

# Cognitive Remediation

## What is cognitive remediation?

Cognitive remediation consists of structured exercises designed to improve weak cognitive abilities which can be determined by a neuropsychological evaluation.

## What does cognitive remediation help treat?

learning disabilities

head injury

age-associated cognitive decline

other problems of brain dysfunction

## What are the benefits of cognitive remediation?

Participating in cognitive remediation while also doing [neurofeedback](#) can be especially effective. By determining where the weak areas are in the brain, and under what cognitive task conditions, these areas can be trained to improve. A specialized QEEG assessment under different cognitive tasks is recommended to do this type of treatment.

Click on the article titles below to read more about neurofeedback.

[Cognitive Remediation for ADHD](#)

[Cognitive Remediation for TBI](#)

[Cognitive Remediation for TBI References](#)

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