

**INFORMED CONSENT**  
**for COGMED Working Memory Training**

**Cogmed Information**

Cogmed is a training program that measurably and sustainably improves working memory, attention and focus. The program is used by children and adults with attention problems ranging from mild inattention to ADHD, and some learning disabilities, or any memory difficulties. Cogmed is a radically different, effective and evidence-based addition to the tools we traditionally use to address memory and attention deficits. Cogmed is distributed only through MD's and Ph.D.'s to ensure that you get the same results as the research. The program is backed by many peer-reviewed studies published in leading scientific journals and has produced excellent clinical results. It has been used at universities and research centers around the world.

**The Actual Training –**

The actual training program requires 25 sessions over 5 – 6 weeks and it can improve working memory, attention, and focus up to 20% as measured by fMRI and neuropsych testing and checklists. Each session will take 30-45 minutes. At the end of the 25 sessions, there is the option to repeat the training process within one year. We encourage on-going memory training 2x per week for one year, but we will not be calling you during that time.

Every 5 days of training the Cogmed Coach will call the person or the parent and child and review the results and make suggestions for training being more effective. There are also in-built measures of increases in memory which we discuss.

**If you are interested, here are the steps.**

1. The set-up for the training is done in my office or can be done virtually and takes 60 minutes.
2. The actual training takes place at home on a computer that must have internet access. There will be weekly Coach Calls after the initial intake session. This is a very important part of the training to ensure the same results as the research. Your results are compiled on-line and we review them with you weekly.

*Mary H. Danielak, Psy.D, Licensed Psychologist*

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3. After the 25 sessions have been completed, Cogmed offers a free repeat of the program more training is desired. I do not contact you during these additional sessions. This repeat of the program can be started within a year.
4. Payment is \$850.00 for all of the above services, due at the first meeting. Although insurance typically does not cover this service, I am aware that some Health Reimbursement Accounts (HRAs) pay for this training. We accept cash, checks, VISA, and MasterCard (not American Express).

I HAVE READ AND UNDERTAND THE ABOVE POLICIES: (sign below)

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Signature of client

Date