
PRICING & REFERRAL

Cognitive Remediation is an evidence-based treatment provided by a Registered Clinical Psychologist. It will thus usually attract Medicare rebates when provided in the scope of a Mental Health Care Plan (\$124.5 per session; up to 10 sessions per calendar year). You can ask your General Practitioner to establish a formal referral.

Funding is available if you are an NDIS participant. You can self-refer or be referred by your Coordinator Of Support.

Fees are explicitly available on our website at www.happyneurons.com.au. Alternatively, you can phone or email us for a quote.

CONTACT

Ben Pillet, Registered Clinical Psychologist, has an international background in Cognitive Neurosciences and Psychology. He has been working in the field of psychosocial rehabilitation of people with a severe mental illness since 2008 and has developed considerable experience in this area.

Contact us for further information about:

- Happy Neurons® or Cogmed programs
- Other psychology treatments available
- Booking your appointment
- Making a referral
- Partnership opportunities

mobile: 0413 680 236

email: admin@happyneurons.com.au

website: www.happyneurons.com.au



THE HAPPY NEURONS COMPANY®
ABN 92559534350, Gungahlin, ACT 2912

COGNITIVE REMEDICATION THERAPY



HAPPY NEURONS®

Professional Brain Stimulation

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COGNITIVE REMEDICATION

Cognitive Remediation therapies are a form of evidence-based training that aims to improve brain capacities such as attention, concentration or memory. They are based on the brain plasticity principle which means that the more a brain function is stimulated, the stronger it becomes.

Extensive scientific literature exists on this topic and several authors (such as T. Wykes and S.R. McGurk) have already demonstrated the efficacy of Cognitive Remediation to improve brain functioning in people experiencing mental health issues.

Recent research publications also suggest that Cognitive Remediation therapies may be useful to improve brain functioning in people who sustain a brain injury or who present learning difficulties or a neurodegenerative illness such as Alzheimer's disease.

HAPPY NEURONS[®]

Happy Neurons[®] is a group therapy aiming to reinforce several important functions such as attention, concentration, memory, executive functions and processing speed.

This intensive cognitive remediation therapy includes the following:

- An initial screening of cognitive difficulties in order to tailor the training to specific needs.
- 2 training sessions per week over an 8 week program (2.5 hours each). Sessions are provided by an experienced Registered Clinical Psychologist who monitors progress and provides professional advice.
- Post-treatment screening to measure improvements and provision of the Happy Neurons[®] certificate. Follow-up consultation at 6 months is available.

For further details about Happy Neurons[®], please visit www.happyneurons.com.au.

COGMED[®]

Cogmed is an individual computerised program that aims to improve attention by training working memory capacities. This therapy includes the following:

- An initial screening of cognitive difficulties in order to tailor the training to specific needs.
- Approximately 3 training sessions per week (1 hour each) over a 9 week program. Training is delivered online.
- Regular face-to-face sessions with a qualified Cogmed Coach (Registered Clinical Psychologist) to monitor progress and provide professional advice.
- Post-treatment screening to measure improvements and provision of the Cogmed certificate. Follow-up consultation at 6 months is available.

For generic information about Cogmed, please visit www.cogmed.com.au.