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Cognitive Training as a Method of Rehabilitation in Clinical Practice

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Cognitive disorder is one of the main symptoms in the structure of psychoorganic syndrome and affective illnesses. Therapy of diseases of the mind should include both medication and non-pharmacological methods. Psychocorrection in patients with dement forms of cognitive impairment is focused on creating of notebooks of memory that compensates for impaired cognitive functions. The scientific views of Vygotsky and Luria formed the basis of the research. Higher mental function is characterized by interactivity, mediation, and possibility of exteriorization of executive control.

A new neuropsychological rehabilitating program is designed and realized in the clinic of affective spectrum disorders of Moscow Research Institute of Psychiatry. Objectives of the training are correction memory, voluntary attention, thinking, voluntary regulation; and social integration of patients. Inclusion criterion in the groups (group size 8–10 people) is mild cognitive disorder, which is characterized by a loss of concentration, a memory reduction, the difficulties of self-report and ideation. Participants are patients with anxiety and depressive disorders, and pre-dementia forms of psychoorganic syndrome.

Results of training confirm that in patients: improved concentration, self-report, memory; normalized mood; increased activity, sociability, self-control.

Thus, cognitive training is required for treatment of patients no less than medication which is expensive and not always effective.