



FaithWorks Counseling

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AT-HOME COGNITIVE TRAINING					
www.ADDitudeMag.com					
PROGRAM	WHAT IT IS	HOW IT WORKS	RESEARCH	CONDITIONS OR SYMPTOMS TREATED	COST
ACTIVATE: Go to C8sciences.com to learn more	For children Developed by neuroscientists from Yale University, ACTIVATE is a home-computer program (also available on mobile devices) that uses cognitive games to enhance memory, attention, and other cognitive skills.	ACTIVATE comprises 6 games, each targeting a specific set of skills. The program evaluates areas of strength and weakness, and adjusts the time spent on each exercise to improve areas of weakness. The company recommends 3 to 5 sessions a week, each lasting 20 to 30 minutes.	A controlled study, designed by the founder of ACTIVATE, found that executive function and working memory improved after using the program. An independent study on ACTIVATE concluded in September 2016, but its results have not yet been published.	ADHD, autism, executive function disorder, other cognitive deficits	\$195 for a 3-month subscription; requires PC, Mac, iPad, or Kindle
AttenGo: Learn more or sign up at attengo.com	For children (ages 6 and up) and adults AttenGo is a web-based brain training program designed to help people with ADHD, learning disabilities, and other cognitive impairments; the company claims it does this by regulating brain waves and increasing the beta waves responsible for attention.	After answering a questionnaire and completing a brief assessment, users begin a customized program based on age, conditions, and symptom severity. The program consists of neurocognitive exercises that train attention, memory, and focus. AttenGo recommends using the program for 25 to 30 minutes, 3 to 4 times a week, for six months.	One study compared 34 adults who used AttenGo with 26 adults who used a dummy program. The study found that symptoms of ADHD and executive skills improved for both groups, possibly indicating the results were due to the placebo effect.	ADHD, learning disabilities, other cognitive impairments	Subscriptions start at \$129/month

BrainBeat: Go to brainbeat.com to learn more or place an order	For children ages 6 to 12 BrainBeat is a home version of Interactive Metronome, a neurotherapy program used by more than 20,000 therapists nationwide. IM — and BrainBeat — require users to clap along to a beat.	1. Wearing specialized hand and head gear, children participate in fourteen 20-minute sessions in which they listen to and clap along with beats. The program is based on the concept of “neurotiming,” which is thought to be important for memory, focus, and language.	2. A 2011 study found that, after completing 20 BrainBeat sessions, participants’ reading and math skills improved by an average of 20 percent. Attention, listening ability, and emotional control improved by an average of 30 percent. Studies on neurotiming going back to at least 1999 have provided similar results.	Focus, concentration, and organizational difficulties	\$249 for a kit including headset and hand gear; each kit can be used by up to 5 children
BrainHQ: Go to brainhq.com to learn more or sign up for free exercises	For adults BrainHQ is an online program consisting of 29 exercises that claim to improve attention, processing speed, people skills, and intelligence.	Exercises are separated into six categories. Participants can design their own training plan or allow the program to choose exercises for them, based on regular performance assessments. Exercises each take less than 5 minutes; 30 minutes of training, 3 times a week, is recommended.	BrainHQ claims that more than 100 independent studies have shown substantial improvements in attention, cognition, processing speed, memory, and more. Some studies found that results lasted as much as 5 years after the program was discontinued.	BrainHQ markets itself to any adult who wants to improve brain function, and is not designed to treat any specific condition.	Subscriptions start at \$14/month

BrainTrain: Learn more or make a purchase at braintrain.com	For children and adults BrainTrain is a set of computerized cognitive-training systems focused on brain training and cognitive rehabilitation, offering tools to assess ADHD symptoms, improve reading, and exercise the brain. BrainTrain can be used at home or provided through medical professionals.	A child or adult chooses which games he wants to play based on the symptoms he wants to improve. The program advances to the next level automatically when the student has mastered the previous level. The program generates detailed reports so that professionals or parents can trace a student's progress.	Numerous studies have been conducted using BrainTrain software. Some suggest that the programs can improve memory and attention, but others found they had "limited effects" on ADHD symptoms.	ADHD, brain injury, general cognitive improvement	BrainTrain products start at \$395 for a single user
NeuroTracker: Go to neurotracker.net to sign up or learn more	For children and adults NeuroTracker is a unique cognitive training program that uses a 3D visual tracking program to improve mental and physical performance.	Users wear specialized 3D glasses and complete a visual exercise where they're shown a number of balls moving around their screen, and then asked to track the highlighted balls with their eyes. NeuroTracker claims users will see improvements with just 18 minutes of training per week.	NeuroTracker lists 32 studies on its website that all support the company's claims of improved cognitive function, athletic ability, and healthy aging. Many of the studies, however, were conducted in the Faubert Lab at the University of Montreal, which is run by one of NeuroTracker's cofounders, Jocelyn Faubert.	ADHD, learning disabilities, autism, general cognitive challenges	Personal packages start at \$29.97/month, including 3D glasses
Play Attention: Visit playattention.com to learn more	For children (ages 6 and up) and adults Play Attention is a computer-based attention-training system that uses an armband to measure brain activity and provide visual and auditory feedback.	During one-hour, weekly sessions, users must focus consistently to advance through the exercises, theoretically improving their attention over time.	Three studies conducted by Tufts University found that students who used Play Attention had greater improvements in attention, hyperactivity, and executive functioning than did students who used other cognitive programs.	ADHD, executive function deficits	Prices vary for professional and personal use. Request a quote by calling 1-800-788-6786.