1) reinforcing, strengthening, or re-establishing previously learned patterns of behavior, or (2) establishing new patterns of cognitive activity or compensatory mechanisms for impaired neurological systems"*

*(Harley, et al., 1992, p.63)*

Cognitive Rehabilitation Therapy (CRT) is the process of relearning cognitive skills that have been lost or altered as a result of damage to brain cells/chemistry. If skills cannot be relearned, then new ones have to be taught to enable the person to compensate for their lost cognitive functions. CRT typically consists of 4 components:

## **1. Education.**

Instruction about cognitive weaknesses and strengths to develop awareness.

## **2. Process Training.**

Direct retraining of specific cognitive skills with a focus on resolving problems.

## **3. Strategy Training.**

The use of environmental, internal and external strategies to compensate for problems and reduce their functional impact.

## **4. Functional Activities Training.**

The application of the other three components in everyday life.

## **Diagnoses and Conditions that May Benefit from Cognitive Rehabilitation Therapy**

A child or adult who has been affected neurologically (see below) and has difficulties that interfere with their management of everyday routines and responsibilities may be a candidate for CRT to improve or prevent further loss of cognitive functioning and to promote wellness.

- Traumatic brain injury
- Anoxic or Hypoxic brain injury
- Stroke
- Dementia and other cognitive disorders
- Psychiatric and other mental disorders
- ADHD and ADD
- Multiple Sclerosis
- Memory loss

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Cognitive Rehabilitation Therapy**

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# The Society for Cognitive Rehabilitation (SCR)



## Introduction

SCR is a nonprofit, multidisciplinary, organization committed to the advancement of cognitive rehabilitation therapy across the globe.

SCR was founded in 1989 based on the belief that many different professional disciplines may suitably provide cognitive rehabilitation services. The purpose of SCR is to promote cognitive rehabilitation, advocate for the needs of individuals with cognitive disabilities, and to encourage interdisciplinary dialogue and cross-learning among the different professions involved in cognitive rehabilitation therapy (CRT) in order to integrate and advance best practices across the professions.

## Professional Certification

SCR has established Certification in the Practice of Cognitive Rehabilitation Therapy (CPCRT) through a recognized program that assures high standards of ethical and professional practice.

The CPCRT is a professional certification uniquely based on demonstration of clinical skills in contrast with other certifications based on written examination.

The CPCRT certification process is dynamic and interactive, providing opportunity to demonstrate and develop clinical skills pertinent to the practice of cognitive rehabilitation.

## Benefits of SCR Membership

- Recognition as a professional dedicated to the advancement of cognitive rehabilitation and advocacy for individuals with cognitive disorders
- Participation in an international network of CRT practitioners
- Opportunity to apply for Certification in the Practice of Cognitive Rehabilitation Therapy (CPCRT)
- Access to continually updated literature searches pertinent to CRT
- Access to the SCR listserv to discuss reimbursement, legislation, certification, and specific clinical issues
- Access to lists of resources, products, conferences, and family support materials
- Attendance at SCR Conferences at reduced rates
- Inclusion in SCR International Membership Directory
- Participation in SCR Committees and Workgroups

*In short, SCR is the most practical organization dealing with cognitive rehabilitation, and is uniquely suited to address practitioners' concerns.*