



Cognitive stimulation therapy (CST)

Priory Wellbeing Centre Birmingham

Our CST course is a structured programme designed to improve cognitive function in people showing signs of mild to moderate dementia. Our CST sessions incorporate social and cognitive exercises that are mentally stimulating, fun and person-centred, encouraging people to express themselves and engage socially. The goal of the group is to promote cognition, independence and wellbeing, while also reducing social isolation. This approach can have a positive impact on participants' self-esteem and overall mood.

The eight-session course will take place as part of a group. It will be available to people who have been experiencing memory or cognitive issues for at least 6 months, where physical causes have been ruled out. Family members can also access CST for their loved ones if they've noticed these kinds of changes. Additionally, if a family member has observed any changes in their loved one's behaviour or personality - which may be especially the case for people under the age of 65 - our CST sessions can offer support.

Course overview

The course will be delivered over 8 weeks, with each session lasting 1.5 hours. It is a highly supportive, face-to-face group experience that includes:

- + Teaching mindfulness and breathing exercises to help reduce anxiety and brain fog. For example, jigsaw puzzles, stress balls, painting and playing relaxing music, tailored to whatever suits the clients' needs
- + Using tools to help the client express how they may be feeling in more detail. For example, expression face cards
- + A nostalgic session, whereby clients are encouraged to bring in pictures of their family or things that have been important to them throughout their life. For example, certificates of achievement, pictures of their family/pet/garden. This exercise is designed to remind the clients of their achievements and sense of self
- + Number games to aid both positive memories and number recall. For example, Monopoly and dominoes
- + Looking at old newspapers and magazines, again for memory recall and reading practice
- + Exploring hobbies and stimulating new interests. For example, knitting and crosswords
- + Translating all of the above into skills and activities to do at home, helping to boost confidence and establish a routine. This can provide people with a greater sense of control over their daily lives for as long as possible
- + A person-centred approach to help calm our clients and build trust



The power of the group

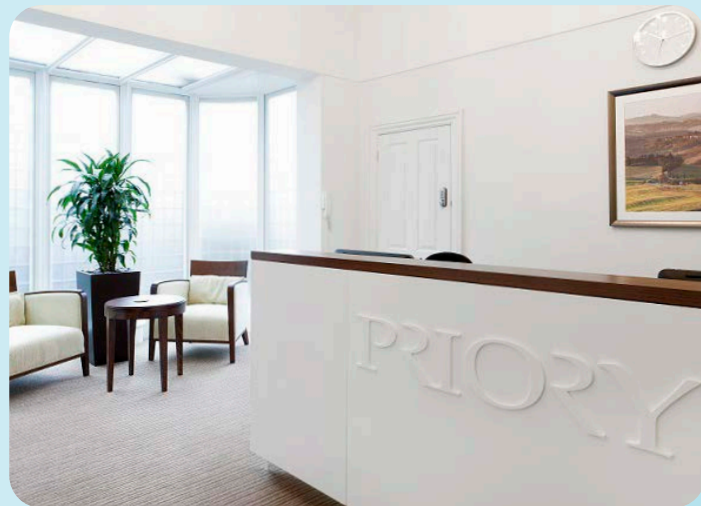
The course takes place with a group, consisting of four to eight clients, who are all experiencing similar challenges. CST is evidence-based and a recognised psychosocial pathway for people experiencing mild to moderate dementia.

It's normal for people and their loved ones to find the thought of group sessions to be quite daunting. However, we will ensure that clients are given enough time to get to know their peers and hear their experiences, allowing them to build a level of trust. Participation in our group sessions often helps people to realise they're not alone and this experience develops a sense of closeness and support between group members.

Our specialists

Our therapists have undergone rigorous training and have extensive experience in delivering CST.

In our group sessions, each person will receive personalised attention and support from our therapists, who will work with them to identify their unique needs and tailor the support to their specific situation.



Further information and pricing

The CST course is available to people who are self-paying for their treatment. The full eight-session course costs £695.

For more information, please contact Priory Wellbeing Centre Birmingham on **0121 200 5930** or by emailing **birminghamwellbeing@priorygroup.com**.

For the most up to date information on our services, please visit our website.