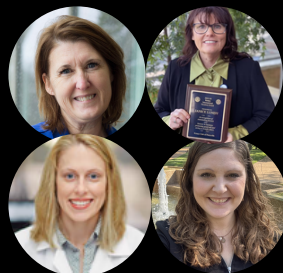


# FALL CST – 10/16/26 AGENDA

## COGNITIVE STIMULATION THERAPY PRACTITIONER CERTIFICATION TRAINING – VIRTUAL ONLY AGENDA & REGISTRATION INFORMATION

### Morning & Afternoon Session – Central Standard Time (CST)



|                         |                                                                                                                                                                                                                                                                                    |
|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:00 AM – 8:15 AM CST   | Welcome and Introductions – Marla Berg-Weger, PhD, LCSW and Max Zubatsky, PhD, LMFT                                                                                                                                                                                                |
| 8:15 AM – 9:00 AM CST   | Introduction to Dementia – Angela Sanford, MD, CMD<br>Dr. Sanford will discuss the signs & symptoms of dementia and introduce the TDP-43 (LATE) diagnosis.                                                                                                                         |
| 9:00AM – 9:30 AM CST    | 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  | 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 CST | Break                                                                                                                                                                                                                                                                              |
| 10:30 AM – 11:15 AM CST | 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.                                                                               |

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|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11:15 AM – 11:45 AM CST | 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 CST | 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 CST  | Lunch                                                                                                                                                                                                 |
| 1:00 PM – 2:00 PM CST   | 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 CST   | 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 CST   | Break                                                                                                                                                                                                 |
| 2:45 PM – 3:15 PM CST   | 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 CST   | 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 CST   | Group Discussion, next steps, and action plan/ Wrap Up                                                                                                                                                |