

## SYMPOSIUM ERGOTHERAPEUTEN

10:00 – 16:00 u

R1

**Organisatie** Vlaams Ergotherapeutenverbond  
**Doelgroep** Ergotherapeuten, logopedisten, kinesisten, psychologen, dokters, verpleegkundigen en alle andere zorgverleners van patiënten met NAH 3.

### HOW TO DO COGNITIVE REHABILITATION

#### WORKSHOP FOR PROFESSIONALS

**Moderator** Turid Deisz  
**Instructors** Kit Malia & Anne Brannagan

‘Where cognitive impairment is causing management difficulties or limiting response to rehabilitation, specialist advice should be sought and, if appropriate, the patient referred to a formal cognitive rehabilitation programme’  
 RCP/BSRM National Clinical Guidelines [UK] (2003)

#### Course Description

This one day interactive workshop is suitable for professionals working with adults who have cognitive problems following brain injury. The course focuses on practical activities that can be used in the rehabilitation of attention, visual processing, information processing, memory and executive functions.

#### Aims

To teach therapists how to Design, Develop & Implement a comprehensive cognitive rehabilitation programme

#### Programme

- 10:00 u **Overview/Education?**  
 Overview of course. The 4 approaches to practical rehabilitation. The need for education and a recommended basic curriculum. Understanding how to teach and tips for doing this. Example of education sheet about attention. Illustrative case study. Group work on how to provide an education programme using a case study. Feedback and summary of what we did with this case study.
- 11:00 u Coffee
- 11:30 u **Process Training**  
 What is process training? The process training cycle. Does process training work? How does process training work and the link with self efficacy. Incorporating awareness training into process training. How to design tasks for process training. Grading activities. Group work on designing a process training task for a case study. Feedback.
- 12:30 u Lunch

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### Programme

- 13:30 u **Strategy Training**  
 The use of strategy training. Difficulties with strategy training. Benefits of strategy training. Teaching strategies through using process training and functional activities training. Group work on teaching strategies via process training using a case study. Feedback.
- 14:30 u TEA
- 15:00 u **Functional Activities Training**  
 The end of the rainbow. Used as a medium for training specific cognitive skills. Choosing activities to use. 7 steps to using functional activities training. Summary of how these steps were used with a case study.
- Conclusion**  
 Setting these approaches into the context of holistic treatment programmes.
- 16:00 u End

Info en registratie kan enkel via [www.ergotherapie.be](http://www.ergotherapie.be)

Leden VE:	1 dag: 80 EUR,	2 dagen: 160 EUR
Niet-leden:	1 dag: 100 EUR,	2 dagen: 180 EUR
Studenten:	1 dag: 80 EUR,	2 dagen: 140 EUR

Informatie: [www.ergotherapie.be](http://www.ergotherapie.be), doorklikken naar Vormingen/bijscholingen.  
 Voor bijkomende vragen kan u terecht op [ve-gda@live.be](mailto:ve-gda@live.be)

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### Active Relaxation Training Workshop For Fatigue & Stress Management

#### INSTRUCTOR

Kit Malia

‘Stress appears to play an important role in determining whether people undertake and maintain potentially important health-related behaviour changes. People who are stressed do not change their behaviour, or maintain the changes if they are made’

Seeman et al (1997) & Hocking et al (1997)

‘Two major sources of stress in a year make a person age sixteen years. In fact, an annus horribilis including three very serious events could increase the body’s age by . . . thirty-two years, over the subsequent twelve months.’

Olivier de Ladoucette (2005)

#### COURSE DESCRIPTION

This practical one day interactive workshop is suitable for professionals working with individuals who have health problems made worse by stress and/or fatigue issues.

The course will provide an overview of what Active Relaxation is, teach you about 14 techniques you can use, provide a tested practical model to implement with your clients/patients, and demonstrate the latest technology to help you measure improvements.

#### AIMS

To extend skills and knowledge about relaxation

To introduce 14 relaxation training techniques

To provide a practical framework within which to apply these techniques with clients/patients

To demonstrate how improvements can be measured

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### PROGRAMME

- 10:00 u **Why Should I Be Doing This?**  
What happens when we are stressed? The Stress Response (maintenance of symptoms; fatigue). What happens when we are consciously relaxed (the relaxation response; incompatibility between Stress Response and Relaxation Response). Brainwave patterns. Why is relaxation important (positive effects on good health and well-being; effects on the brain; evidence base)?
- 11:00 u Coffee
- 11:30 u **What Is This Approach?**  
What is it? The link to martial arts, elite athletes, special forces and managers. 14 techniques. The role of the amygdala and how to influence it. Choosing relaxation over stress. How to use breath to effect change. How to positively influence brainwave patterns. Living in the present moment. How to train neural circuits to enhance health. How to relax without trying.
- 12:30 u Lunch

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### PROGRAMME

- 13:30 u      **How Can I Use It With My Clients/Patients?**  
Training using stress scenes. Model patient session. Use of biofeedback devices. Homework for the client/patient.
- 14:30 u      Coffee
- 15:00 u      **What Difference Has It Made?**  
How to measure improvement. Symptom reduction. Symptom management. Positive Attitude. Self-efficacy and Control. Use of technology. Reflective practice.
- 16:00 u      **End**

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