



**MEDICAL AND
HEALTH SCIENCES**

UNIVERSITY OF AUCKLAND SHORT COURSE COGNITIVE STIMULATION THERAPY (CST) 1-DAY TRAINING

SHORT COURSE OVERVIEW

This short course is aimed for health professionals currently working with people with dementia, e.g., occupational therapists, psychologists, social workers, diversional therapists, nurses. Attending CST training teaches learners to apply the key CST principles and encourage its use in standardised, person-centred and effective way.

Training in this short course is interactive, involving group discussions, video observation, techniques demonstration, role-play and didactic teaching.

WHAT IS CST

CST is an evidence-based non-drug group intervention for people with dementia. Research shows CST's effects on cognition are comparable to anti-dementia medications (World Alzheimer's Report, 2011). It is included in New Zealand's Dementia Mate Wareware Action Plan 2020–2025 as a recommended post-diagnostic support service. Originally developed in the UK, CST is now delivered in at least 39 countries.

CST in New Zealand <https://alzheimers.org.nz/explore/dementia-learning-centre/cognitive-stimulation-therapy/about-cst/>

CST International <https://www.ucl.ac.uk/international-cognitive-stimulation-therapy>

CST can be delivered in both community and residential care settings. CST involves 14 structured sessions delivered twice weekly over seven weeks. Weekly maintenance sessions can follow the initial program to sustain benefits. Sessions, facilitated by two trained CST facilitators, are tailored to engage 6–8 participants through group activities and discussions designed to enhance cognitive and social functioning.

Short Course Learning objectives:

1. Apply the fundamental CST principals when facilitating a CST programme;
2. Apply effective strategies when delivering CST to people with dementia;
3. Develop innovative and resourceful ways that reflect the 'local flavour' when establishing CST programs in both community and residential care;
4. Build capability and capacity across the health workforce in understanding and delivering CST.

CST INTERNATIONAL TRAINERS & CONTACT

Dr Kathy Peri - School of Nursing

A/Prof Gary Cheung - School of Medicine

CST@auckland.ac.nz

COURSE DATE & VENUE

March 21st 2025 9am-4.30pm

**Alzheimers Society Manawatu
642 Featherston Street
Palmerston North**

Please go to registrar and pay

- <https://www.exec.auckland.ac.nz/programmes-and-courses-for-individuals/short-courses/short-course/?eventtemplate=1054-cognitive-stimulation-therapy-cst-1day-training>

COURSE COST: \$200

MORNING AND AFTERNOON TEA WILL BE PROVIDED. PLEASE BRING YOUR OWN LUNCH OR THERE IS A CAFÉ NEARBY.

Refund policy: Non-refundable and non-transferable but can be used to attend the next offering of the short course. If you have registered but are unable to attend, please notify the trainers.