ANTS Cognitive Remediation Program

Cognitive remediation represents a broad set of activities and exercises that aim to improve cognitive functioning. The goal of cognitive remediation is to improve cognitive abilities so that clients are better able to engage in day to day activities such as work, study, social interaction and independent living. This structured intervention leads to substantial improvements in functioning and quality of life for individuals with cognitive impairments.

What is the ANTS Cognitive Remediation Program?
Over the past decade we have developed and refined the ANTS Cognitive Remediation Program. The program aims to improve the functioning and quality of life of individuals with cognitive impairments by improving neurocognitive abilities such as attention, working memory, problem-solving and new learning.

Intensive cognitive training and psychoeducation are combined to develop and refine neurocognitive abilities. The skills developed during the program will enable individuals to build self-awareness, function socially and at work, and more easily reintegrate themselves in their day to day routines.

Program Structure
There are two options for completing this course:

1. Once weekly two-hour group sessions for 10 weeks plus a pre-intervention individual assessment and post-intervention individual assessment/feedback session, totalling 12 sessions. Cost = POA
2. As per 1. plus once weekly individual sessions to tailor program content to your specific needs and goals. This totals 22 sessions. Cost = $2,750

The program will include modules on:
- Attention and concentration
- Memory and new learning
- Communication and social skills
- Organisation and problem-solving
- Dealing with stress and unhelpful thoughts

Who would benefit from the ANTS Cognitive Remediation Program?
The program was designed to assist individuals with who experience cognitive difficulties (such as poor memory and attention) and difficulties with day to day functioning (like work, relationships and independent living).

Although the program was originally developed to assist individuals with mental disorders like depression, schizophrenia and bipolar disorder, it is also applicable to individuals who experience cognitive impairments due to a range of other conditions, including acquired brain injuries like stroke and traumatic brain injury.