



Problem Solving Therapy Program (PSTP): A Model-Based Approach

Nancy Helm-Estabrooks and Colleen M. Karow

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If you are a rehabilitation or intervention specialist, or a speech-language pathologist, the PSTP is a groundbreaking tool that helps you improve the cognitive capacity of older adults with mild cognitive impairment (MCI), early memory loss, and other neurologic disorders with a wealth of engaging problem-solving tasks.

PSTP is a thoroughly researched, evidence-based approach that links core problem-solving strategies with the cognitive skills required for everyday life. It includes over 400 intervention exercises that can be targeted to specific cognitive deficits. Its user-friendly organization allows you to select the tasks that are right for each individual, whether the underlying disorder involves traumatic brain injury, dementia, MCI, attention disorders, aphasia, or stroke.

PSTP emphasizes a self-directed approach that allows individuals to work through each task in their own way while observing their performance. Everything you need to implement the PSTP approach is included:

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