

The BCAT® Group Therapy Resource for Rehab Professionals

There is an abundance of evidence that supports the benefits of rehabilitation services delivered in a group setting. Rehab clinicians often use group therapy as an adjunct to individual therapy services for patients who may benefit from this mode of service delivery. Group therapy can be leveraged to meet the clinical needs of the patient, support patients in achieving their goals and promote progress and functional outcomes.

Used by occupational therapy and or speech language pathology practitioners, this resource provides discipline specific guidance on goal writing and treatment interventions designed to address cognitive impairments, optimize outcomes, independence, and overall cognitive health and wellness.

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- Leverages the assessment and treatment tools found in the BCAT® Approach to maximize success. By utilizing BCAT® Test System scores to identify group candidates based on their level of cognition, and a diverse array of BCAT® Interventions, clinicians are prepared to execute unique and meaningful groups.
- The SLP programming materials focus on cognitive communication and speech and language interventions and the OT tools highlight treatment of the functional cognitive areas that impact ADL and or IADL performance.
- Includes a focus on establishing individualized cognitive health and wellness programs for each patient that promotes overall brain health.

The BCAT® Approach as a Foundation

The Group Therapy Resource provides step by step guidance including sample goals, and targeted treatment areas that can be addressed by leveraging the following tools and resources used in the BCAT® Approach to support each individual patient's goals.

BCAT® Test System: Clinicians can use BCAT® Test scores to assign patients to specific groups based on their level of cognition and offer more challenging group with a focus on cognitive remediation, or groups that prioritize meaningful engagement and cognitive stimulation.

BCAT® Interventions: Clinicians can leverage the following treatment tools for group treatment:

- MemPics® Books
- MemPics® Grab'N Go
- The BCAT® Working Memory Exercise Book (WMEB) – Home Edition
- Digital Working Memory Exercises providing interactive on-line exercises

ENRICH® Brain Health Program: educational tools and resources related to brain health are reviewed with participants to support health literacy and overall cognitive wellness.

If you would like to more information on the BCAT® Group Therapy Resource for Rehab Professionals or would like to discuss how a BCAT® partnership can support the needs of your organization, please reach out to us at info@thebcat.com.