Evaluate effectiveness of Neuro-Cognitive Enhancement Training (COG-TRE) for people with dementia, and what does the experience of cognitive training mean for those involved?

— Case study at a nursing home —

TOMOFUJI　Yuusuke

Graduate School of Science for Human Services, Ritsumeikan University
Key words: dementia, cognitive training, case study

The purpose of this study is to a) Evaluate effectiveness of COG-TRE for people with dementia and b) Consider the meaning of the experiences of cognitive training. Three people with dementia are trained through COG-TRE. These sessions are for two days per week, for 5 weeks, totaling ten times. Evaluate Their cognitive functions are tested through some neuropsychological tests before and after all sessions are conducted. All sessions are recorded by IC recorder. Non-verbal information such as facial expressions are recorded. The control group includes nine elderly people (Some have dementia, some have other diseases such as Parkinson's disease. The control group did not go through training cognitive function through COG-TRE. They are only tested on neuropsychological test. This study does not use statistical analysis because the samples are very small, but the following results are shown. The three people tested improved comparatively on an easy neuropsychological test that evaluates working memory and their ability to comprehend instruction improved. The control group did not indicate remarkable improvement on test scores. Qualitative data indicates Transference and Counter Transference on the subject-investigator relationship. It shows that more individual interaction is more important than superficial role model interaction. Cognitive training elicits unique Transference and Counter Transference.