

# The 13-Week Program

Session 1: Introduction and Overview (with Parents)

Session 2: How Your Brain Works: Basics of Neuropsychological Functioning

Session 3: Paying Attention: Why It Can Be So Hard for You

Session 4: Getting It Done: Sequencing, Planning, and Organization

Session 5: Solving Problems

Session 6: Think Fast! All About Processing Speed

Session 7: Finding the Right Words (Your Verbal Memory)

Session 8: Faces and Places (Your Visual Memory)

Session 9: Speak Up! All About Language

Session 10: Keeping Your Cool (Emotional Regulation), Part 1

Session 11: Keeping Your Cool (Emotional Regulation), Part 2

Session 12: Summary of Cognitive Remediation Skills Learned (with Parents)

Session 13: Summary of Cognitive Remediation Skills

# The Brain Health Team



**Dr. Jessica Spat-Lemus** (left) is a clinical neuropsychologist experienced in conducting neurocognitive assessments and cognitive remediation with individuals of all ages who have medical and neurological disorders. She believes in moving beyond a patient's neurocognitive deficits to identify their strengths in order to improve overall functioning and well-being.

**Dr. Amanda Sacks-Zimmerman** (right) is a board-certified clinical neuropsychologist with extensive experience in treating neurological disorders with cognitive remediation as well as researching the cognitive impact of brain injury. Dr. Sacks-Zimmerman treats a variety of adolescents and young adults who suffer from cognitive and emotional difficulties that may be the result of neurological disorders.

**Call: 212-746-3356**



**Weill Cornell  
Medicine**  
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## Healthier Brains for Young People

A novel program to assist teens after neurological or neurosurgical treatment

[weillcornellbrainandspine.org](http://weillcornellbrainandspine.org)

## What Happens Inside a Teenager's Brain?

For most young people, brain development is predictable. Teenagers develop adult skills at different times—some sooner and some later—but that usually happens along a well-documented timeline.

When a teen has a neurological disorder—including epilepsy, Chiari malformation, a tumor, or other brain condition—that timeline can be turned upside down. It's not just the condition that can affect the brain, but the treatments as well.

Depending on what parts of the brain were affected, a teen may experience weaknesses in motor skills or speech. Physical therapy and speech therapy can help. If the affected area of the brain controls attention or information processing, your adolescent may experience some weaknesses in those areas. Just as speech or physical therapy can help a teen regain those skills, cognitive remediation can help restore confidence in neurocognitive abilities, thereby enhancing emotional well-being.

Research has demonstrated that cognitive remediation can lead to significant improvements. We offer a 13-week program designed to improve cognitive weaknesses related to your teen's condition.

### Who can benefit from this group?

Adolescents who have a history of neurosurgical intervention for:

1. Chiari malformation
2. Stroke/hemorrhage
3. Epilepsy
4. Brain tumors
5. Hydrocephalus
6. Other brain conditions

For more information, call 212-746-3356

or visit [weillcornellbrainandspine.org](http://weillcornellbrainandspine.org)

## How Does Cognitive Remediation Help?

The good news is that every adolescent, even after treatment for a neurological condition, has relative cognitive strengths that remain. Cognitive remediation therapy teaches teens how to use those existing abilities to compensate for weaknesses in other areas. This therapy has been shown to improve functioning at school and home.

Remediation also addresses the emotional component of your teen's experience. The therapy can help teens understand, manage, and cope with their complicated feelings.

**Just as speech therapy or physical therapy can aid in recovery, so can cognitive remediation.**

Specific neurocognitive domains addressed include:

- Attention and concentration
- Problem-solving
- Organization and planning
- Sequencing
- Word retrieval
- Memory
- Emotional regulation

**Cognitive remediation enhances the natural process of neuroplasticity, which is the brain's capacity to change following a neurological event.**



## Why Are Group Sessions Effective for Teens?

A group setting allows teens to receive and provide feedback on strategies that work best for them, as well as encouragement to help them along their journey to recovery.

FOR MORE INFORMATION,  
OR TO ENROLL IN THE NEXT GROUP:

Call 212-746-3356