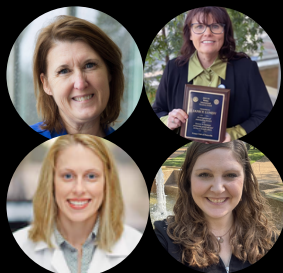


OCTOBER 16, 2026 – FALL CST AGENDA

COGNITIVE STIMULATION THERAPY PRACTITIONER CERTIFICATION TRAINING AGENDA & REGISTRATION INFORMATION

Morning & Afternoon Session



8:00 AM – 8:15 AM	Welcome and Introductions - Maria Berg-Weger, PhD, LCSW
8:15 AM – 8:45 AM	Introduction to Dementia - Angela Sanford, MD, CMD Dr. Sanford will provide an overview of dementias and current assessment and treatment options.
8:45 AM – 9:30 AM	CST Historical Perspective, Development, and Evidence - Janice Lundy will introduce different perspectives of dementia, followed by an introduction to CST interventions and a discussion of the evidence that supports the implementation of this non-pharmacologic intervention.
9:30 AM – 10:15 AM	CST Key Features and Guiding Principles - Andrea Vaughan will provide an overview of the key features and guiding principles of individual and group CST.
10:15 AM – 10:30 AM	Break
10:30 AM – 11:15 AM	Implementation of Group CST Intervention and Why CST Works. We will introduce the CST group structure, 14 session themes and you will be provided a review of the evidence behind CST effectiveness.

11:15 AM – 11:45 AM	CST in Action - Deb Hayden and Janice Lundy will present a short video of "CST in Action." The audience will be asked to provide feedback on the CST session.
11:45 AM – 12:00 PM	Q&A from Audience/Experiences from Facilitators - The Facilitators will field questions from the audience and also share their experiences of CST group sessions (what works and what's challenging).
12:00 PM – 1:00 PM	Lunch
1:00 PM – 2:00 PM	Skills Practice - Deb Hayden and Janice Lundy will lead a discussion and practice of skills and session activities with a CST group.
2:00 PM – 2:30 PM	Group Development/Assessment and Maintenance CST (mcST) - Janice Lundy will talk about the maturation of groups and how to continue CST into the maintenance phase.
2:30 PM – 2:45 PM	Break
2:45 PM – 3:15 PM	Group Dynamics - Cultural Dynamics - Virtual CST: Andrea Vaughan will cover the dynamics in CST groups and the cultural considerations for facilitators.
3:15 PM – 3:45 PM	Physical Movement with CST, Billing for Services - Janice Lundy and Deb Hayden talk about physical movement options in the groups and the process of billing for CST.
3:45 PM – 4:00 PM	Group Discussion and action plan/ Wrap Up