

**COGNITIVE STIMULATION THERAPY
FACILITATOR CERTIFICATION TRAINING**

AGENDA

Wednesday, June 3, 2020

7:30 AM - 8:00 AM	Registration, Sign-In, Coffee and Light Breakfast
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 <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 <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 <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 <i>Ms. Hayden will review the evidence behind CST effectiveness and introduce the 14 sessions.</i>
11:00 AM – 11:30 AM	Individual CST (iCST), presented by Debbie Blessing, BS <i>Strategies for delivering Individual (iCST) will be presented.</i>
11:30 AM – 12:30 PM	Lunch (Provided)
12:30 PM – 1:15 PM	Incorporating Exercise in CST, presented by Janice Lundy, BSW, MA <i>Ms. Lundy will provide strategies and techniques for integrating an exercise protocol into CST interventions.</i>
1:30 PM – 3:50 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
3:50 PM – 4:00 PM	Wrap up and Evaluation