

INFORMED CONSENT (ADULT)
for COGMED Working Memory Training

The following is information regarding policies that may affect you. I hope this information will answer any questions you may have, but if you have special concerns, please do not hesitate to discuss them with me at the first session. Please read this carefully and sign at the bottom. I will give you a copy to take with you.

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. Cogmed is a radically different, effective and evidence-based addition to the tools we traditionally use to address attention deficits. Cogmed is distributed only through MD's and Ph.D's to ensure that you get the same results as the research.

Cogmed was developed by neuroscientists at the Karolinska Institute in Stockholm, Sweden, and introduced to the United States back in 2006. My practice is now one of more than 175 teams of qualified professionals offering Cogmed training across the country with over 10,000 persons worldwide have completed the training already. 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.

Cogmed is a computerized training program that requires 25 sessions over 5 weeks and can improve working memory, attention, and focus up to 20% as measured by fMRI and neuropsych testing and checklists.

Please read this carefully – here are the steps for testing and results:

1. The set-up for the training is done in my office as well as some brief working memory and attention testing (not needed if a full psych was done in the last year). The initial session is done in my office in Alpharetta 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

3. There is a follow-up meeting 4-6 weeks after completion of the training. During the 1-hour wrap-up meeting, we review the results and discuss the outcome. During the last coaching call, we will set up the final meeting.
4. Cogmed offers 100 extension trainings if you would like to activate them. They are 15 minutes in length and may be used for up to one year after training is completed. Some people prefer their training remain ongoing. Cogmed provides these 100 sessions free of charge.
5. Payment is \$1,195.00. 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)

Signature of client

Date