



# **COGNITIVE STIMULATION THERAPY VIRTUAL FACILITATOR CERTIFICATION TRAINING**

**October 29, 2021**

## **Cognitive Stimulation Therapy Facilitator Training Overview**

Welcome to the Fall CST Facilitator Training sponsored by the Geriatric Education Center at Saint Louis University! This interactive, full-day training will give participants the opportunity to learn all of the essential skills, knowledge, and tips to offer Cognitive Stimulation Therapy at their respective settings. Experienced professionals will offer advice on how to effectively engage older adults with memory loss in a psychosocial, group environment. The group will also discuss ways for participants to recruit and implement a CST group, discussing effective strategies to lead a successful intervention. Our hope is that more individuals interested in CST will become certified facilitators and help expand these services across the country.

## **Presenter Information**



**Marla Berg-Weger, PhD, LCSW**  
Professor in the School of Social Work, Executive Director of the Geriatric Education Center, Saint Louis University



**Debbie Blessing, BS**  
Geriatric Workforce Enhancement Program Project Coordinator, A.T. Still University



**Debbie Hayden, RN, BSN, OTR/L**  
Registered Nurse, Occupational Therapist, and CST Co-Facilitator, Perry County Memorial Hospital



**Janice Lundy, BSW, MA, MHA**  
Director of Social Work and Geriatric Case Management, CST Program Director, Perry County Memorial Hospital



**Angela Sanford, MD**  
SLUCare Physician and Assistant Professor in Internal Medicine, Saint Louis University



**Max Zubatsky, PhD, LMFT**  
Associate Professor and Program Director of Medical Family Therapy, Associate Director of the Geriatric Education Center, Saint Louis University,



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AGENDA  
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8:00 AM – 8:15 AM	Welcome and Introductions - Marla Berg-Weger, PhD, LCSW
8:15 AM – 8:45 AM	Introduction to Dementias, presented by Angela Sanford, MD <i>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, presented by Janice Lundy, BSW, MA, MHA <i>Introduction of CST Interventions and discussion of the evidence that supports the implementation of this non-pharmacologic intervention.</i>
9:30 AM – 9:45 AM	Break
9:45 AM – 10:30 AM	CST Key Features and Guiding Principles, presented by Max Zubatsky, PhD, LMFT <i>Dr. Zubatsky will provide an overview of the key features and guiding principles of individual and group CST.</i>
10:30 AM – 11:30 AM	Why CST Works and Implementation of Group CST Intervention, presented by Debbie Hayden, RN, BSN, OTR/L <i>Ms. Hayden will review the evidence behind CST effectiveness and introduce the 14 sessions.</i>
11:30 AM – 11:45 AM	Video from CST Participants and Caregivers <i>Q&amp;A and open discussion</i>
11:45 AM – 12:45 PM	Break for Lunch
12:45 PM – 1:30 PM	CST in Action Videos <i>Introduction of session skills.</i>
1:30 PM – 2:30 PM	Breakout Groups, presented by Debbie Blessing, BS and Janice Lundy, BSW, MA, MHA <i>Review skills/process with large group</i>



2:30 PM – 2:45 PM	Break
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2:45 PM-3:15 PM	<p>Group Development and Maintenance CST, presented by Janice Lundy, BSW, MA, MHA</p> <p><i>This will provide strategies for forming a CST group and the rationale and structure of mCST, an option for continuing member participation following the initial 14-session intervention.</i></p>
3:15 PM – 3:45 PM	<p>Group Dynamics-Cultural Dynamics-Virtual CST, presented by Max Zubatsky, PhD, LMFT</p> <p><i>Dr. Zubatsky will provide strategies for facilitating group dynamics from a culturally competent approach, and offer guidance on virtual delivery of CST.</i></p>
3:45 PM-4:15 PM	<p>Individual CST (ICST), presented by Debbie Blessing, BS</p> <p><i>Strategies for delivering Individual (ICST) will be presented.</i></p>
4:15 PM-4:45 PM	<p>Combining Exercise with CST, Billing for Services, presented by Debbie Hayden, RN, BSN, OTR/L</p> <p><i>The final session will introduce attendees to approaches for incorporating appropriate exercise into the CST protocol and strategies for clinicians to seek reimbursement for delivery of CST.</i></p>
4:45 PM-5:00 PM	Wrap up and Evaluation