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THE USE OF THE CNS-VITAL SIGNS ASSESSMENT TO ENHANCE COGNITIVE THERAPY (MINI-WORKSHOP)

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Complete assessment is a key to the conceptualization process in Cognitive Psychotherapy. Given the data-orientation of the model and the need for outcome measures, the assessment of neuropsychological functioning plays a large part in the process. Using a computer-based program, several scales measuring neurocognitive functioning can be assessed rather quickly. The obtained scores then become baseline for the evaluating the results of the therapy. The required reading level is approximately fourth grade, and the norm population includes children, adolescents and adults. Available in 58 languages, the CNS-VS can be demonstrated to be a powerful tool in the psychotherapeutic process.