

**COGNITIVE STIMULATION THERAPY
FACILITATOR CERTIFICATION TRAINING**

AGENDA

Friday, October 7, 2022

8:00 AM – 8:10 AM	Welcome and Introductions - Marla Berg-Weger, PhD, LCSW
8:10 AM – 8:45 AM	Introduction to Dementias, presented by Angela Sanford, MD, CMD, Associate Professor, Saint Louis University Division of Geriatric Medicine <i>Dr. Sanford will provide an overview of dementias and current assessment and treatment options.</i>
8:45 AM – 9:15 AM	CST Historical Perspective, Development, and Evidence, presented by Janice Lundy, BSW, MA, MHA, Perry County Memorial Hospital <i>Introduction of CST interventions and discussion of the evidence that supports the implementation of this non-pharmacologic intervention.</i>
9:15 AM – 9:45 AM	CST Key Features and Guiding Principles, presented by Max Zubatsky, PhD, LMFT, Associate Professor, Saint Louis University Medical Family Therapy Program <i>Dr. Zubatsky will provide an overview of the key features and guiding principles of individual and group CST.</i>
9:45 AM – 10:00 AM	Morning Break
10:00 AM – 11:00 AM	Why CST Works and Implementation of Group CST Intervention, presented by Debbie Hayden, RN, BSN, OTR/L, Perry County Memorial Hospital <i>Ms. Hayden will review the evidence behind CST effectiveness and introduce the 14 sessions.</i>
11:00 AM – 12:00 PM	Individual CST (ICST), presented by Debbie Blessing, BS, A.T. Still University <i>Strategies for delivering Individual (iCST) will be presented.</i>
12:00 PM – 1:00 PM	Lunch
1:00 PM – 2:00 PM	Incorporating Exercise in CST, presented by Janice Lundy, BSW, MA, MHA, Perry County Memorial Hospital <i>Ms. Lundy will provide strategies and techniques for integrating an exercise protocol into CST interventions.</i>
2:00 PM – 3:30 PM	Afternoon Breakout Sessions: <i>CST group implementation will introduce participants to group development, facilitation, management, evaluation, and incorporating physical exercise into CST sessions. Participants will have the opportunity to practice skills of facilitating CST groups.</i> Group I–Janice Lundy, BSW, MA, MHA, and Debbie Hayden, RN, BSN, OTR/L Group II–Max Zubatsky, PhD., LMFT, Debbie Blessing, BS
3:30 PM – 4:00 PM	Wrap up and Evaluation

