



3rd International Cognitive Stimulation Therapy Conference June 10-11, 2019

When	Overview and Objectives
Monday, June 10, 2019 - Tuesday, June 11, 2019 7:15 AM - 5:00 PM	<p>The audience for this program includes students and professionals working with older adults, with a special emphasis on clinicians and administrators, including physicians, nurses, psychologists, social workers, occupational therapists, physical therapists, speech therapists, dietitians, nursing home administrators, marriage and family therapists, and those who specialize in alternative medicine.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • The participant will be able to describe the current practice of using non-pharmacologic interventions for persons with dementia; • describe, through interactive experiences, the development and delivery of Cognitive Stimulation Therapy with diverse populations and settings.
Where	Sponsors
Margaret McCormick Doisy Learning Resources Center 3545 Vista Avenue Saint Louis, MO 63104	<p>This activity has been planned and implemented in accordance with the Essentials and Standards of the Accreditation Council for Continuing Medical Education through the partnership of Saint Louis University School of Medicine, Division of Geriatric Medicine, and co-provided by Saint Louis University School of Nursing in cooperation with the Gateway Geriatric Education Center, Saint Louis University School of Medicine, and the Saint Louis University School of Social Work.</p>
For Details and To Register	Registration available at:

AGENDA

Monday, June 10, 2019

7:15 AM – 8:00 AM	Registration, Sign-In, Coffee and Light Breakfast
8:00 AM – 8:15 AM	<i>Welcome - John E. Morley, MB, BCh and Marla Berg-Weger, PhD, LCSW</i>
8:15 AM – 8:45 AM	Screening and Non-Pharmacologic Interventions for Dementia - John E Morley, MB, BCh <i>This keynote address will provide an overview of dementia, its screening and the role of non-pharmacologic interventions.</i>
8:45 AM – 9:15 AM	CST: Development and Implementation – Aimee Spector, PhD <i>Professor Spector will discuss the implementation of CST, with a specific focus on current work in Brazil, India and Tanzania.</i>
9:15 AM – 9:45 AM	Using Technology to Enhance the CST Experience – Martin Orrell, PhD <i>Professor Orrell will present updates on delivery of CST through the use of media, including CST TV and iCST Tablet.</i>
9:45 AM – 10:00 AM	Morning Break
10:00 AM – 10:30 AM	Neuroimaging to Support CST – Gloria Wong, PhD <i>Dr. Wong will highlight new evidence of neuroimaging and CST.</i>

10:30 AM – 11:00 PM	<p>Historical and Economic Perspectives on CST - Robert Woods, PhD</p> <p><i>The CST journey and impact on health economics will be the focus of this presentation by Professor Woods</i></p>
11:00 AM – 11:30 PM	<p>CST-Brasil: A Mixed Methods Feasibility Study</p> <p>Daniel Mograbi, PhD</p> <p>Findings from the feasibility study for CST-Brasil will be presented, including qualitative data on barriers and facilitators, quantitative data indicating CST-related improvements, preliminary neuroimaging findings and a cost-effectiveness analysis.</p>
11:30 AM – 12:00	<p>Highlights from CST research in Danish daycare centers and pilot experiences of new user-driven technology to support home-based CST - Rikke Gregersen, PhD, MSc and Katja Werheid</p> <p><i>Drs. Gregersen and Werheid will present new research results on group CST involving the culturally adapted CST in Denmark and Germany.</i></p>
12:00 PM – 1:15 PM	<p>Lunch (Provided)</p> <p>Posters presentations and presenters will be available for viewing during the lunch period.</p>
WORKSHOP SESSION I	
1:15 pm – 3:00 pm	<p>Workshop A: CST: The Caregiver Perspective - Max Zubatsky, PhD, LMFT</p> <p><i>Dr. Zubatsky will facilitate a panel of caregivers whose family member has participated in a CST group at the Saint Louis University Memory Clinic. Caregivers will reflect on the experience of caring for a person with dementia throughout the CST experience.</i></p>
1:15 pm – 3:00 pm	<p>Workshop B: Shared experiences – Professor Bob Woods</p> <p><i>This workshop is for people recently or currently running CST groups – to share experiences, discuss challenges and bring along questions.</i></p>
1:15 pm – 3:00 pm	<p>Workshop C: Introduction to Individual CST (iCST), Debbie Blessing, BS</p> <p><i>Strategies for delivering iCST will be shared in this interactive workshop.</i></p>
1:15 pm – 3:00 pm	<p>Workshop D: Development of a CST Training Program in Canada - Gina Zoratti, OT and Michelle Bickell, OT</p> <p><i>This workshop will provide an overview of training and CST provision in Canada. The workshop will highlight possible funding sources for CST provision by health care professionals and how to receive training and strategies to begin providing CST in multiple settings in Canada.</i></p>
3:00 pm – 3:15 pm	Afternoon break
WORKSHOP SESSION II	
3:15 pm – 5:00 pm	<p>Workshop E: CST with Diverse Populations - Max Zubatsky, PhD., LMFT, Debbie Blessing, BS, Whitney Postman, PhD., and Andrea Vaughn, MS, CCC-SLP</p> <p><i>This interprofessional workshop will focus on strategies for professionals to deliver CST with specialized populations, including persons with Parkinson's Disease, developmental and intellectual disabilities, and African Americans and persons living in rural communities.</i></p>
3:15 pm – 5:00 pm	<p>Workshop F: Research Development and Research Networking – Aimee Spector, PhD and Martin Orrell, PhD</p> <p><i>Professors Orrell and Spector will facilitate discussion among participants engaged in conducting CST research, supporting ideas around methodology and encouraging collaboration.</i></p>
3:15 pm – 5:00 pm	<p>Workshop G: The Benefits of Combining Exercise with CST - Gary Cheung, MD, Kathryn Peri, PhD, RN, Stephanie Pyland, CPT, and Dee Johnson, NASM CPT</p> <p><i>This workshop will demonstrate how CST programs in the U.S. and New Zealand designed an exercise component specifically designed for persons with dementia to compliment traditional CST sessions. The workshop will highlight the body movement and exercise programs and</i></p>

	<i>positive outcome results beyond that of traditional CST alone.</i>
3:15 pm – 5:00 pm	<p>Workshop H: Neuroimaging Approaches in Understanding the Mechanisms of Actions in CST - Gloria Wong, PhD</p> <p><i>Possible mechanisms of action may explain the cognitive benefits of CST in enhancing cognition in people with mild-to-moderate dementia. Using structural and functional MRI techniques, such as network analysis of functional brain connectivity, these mechanisms to supplement clinical and cognitive findings can be explored. This workshop will discuss the use of imaging approaches in investigating these putative mechanisms, and the pilot findings from a Hong Kong sample, to stimulate further research in this area with potentials of increasing CST effectiveness.</i></p>
3:15 pm – 5:00 pm	<p>Workshop I: Beyond Attendance: Practice Wisdom in the Engagement of People with Dementia in CST - Anna Yan Zhang, MSW</p> <p><i>Through practical sharing for CST group leaders who wish to further their skills in ensuring constructive engagement of people with dementia, participants will learn types of engagement, effects on intervention outcomes, and factors affecting engagement (activity design, group dynamics, facilitation skills, and physical settings). Using case studies, skills and tips for maximizing constructive engagement in different service settings and cultural backgrounds will be discussed.</i></p>
5:00 PM	Adjournment for the Day
5:15 pm – 6:30 pm	Poster Session and Cocktail Reception

Tuesday, June 10, 2019

Track #1—CST Facilitator Training—This track is designed for participants who are new to CST

Track #2—Advanced Strategies for CST—By invitation only, this track is designed for participants who are experienced in the delivery of CST interventions and are interested in providing CST training to others within their organizations and developing strategies for program growth, sustainability and efficacy.

TRACK #1	
7:15 AM - 8:00 AM	Registration, Sign-In, Coffee and Light Breakfast
8:00 AM – 8:15 AM	Welcome and Introductions - John Morley, MB, BCh
8:15 AM – 10:15 AM	<p>Aimee Spector, PhD</p> <ol style="list-style-type: none"> 1) Biopsychosocial Model and Psychosocial Interventions for Dementia and CST Theory and Research <i>Overview of the key features and guiding principles of individual and group CST.</i> 2) CST Key Features and Guiding Principles <i>Introduction of non-pharmacologic interventions for persons with dementia and the theory and research on which CST is based. She will discuss the evidence that supports the implementation of the non-pharmacologic intervention for persons with cognitive impairment.</i>
10:15 AM – 10:30 AM	Break
10:30 AM – 12:15 PM	<p>Implementation of Group CST Intervention (including video clips), Aimee Spector, PhD</p> <p><i>Introduction of CST as a group intervention and provide an overview of the fourteen sessions.</i></p>

12:15 PM – 1:15 PM	Lunch (provided)
1:15 PM – 4:30 PM	<p>CST Group Implementation - Aimee Spector, PhD</p> <p><i>Through discussion and role play scenarios, this interactive CST group implementation will introduce participants to providing group CST sessions. Participants will have the opportunity to practice skills of facilitating CST groups and discuss an action plan to begin facilitating CST.</i></p>
4:30 PM – 5:00 PM	Wrap-Up and Evaluation

TRACK #2	
7:15 AM - 8:00 AM	Registration, Sign-In, Coffee and Light Breakfast
8:00 AM – 8:15 AM	Welcome and Introductions - Marla Berg-Weger, PhD, LCSW
8:15 AM – 10:15 AM	<p>Introduction to Advanced CST Strategies - Janice Lundy, BSW, MS, MHA</p> <p><i>This presentation will provide an overview of current CST research, explore strategies for CST program growth and advanced efficacy, including opportunities and barriers to providing individual (iCST) and long-term maintenance CST (MCST).</i></p>
10:15 AM – 10:30 AM	Morning Break
10:30 AM – 12:15 PM	<p>Designing Reimbursable Models of Group CST Provision in the U.S. - Janice Lundy, BSW, MS, MHA; Debbie Hayden, RN, BSN, OTR/L</p> <p><i>This workshop will demonstrate how health care professionals from multiple disciplines can build Medicare Reimbursable CST group programs utilizing current Medicare billing codes. The workshop will also explore methods for funding longer term maintenance CST in multiple settings. This session will allow an opportunity for brainstorming and sharing of current CST practice among participants.</i></p>
12:15 PM – 1:15 PM	Lunch (provided)
1:15 PM – 4:30 PM	<p>Organizing and Conducting CST Training – North American CST Training Institute Team: Janice Lundy, BSW, MS, MHA; Debbie Hayden, RN, BSN, OTR/L; Max Zubatsky, PhD, LMFT; and Debbie Blessing, BS</p> <p><i>The CST Team will lead participants through established training criteria and the process of delivering CST training to organizational staff, including opportunities to practice training skills and competencies. Criteria and process for participants interested in becoming CST trainers to other professionals outside of their organizations will be detailed.</i></p> <p>North American CST Training Institute - Janice Lundy, BSW, MS, MHA</p> <p><i>This talk will highlight the development of the North American CST Training Institute as a universal model for international CST training. Professor Spector will provide an update on international CST training.</i></p>
4:30 PM – 5:00 PM	Wrap-Up and Evaluation