

SUPPORTING COGNITIVE FUNCTION AND RECOVERY TRAINING

The Supporting Cognitive Function and Recovery Training is aimed at clients, carers and direct care workers engaging with people who have complex mental illness and/or cognitive challenges.

It concentrates on the role of taking in, processing and acting on information (cognition) in recovery; the things that hinder and help cognition, and how we can support a person's cognitive function and quality of life.

What this workshop covers:

- What is cognition?
- How cognition impacts behaviour and the brain
- How we use our cognitive abilities in everyday life
- What causes cognitive difficulties – mental illness, drug and alcohol use, acquired brain injuries, trauma, etc
- How cognitive difficulties can impact everyday function – poor memory, difficulty starting something and seeing it through to the end, difficulty managing money, low motivation and interest, problem solving issues etc
- Brain function and how mental illness can impact it
- How medication can impact our thinking and behaving
- The role of lifestyle factors in improving brain function
- Neuroplasticity – our brains are able to learn, change and grow, far more, and later into life than was previously thought
- Neuroscience – based strategies for supporting and improving cognitive function
- How to communicate with people who have cognitive difficulties

Where is it offered and what is the duration?

Tim is based in Dubbo but he is able to travel to deliver this workshop. The course runs for six hours.

About the trainer

Tim Carr, Marathon Health Training and Engagement Officer, has 12 years of experience in the mental health and wellbeing industry, with qualifications in both direct care, and management in community and sub-acute mental health settings. Tim has experience with clients who have severe and enduring mental health concerns and associated behaviour.



More information

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