ANTS Goal Management Training Program

Executive functions are a range of cognitive processes such as planning, reasoning and problem-solving, that are necessary for controlling everyday behaviours. Executive functions are necessary for goal-directed behaviour – the organisation of behaviours to achieve a goal. Deficits in executive functioning will often result in difficulties planning and working towards everyday tasks and long-term goals. Executive dysfunction can be attributed to brain damage and psychological conditions, such as depression and anxiety. However, executive dysfunction is highly prevalent, commonly experienced by healthy individuals.

What is the ANTS Goal Management Training Program?
We have adopted the Goal Management Training program at ANTS. The aim of this program is to build executive function by training individuals to understand, develop and achieve personal goals.

Individuals are trained to use compensatory strategies to improve goal management, focusing on skills such as mindfulness, memory and decision-making. Training sessions focus on the real-life experiences of participants; maximising their existing skills and facilitating the achievement of their everyday goals.

Program Structure
There are two options for completing this course:

1. Once weekly two-hour group sessions for 9 weeks plus a pre-intervention individual assessment and post-intervention individual assessment/feedback session, totalling 11 sessions. Cost = POA
2. As per 1. plus once weekly individual sessions to tailor program content to your specific needs and goals. This totals 20 sessions. Cost = $3,250

Group content includes the following modules:
- Absentmindedness and present-mindedness
- Absentminded slip-ups
- The automatic pilot
- Stop the automatic pilot
- The mental blackboard
- State your goal
- Making decisions
- Splitting tasks into subtasks
- Checking (STOP!)

Who would benefit from the ANTS Goal Management Training Program?
The goal management training program will benefit individuals who experience executive dysfunctions due to brain diseases and brain damage from stroke, tumour or traumatic brain injury.

Goal management training can also be applied to individuals with executive dysfunction due to other factors, such as substance abuse and age-related cognitive deficits as seen in the elderly.