

## Adults training program in improving executive skills

### Description of the program

The program will consist of weekly sessions (between 8-12 sessions total with a possibility of additional sessions if needed and appropriate). It can be administered individually or in a group format. Each session will be 1 hour long for an individual or 2 hours for a group. The program would focus first on assessing executive skills strengths and weaknesses of participants. Through weekly training and practices, it will target selective executive functions which are cognitive processes that are involved in controlling efforts and behavior such as organization, initiation, goal directed behaviors, planning, sustaining efforts. It will be provided via a telehealth platform (<https://doxy.me/drkarpiak>).

### Population

This program is appropriate for adults (services can be directed to an individual or a group of up to 4 participants at one time) who have mild impairment in attention, executive functions, and motivation regardless of specific diagnoses. For the program to be most successful, the participant should have desire to participate in the program. If there is need for counseling or additional support due to more serious problems, referrals to mental health providers to address those issues might be made.

### A sample of components of a program

**Session 1 Introduction and assessment of individual skills**

**Sessions 2-3 Time management**

**Session 4. Overcoming emotional obstacles**

**Session 5. Overcoming motivational problems**

**Sessions 6-7 Organization and planning**

**Session 8. Post sessions assessment**

**Additional sessions or alternative topics (insomnia, anxiety, mindfulness/relaxation) might be added if needed or requested by the participants.**

### Financial Responsibility

Payments will be expected after each session. All expenses are out of pocket. Information about fees will be provided upon inquiries.

If you have more specific questions or would like to participate in the program, please call Dr. Lesniak- Karpiak at 484-686-5582 or send a message at [karpiak@neuropsychkid.com](mailto:karpiak@neuropsychkid.com).