

Who can benefit?

Adults seeking to improve their cognitive abilities, particularly those experiencing concentration and working memory challenges, can benefit from Cogmed.

Cogmed can also be effective for individuals recovering from an acquired brain injury, who are struggling with attention and working memory.

Why choose us?

Our qualified Cogmed Coach is dedicated to helping you achieve your goals. We provide a supportive environment for Cogmed training, with personalized guidance throughout the process.

Experience the life-changing benefits of Cogmed. Contact us today for more information or to schedule an initial consultation:

Dr. Joanne Psychiatry
Joanne Patterson DNP, PMHNP-BC
Psychiatric Nurse Practitioner
888-210-4050
drjoannepsychiatry.com

It's in the numbers:

72%

of surveyed users reported an improved ability to pay attention in their everyday life.

120+

research articles published in peer-reviewed journals.

11

Cogmed is available in eleven languages.

200,000+

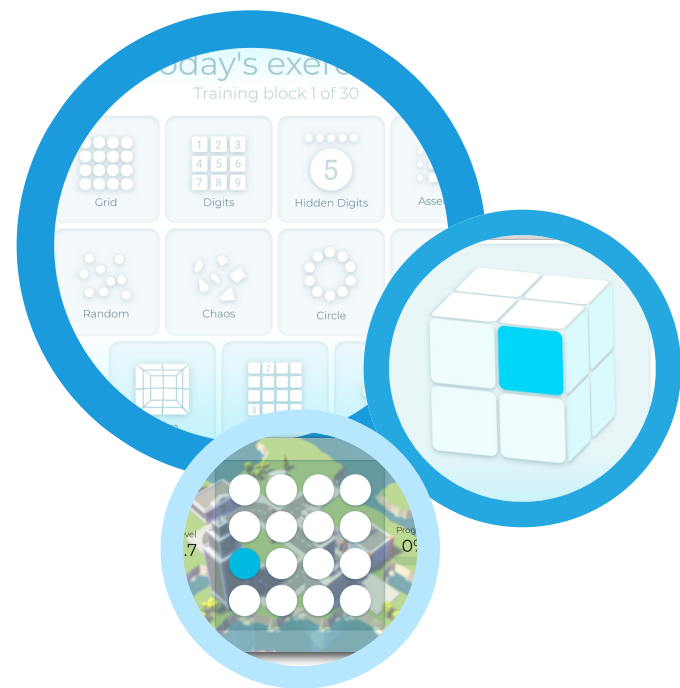
over 200,000 people worldwide have improved their attention with Cogmed.

Visit www.cogmed.com/research to learn more



Empower your mind

Discover a new path to increased focus and attention.



What is Cogmed?

Cogmed is an evidence-based, digital training program developed by leading cognitive neuroscientists. It is specifically designed to target and enhance working memory – the mental workspace responsible for retaining and processing information.

With a strong working memory, you will be better equipped to manage the symptoms of attention deficit, resulting in improved focus and better capacity to handle the demands of life.

Benefits of Cogmed

Improved Working Memory Capacity
Cogmed has been shown to significantly improve working memory in adults, enabling you to store and process information more effectively.

Enhanced attention and focus
As working memory improves, so does your ability to concentrate easily, leading to increased productivity and effectiveness in both personal and professional settings.

Better problem-solving skills
With improved working memory and processing abilities, you are better equipped to tackle complex tasks.

Effects that last
Research shows that the benefits of Cogmed training are maintained and sometimes even improve for up to 12 months, providing long-term improvements in cognitive performance.



How does it work?

Through engaging and interactive exercises, Cogmed targets the key cognitive processes responsible for working memory and attention. The program automatically adapts to your unique needs and ability, ensuring continuous challenge and growth over time.

Our qualified Cogmed Coach will guide you through an individualized training program that features:

Flexible protocols
Tailor the practice to suit your needs with 25-50 minutes of training, 3-5 days per week, for 5-13 weeks.

Weekly check-ins
Receive personalized feedback, support and guidance from your Coach each week of the program.

Post-training follow up
Personalized follow-up to evaluate results, and support the integration of effects in daily life

Who can benefit?

Children aged 4 to 18 years old with attention deficit disorders such as ADHD can benefit.

Cogmed can also be effective for children with learning disabilities and those experiencing academic challenges due to poor working memory.

Why choose us?

Our qualified Cogmed Coach is dedicated to helping children reach their full potential. We offer a supportive environment for Cogmed training, with personalized attention throughout the process.

Take the first step towards transforming your child's life with Cogmed. Contact us today for more information or to schedule an initial consultation:

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It's in the numbers:

75%

of children with ADHD are more attentive after completing a full Cogmed program.

72%

reported an improved ability to pay attention in their everyday life.

80%

of children improve in math after 5 weeks of training.

50%

average reduction in learning impairment among children & adolescents with ADHD.

Visit www.cogmed.com/research to learn more



Empowering Children with Attention Deficit

Transforming lives through effective,
evidence-based intervention.



Benefits of Cogmed

Improved Working Memory Capacity
Cogmed has been shown to significantly improve working memory, enabling children to store and process information more effectively.

Enhanced attention and focus
As working memory improves, children can concentrate more easily, enabling better academic performance and overall functioning.

Increased self-confidence
With improved cognitive skills, children feel more capable and confident, enabling them to excel in various aspects of their lives.

Effects that last
Research shows that the benefits of Cogmed training are maintained and sometimes even improve for up to 12 months, providing children with long-term improvements in their cognitive abilities.



How does it work?

Through engaging and interactive exercises, Cogmed targets the key cognitive processes responsible for working memory and attention. The program automatically adapts to each child's unique needs, ensuring continuous challenge and growth over time.

Our qualified Cogmed Coach will guide your child through an individualized training program that features:

Flexible protocols
Tailor the practice to suit your needs with 25-50 minutes of training, 3-5 days per week, for 5-13 weeks.

Weekly check-ins
Receive personalized feedback, support and guidance from your Coach to help your child grow.

Post-training follow up
Personalized follow-up to evaluate results, and support the integration of effects in daily life.

What is Cogmed?

Cogmed is an evidence-based, digital training program developed by leading cognitive neuroscientists. It is specifically designed to target and enhance working memory – the mental workspace responsible for retaining and processing information.

With a strong working memory, your child will be better equipped to manage the symptoms of attention deficit, resulting in improved focus and better capacity to handle the demands of school and life.