



UNIVERSITÀ
DEGLI STUDI
DI PADOVA

Dipartimento di Psicologia Generale (DPG)

**Corsi di Laurea in Psicologia Cognitiva Applicata e
Neuroscienze e Riabilitazione Neuropsicologica**

Seminario

Dr. Aimee Spector

Research Department of Clinical, Educational & Health Psychology
University College – London (UK)

**Cognitive Stimulation Therapy (CST)
for people with mild to moderate dementia:
research and practice.**

Cognitive Stimulation therapy (CST) is an evidence-based, brief group treatment for people with mild to moderate dementia. It includes 14 sessions based around themed activities, yet drawing on key principles which aim to promote learning and mental stimulation. Several clinical trials, mainly in the UK, have demonstrated its significant benefits to cognition and quality of life. It has also shown to be cost effective. Guidelines have been published, outlining the process of adapting CST to different cultures and languages. Global research is starting to show how CST can be adapted and piloted in different contexts (including Italy), and demonstrate similar benefits to cognition and quality of life. In the UK, it is now recommended in government guidelines and offered as a standard treatment for people with dementia. This talk will describe the research programme of CST to date, outline its key principles and session structure, and focus on practical issues around implementation.

16 Maggio 2017

dalle 10.00 alle 13.00

Aula Magna “Cesare Musatti”