

**COGNITIVE STIMULATION THERAPY
PRACTITIONER CERTIFICATION TRAINING
AGENDA and REGISTRATION INFORMATION**

Friday, October 11, 2024

Conference Location: Virtual on Zoom

Morning Session

8:00 AM – 8:15 AM	Welcome and Introductions
8:15 AM- 8:45 AM	Introduction to Dementia <i>Angela Sanford, MD: Dr. Sanford will provide an overview of dementias and current assessment and treatment options.</i>
8:45 AM – 9:30 AM	CST Historical Perspective, Development, and Evidence <i>Janice Lundy will introduce different perspectives of dementia, followed by an introduction of CST interventions and discussion of the evidence that supports the implementation of this non-pharmacologic intervention.</i>
9:30 AM – 10:15 AM	CST Key Features and Guiding Principles <i>Max Zubatsky will provide an overview of the key features and guiding principles of individual and group CST.</i>
10:15 AM –10:30 AM	Break
10:30 AM – 11:15 AM	Implementation of Group CST Intervention and Why CST Works. <i>We will introduce the CST group structure, 14 session themes and you will be provided a review of the evidence behind CST effectiveness</i>
11:15 AM – 11:45am	CST in Action <i>Deb Blessing and Janice Lundy will present a short video of “CST in Action.” The audience will be asked to provide feedback on the CST session</i>
11:45 AM – 12:00 PM	Q&A from Audience/Experiences from Facilitators <i>The Facilitators will field questions from the audience and also share their experiences of CST group sessions (what works and what’s challenging)</i>
12:00 PM- 1:00 PM	Lunch

Afternoon Session

1:00pm-2:00pm	Skills practice <i>Deb Blessing and Janice Lundy will lead a discussion and practice of skills and session activities with a CST group</i>
2:00pm-2:30pm	Group Development/Assessment and Maintenance CST (mCST) <i>Janice Lundy will talk about the maturation of groups and how to continue CST into the maintenance phase.</i>
2:30 PM– 2:45pm	Break
2:45-3:15pm	Group Dynamics-Cultural Dynamics-Virtual CST <i>Max Zubatsky will cover the dynamics in CST groups and the cultural considerations for facilitators.</i>
3:15-3:45pm	Physical Movement with CST, Billing for Services <i>Janice Lundy and Deb Hayden talk about physical movement options in the groups and the process of billing for CST.</i>
3:45-4:00 PM	Group Discussion and action plan/ Wrap Up

Registration:

\$150 for all professionals

\$75 for all students (must state institution and program in the registration)

\$125 per person for the group rate (Five or more registrants from the same organization)

CME's

CMEs are available for Social Work, Occupation Therapy, Physical Therapy, and Nursing Home Administrators

Included Materials

Every participant will receive a copy of the training slides, a copy of the CST Making a Difference 1 Manual, and one version of SLU GEMS (Geriatric Evaluation Mnemonic Screening Tools)