



# Employ Your Mind

Inga Davidson  
Occupational Therapist

# FEAT - Hanover Court, Glenrothes



# Employ Your Mind



- ▶ Innovative vocational rehab partnership project
- ▶ Targets individuals with Severe and Enduring mental health problems
- ▶ Aims - prepare students over a period of 6-months with a combination of psychiatric, **cognitive remediation therapy** and soft skills aimed at preparing them to access other vocational services
- ▶ Funded for 5 years

# The Employ Your Mind Team



Inga  
Occupational Therapist



Wendy  
Learning Coach



Pam  
Learning Coach



Diane  
Learning Coach

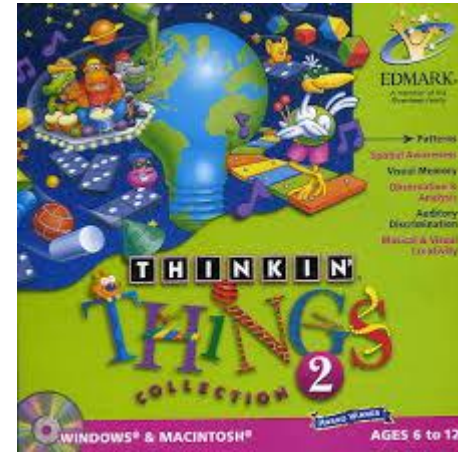


Neil  
Learning Coach

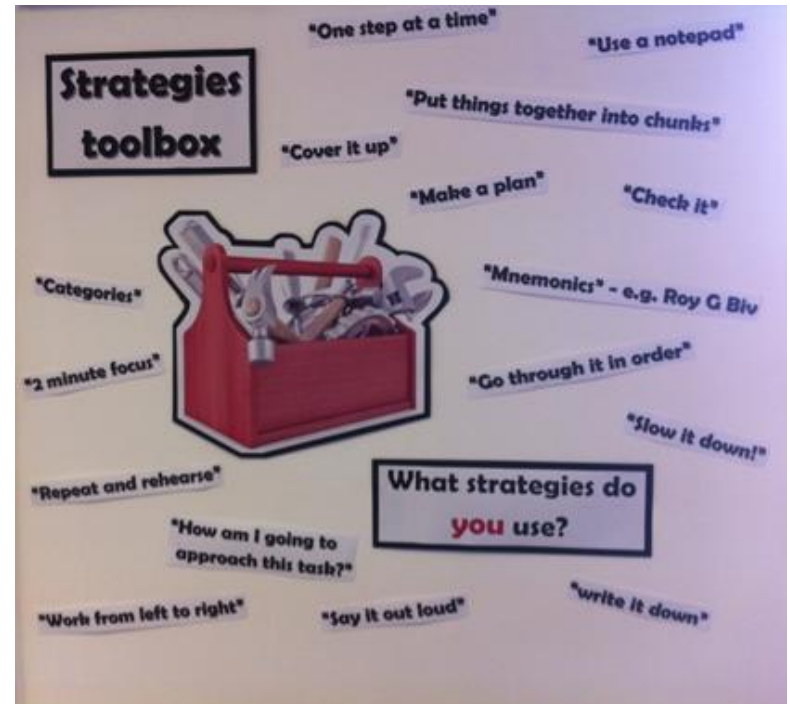


NHS Staff

# Cognitive Remediation Therapy



# FEAT's Learning Arcade



# Cognitive Remediation Therapy

- ▶ Behavioural treatment for people who experience cognitive impairments
- ▶ Effective treatment for people with schizophrenia or other psychotic illness – B Grade Recommendation Sign Guidelines
- ▶ Uses computerised software
- ▶ Helps develop strategies that can be transferred to help improve everyday functioning

# What is cognition and how do cognitive problems affect us?

- ▶ Cognition refers to a broad set of skills/abilities;
- ▶ Perception
- ▶ Memory
- ▶ Motor skills
- ▶ language
- ▶ Attention
- ▶ Planning
- ▶ Problem solving
- ▶ Sequencing





# Which part to we pay attention to?

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USB2 (F:)

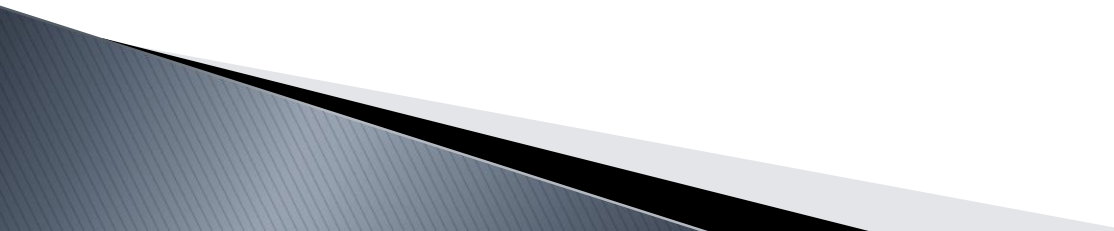
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Presentation1 - Microsof...

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System tray icons including volume, network, and clock (14:00).

# Strategies

- ▶ Slow it down
  - ▶ Chunking
  - ▶ Write it down
  - ▶ Cover it up
  - ▶ Break it down into steps
  - ▶ Talk it through
  - ▶ Check it over
  - ▶ Say it out loud
  - ▶ Repeat and rehearse
  - ▶ Make a plan
- 



Move the rings below until the configuration shown on the right is achieved in a minimum of moves.



# The Towers of Hanoi



1st attempt:



Accuracy	100 %
Average Response Time	2.82 sec/move

1st attempt:



Accuracy



Average Response Time



Your result



Continue

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00:59

# C I R C U I T S

T



HELLO MY NAME IS:

Will

Go-for-it Greens: Sit him opposite Brian so they can confer on strategy.

## Rules

Put the greens on the top table and the reds on the bottom.

Put the sports experts on the left hand ends of the tables.

Put the music experts on the right hand ends of the tables.

Put the team leaders in end seats.

Put the people with 'poker faces' on the side facing the other table, to freak out the other team.



Done

# Thank You!

- ▶ **Any questions?**
  - ▶ Please get in touch...
  - ▶ [www.journeytowork.co.uk](http://www.journeytowork.co.uk)
  - ▶ [inga@journeytowork.co.uk](mailto:inga@journeytowork.co.uk)
  - ▶ 01592 759 371