

UPMC

Speech-Language Pathology Division
Department of Otolaryngology
Memory & Attention Adaptation Training (MATT)

Friday, August 23rd / 12:00pm – 4:00pm

Hybrid meeting: In person & Virtual/Teams Meeting

UPMC Lemieux Sports Complex 8000 Cranberry Springs Drive Suite 100 Cranberry Twp., PA

Please email Kirra Mediate at mediateka@upmc.edu to register for this training.

Memory and Attention Adaptation Training (MATT)

Memory and Attention Adaptation Training (MAAT) is a cognitive-behavioral therapy (CBT) that takes a comprehensive approach to the treatment of cancer-related cognitive impairment (CRCI). It is designed to not only improve cognitive performance, but to also foster behavioral and emotional adaptation to living with CRCI after cancer and enhance wellbeing. MAAT targets: 1) enhancement of self-awareness of “at risk” situations where memory failures occur; 2) stress and emotion regulation through modification of negative appraisals of memory difficulties and instruction in relaxation skills; 3) training in compensatory strategies to improve performance on daily tasks where memory and thinking is critical. MAAT has been demonstrated in several studies to be effective in improving cognitive outcomes for breast cancer survivors and those with traumatic brain injury. MAAT continues to be used in cancer research.

PRESENTED BY

Dr. Robert J. Ferguson is a clinical psychologist and Associate Professor of Medicine with the Division of Hematology/Oncology at the University of Pittsburgh School of Medicine and UPMC Hillman Cancer Center. His clinical and research interests are the treatment of cognitive effects of cancer, cancer survivorship and palliative care. He is the lead author of “Memory and Attention Adaptation Training: A Brief Cognitive Behavioral Therapy for Cancer Survivors.” He has also authored numerous peer reviewed research articles and book chapters on the treatment of cancer-related cognitive impairment and other topics related to the field of behavioral medicine. His research has been funded by grants from the National Cancer Institute, NIH Office of Research on Women's Health, and various private foundations.

LEARNING OBJECTIVES

1. Identify estimated prevalence rates of Cancer-Related Cognitive Impairment and 3 reasons why they vary in the Cancer-Related Cognitive Impairment literature.
2. List the etiological and maintenance factors of Cancer-Related Cognitive Impairment, related distress, and identify how casual attributions play a role in CRCI-related distress.
3. Articulate two guidelines for timing of Memory and Attention Adaptation Training as a treatment for Cancer-Related Cognitive Impairment.
4. Identify the 4 components of Memory and Attention Adaptation Training.
5. Describe rational for, and basic instruction in, Memory and Attention Adaptation Training compensatory strategies.

TARGET AUDIENCE

Intended for licensed health professionals ranging from psychology, counseling, rehabilitation,

nursing, social work and medicine with backgrounds in training in behavioral health approaches.

AGENDA

Time	Content
12:00 -1:00pm	Overview of CRCI & Theoretical Conceptualization of MAAT
1:00 -1:10pm	Break 10 minute
1:10 - 2:30pm	MAAT Visit by Visit
2:30 – 2:40pm	Break 10 min
2:40 – 3:30pm	MAAT Visit by Visit & Real world implementation
3:30 – 4:00pm	Discussion, Q& A
4:00	Adjournment

INSTRUCTIONS FOR RECEIVING CREDIT

Upon full attendance of the course, please complete the **Attendance Sheet** (*including your ASHA ID, first and last name, address, email*) and **Session Evaluation**. A certificate will be provided, and your information will be submitted to the ASHA CE Registry.



ASHA CE
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Advanced Level

.35 ASHA CEUs

Course ID: ABMH0012

CONTACT INFORMATION

If you require a disability accommodation, please email Meghan Roman at least 10 days prior to the session at romanmm2@upmc.edu

Complaints of the course will be addressed via email correspondence to Melinda Splane, splanemj@upmc.edu.