UPMC Rehabilitation Institute
Speech Language Pathology Department

Friday, November 6th from 1:00 PM to 5:00 PM
Virtual/Teams Meeting

Virtual/Teams Meeting
Pre-registration is not required. Please use this link to join the meeting.

Memory and Attention Adaptation Training(MAAT)

Intended for licensed health professionals ranging from psychology, counseling, rehabilitation, nursing, social work and medicine with backgrounds in training in behavioral health approaches.

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. It is brief, consists of 8 weekly 45-minute visits, and is designed and tested for telehealth delivery— well before the COVID-19 pandemic. 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 Ferguson

Dr. Ferguson is a clinical psychologist and Associate Member of the Department of Psychology Biobehavioral Sciences at St. Jude Children's Research Hospital. He is also a member of the St. Jude Cancer Control and Survivorship Program within the St. Jude Comprehensive Cancer Center. His clinical and research interests are the development and evaluation of cognitive-behavioral therapy for the treatment of cancer-related cognitive impairment. He is 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 cancer-related cognitive impairment and other topics related to the field of behavioral medicine and oncology. His research has been funded by grants from the National Cancer Institute, NIH Office of Research on Women's Health, and various private foundations.

Financial Disclosure:Oxford University Press, small annual Royalty Payment for MAAT Publication (Clinician Manual; Survivor Workbook)
Non-financial Disclosure: None

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 rationale for, and basic instruction in, Memory and Attention Adaptation Training compensatory strategies

TARGET AUDIENCE

Intermediate to advanced level SLP's

AGENDA

Time Period	Content
1:00 -2:00pm	Overview of CRCI & Theoretical Conceptualization of MAAT
2:00 -2:10pm	Break 10 minute
2:10 - 3:30pm	MAAT Visit by Visit
3:30 – 3:40pm	Break 10 min
3:40 –4:30pm	MAAT Visit by Visit & Real world implementation
4:30 – 5:00pm	Discussion, Q& A
5:00 PM	Adjournment

INSTRUCTIONS FOR RECEIVING CREDIT

- Complete this Microsoft Form to document your attendance. There is no longer an Excel Spreadsheet.
- Use this Microsoft Form to access the Evaluation & Assessment Form.
- You must attend the entire lecture under your individual log-in and complete these forms to receive ASHA CEUs. Attendance will be monitored.



Contact Information

If you require a disability accommodation, please email Kirra Mediate at least 10 days prior to the session at mediateka@upmc.edu
Complaints of the course will be addressed via email correspondence to Melinda Splane, splanemj@upmc.edu.