

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

Friday, June 7th, 2024

Conference Location: Hybrid Format

**Morning Session**

<b>8:00 AM – 8:15 AM</b>	<b>Welcome and Introductions</b>
<b>8:15 AM- 8:45 AM</b>	<b>Introduction to Dementia</b> <i>Angela Sanford, MD: Dr. Sanford will provide an overview of dementias and current assessment and treatment options.</i>
<b>8:45 AM – 9:30 AM</b>	<b>CST Historical Perspective, Development, and Evidence</b> <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>
<b>9:30 AM – 10:15 AM</b>	<b>CST Key Features and Guiding Principles</b> <i>Andrea Vaughan will provide an overview of the key features and guiding principles of individual and group CST.</i>
<b>10:15 AM –10:30 AM</b>	<b>Break</b>
<b>10:30 AM – 11:15 AM</b>	<b>Implementation of Group CST Intervention and Why CST Works.</b> <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>
<b>11:15 AM – 11:45am</b>	<b>CST in Action</b> <i>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</i>
<b>11:45 AM – 12:00 PM</b>	<b>Q&amp;A from Audience/Experiences from Facilitators</b> <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>
<b>12:00 PM- 1:00 PM</b>	<b>Lunch</b>

## Afternoon Session

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

## Included Materials

Every in-person participant will receive a free copy of the training slides, a copy of the CST Making a Difference 1 Manual (a \$20 value), and one version of SLU GEMS (Geriatric Evaluation Mnemonic Screening Tools)