

# Cogmed Working Memory Training™

## Fact Sheet



Working Memory Training

## An evidence-based intervention for improved working memory

### 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.

The program is based on strong scientific research, is delivered under the supervision of a **qualified Cogmed Coach**, and can be done either in the convenience of the client's home or at a designated healthcare facility.

The complete program includes:

- Initial interview
- Start-up session
- A minimum of five weeks of training with 5 coach calls
- Wrap-up meeting
- Six month follow-up interview
- Access to the Cogmed Training Web
- Cogmed Extension Training (12 months)

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

Computer-based training, using a PC, laptop or tablet at home or at a designated education or healthcare facility.

Software adjusts complexity level for each exercise, in real time, for maximised training effect.

A minimum of 25 training sessions, between 25-50 minutes each, done over a minimum of 5 weeks, an individualised protocol will be selected to suit the user.

Supported by a **Cogmed Coach** who leads the training, tracks results, and provides support and motivation.

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

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

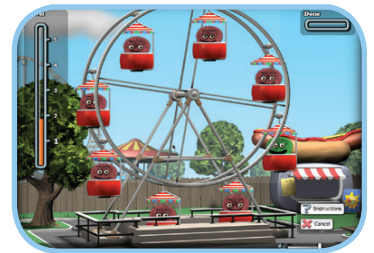
**Cogmed Extension Training** is an option that allows the user to further sharpen the acquired capacity and to verify how the results hold over time.

### Cogmed Programs

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

#### 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.



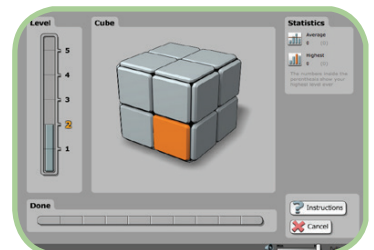
#### Cogmed **RM** School age

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.

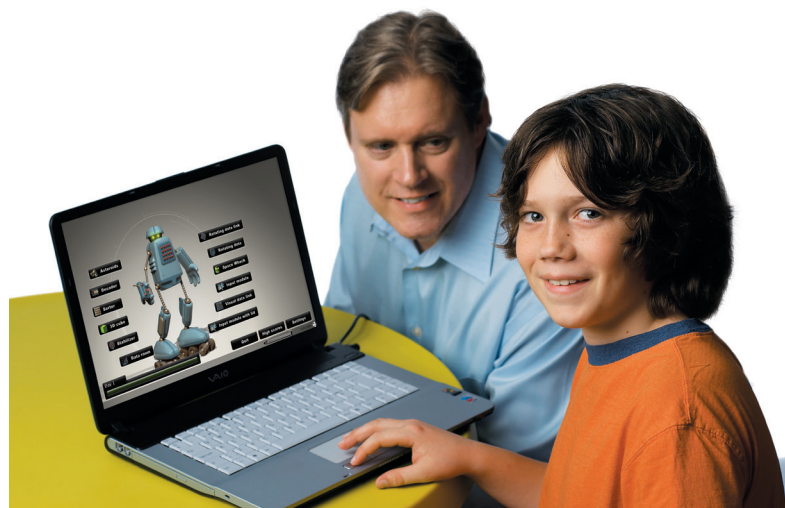


#### Cogmed **QM** Adult

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



To learn more about our programs and about working memory, visit [www.cogmed.com.au](http://www.cogmed.com.au)

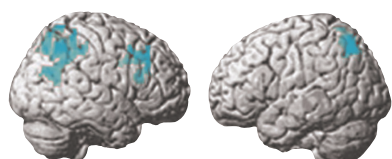


## Research

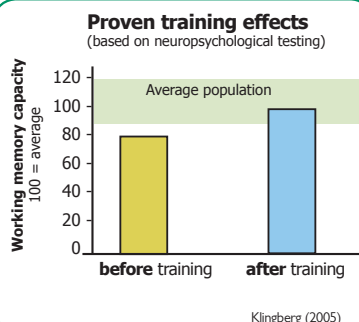
Studies consistently show that problems with attention and learning are often caused by poor working memory. That holds true for those with ADHD, learning problems, traumatic brain injury and specific learning disabilities. It is also often true for concentration problems and poor academic performance.

Research shows that working memory is one of the best predictors of academic success. Working memory is particularly important for reading comprehension and math ability.

**Research shows increases in task-related prefrontal and parietal brain activity<sup>1</sup> (blue) following training**



Olesen et al. (2004)



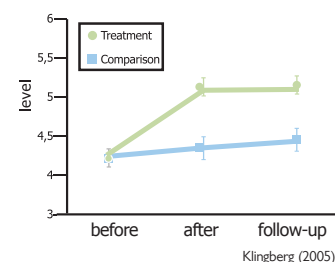
A substantial and growing body of work documents the efficacy of Cogmed Working Memory Training. Most notably, Klingberg's 2005 study on school age children with ADHD showed it to be effective in a placebo-controlled, multi-centre trial.

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

have now replicated the research using Cogmed products and protocol.

Recent published studies, published in academic peer reviewed journals by independent researchers, have shown Cogmed Training to address math skills, reading comprehension and attention deficits. For the latest results and research posters, visit [www.cogmed.com/research](http://www.cogmed.com/research).

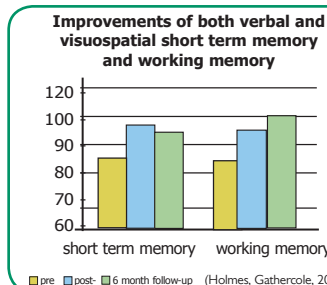
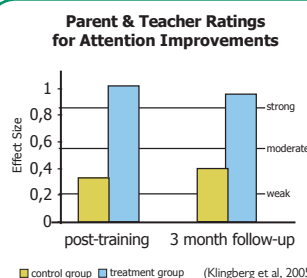
### Performance on a working memory task before, after, and three months after training



## Benefits

Working memory is critical for focusing, resisting distractions, and for complex thinking. Improved working memory capacity generalises to improved attention and learning capacity. 8 out of 10 users who complete training show measurable effects.

Research and clinical data show improvements in learning outcomes grades following Cogmed training. 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.



## The Cogmed Network

Cogmed was founded in 2001 by neuroscientists at the Karolinska Institute in Stockholm, Sweden. Cogmed training has been in successful use since 2003 and in Australia since 2009. The Cogmed system is 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 teaching, training and health professionals around the world. Learn more at [www.cogmed.com.au](http://www.cogmed.com.au)

## About Cogmed

Cogmed Working Memory Training is available in Australia and New Zealand through a network of accredited Cogmed Coaches. Each Coach is trained and supported by a Cogmed Training Facilitator to ensure the highest level of quality in all trainings.

To learn more about Cogmed, contact:



## Now available from Pearson

Visit [www.cogmed.com.au](http://www.cogmed.com.au) for more information about Cogmed.

For any questions, call 1800 882 385 (Aus) 0800 942 722 (NZ) or email [info@cogmed.com.au](mailto:info@cogmed.com.au)

For research references and more information, please see [www.cogmed.com/research](http://www.cogmed.com/research).