



# Optimizing Cognitive Rehabilitation: Effective Instructional Methods

*McKay Moore Sohlberg, Lyn S. Turkstra*

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Rehabilitation professionals face a key challenge when working with clients with acquired cognitive impairments: how to teach new skills to individuals who have difficulty learning. Unique in its focus, this book presents evidence-based instructional methods specifically designed to help this population learn more efficiently. The expert authors show how to develop, implement, and evaluate an individualized training plan. They provide practical guidelines for teaching multistep procedures, cognitive strategies, the use of external aids, and more. User-friendly features include 17 sample worksheets and forms; blank forms can be downloaded and printed in a convenient 8 1/2" x 11" size.

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