**Practical help for people with memory problems following non-progressive brain injury**

This workshop examines the key components of memory rehabilitation and discusses ways in which they can be employed in clinical practice. Although restoration of memory functioning to pre-injury levels is unlikely to occur, there is a much that can be done to enable memory-impaired people and their relatives to come to terms with their difficulties and surmount a number of them by using various strategies and aids. External memory aids such as diaries, notebooks, tape recorders and mobile phones, widely used by the general population, are often problematic for memory-impaired people simply because their successful use involves memory. However, use of these aids is possible through carefully structured teaching. Internal strategies such as mnemonics and rehearsal techniques can be employed to teach new information. Errorless learning is more effective than trial-and-error learning for memory-impaired people. This is because, in order to benefit from our mistakes, we need to be able to remember them: a task which is difficult or impossible for memory-impaired people to achieve. In addition to poor memory, many brain injured people will have other cognitive problems that need to be addressed. The emotional consequences of memory impairment such as anxiety, depression and loneliness should also be dealt with in rehabilitation through counselling, anxiety-management techniques and treatment in memory or psychotherapy groups. The workshop concludes with a structure for designing a treatment plan to reduce everyday problems for memory impaired individuals.

Outcomes

By the end of this workshop participants will:

(1) have a good understanding of the principles of memory rehabilitation;

(2) be aware of the main strategies for ( a) improving learning and (b) compensating for memory deficits; and

(3) be able to structure a treatment programme