

# **Cognitive Activation Therapy (CAT), a multitasking program that combines motor and cognitive tasks**

## **~ Let's activate cognitive function while having fun with friends! ~**

### **Lecturer:**

Junichi Kinou (Department of Psychiatry, Nara Medical University School of Medicine)

Keiko Takeuchi (Faculty of Care and Rehabilitation, Seijoh University)

Shinya Takagi (Department of rehabilitation, Kojin Hospital)

**Time:** 10:00-11:30

**Room:** 207

**Minimum number of participants:** 5

**Estimated capacity:** 60

**Participation fee per person:** Free of charge

### **Learning Objectives**

The purpose is to have workshop participants experience and enjoy CAT, and to incorporate CAT into clinical practice.

### **Outline**

Cognitive rehabilitation programs are one of the important psychosocial treatments for enhancing social functioning in patients with schizophrenia. We are developing and researching CAT as a new cognitive rehabilitation program based on exercise. CAT participants use balls and beanbags to perform motor tasks such as throwing and catching. CAT participants are challenged with multiple tasks that include cognitive tasks such as attention, memory, and verbal fluency tasks in addition to motor tasks. A feature of CAT is that CAT participants enjoy challenging multiple tasks with difficulty settings while laughing with their friends. We set 4 types of CAT multiple tasks, and performed them twice a week for 40 minutes each time as standard. Even if the native languages of the CAT participants are different, they can enjoy working on the CAT together. Participants in this workshop are paired or grouped with other participants to have fun and experience CAT together.