



## GROUP THERAPY

CHRP are hosted on campus at Sargent College, on Zoom, or with our community partner. Group therapy programs include:

### COGWELL

A brain exercise program for seniors living at our community partner, Hearth, Inc. CogWell meets at Hearth's Olmsted Green location in in Dorchester, MA.

### BRANFIT

A bi-weekly brain exercise program for people with Parkinson's disease

### WHAT'S NEXT?

A weekly goal-focused program to support clients as they venture forward after traditional cognitive therapy. ■

The Academic Speech, Language and Hearing Center is committed to maintaining an environment that is welcoming and respectful to all including students, faculty, staff and clients. We are committed to Boston University's Equal Opportunity/Affirmative Action policy which prohibits discrimination against any individual on the basis of race, color, religion, sex, age, national origin, physical or mental disability, sexual orientation, gender identity, genetic information, military service, pregnancy or pregnancy-related condition, or because of marital, parental, or veteran status, in all our programs. In addition, the Sargent College Clinical Centers adhere to the Code of Ethics of the American Speech, Language and Hearing Association (ASHA) which states, "Individuals shall not discriminate in the delivery of professional services or in the conduct of research and scholarly activities on the basis of age; citizenship; disability; ethnicity; gender; gender expression; gender identity; genetic information; national origin, including culture, language, dialect, and accent; race; religion; sex; sexual orientation; or veteran status."

Interested or have questions?

Contact Maggie Balz  
(617) 358-1730  
mbalz@bu.edu

ACADEMIC SPEECH, LANGUAGE &  
HEARING CENTER  
—  
COGNITIVE HEALTH &  
REHABILITATION PROGRAMS

**BOSTON**  
UNIVERSITY

## EVALUATION

---

Do you have a concerns about your attention, memory, and/or planning/organization (executive functioning skills)?

Consider an evaluation at BU CHRP. Evaluations are free of charge and no insurance is required.

Completing an evaluation is the first step to potentially enroll in our services. ■

### SKILLS ASSESSED:

- Attention
- Memory
- Planning/Organization

## COGNITIVE HEALTH & REHAB PROGRAMS (CHRP)

---

A THERAPY PROGRAM  
FOCUSED ON EVALUATING,  
IMPROVING & MAINTAINING  
COGNITIVE (THINKING)  
SKILLS

## TREATMENT

---

For clients who have completed an evaluation, there are a limited number of individual treatment sessions each semester. These weekly meetings focus on building cognitive skills to achieve personal goals.

Individual treatment sessions are available in person or via telehealth (Zoom). ■

### THERAPY GOALS:

In individual treatment, clients work one-on-one with a supervised graduate student clinician in speech-language pathology. Clients work with their therapists to collaboratively identify and target a meaningful and measurable personal goal.

Personal goals are often vocational (either paid or volunteer) or target increasing community engagement.



