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**The REHACOG is good, it's good it is!  
for grandparents and for the babies ....**



**Abstract**

We present a Portuguese neuropsychological program, adapted from REHACOP. Initially thought to be working with specific populations (psychoses), already with many investigations. Ongoing interventions with other samples (children, adolescents, the elderly), with and without difficulties, in recovery and/or preventive logic, in various contexts, including education.

**Structure**

The REHACOP (2012) is a program originally of neuropsychological rehabilitation of psychoses and schizophrenia. The result of a long work of several years, a number of experts in neuropsychology, with over 18 years of experience in the field. It is a comprehensive and structured program consisting of eight intervention modules: attention (sustained, selective, divided, intermittent) and concentration, language (syntax, grammar, vocabulary, verbal comprehension, verbal fluency, figurative language), memory ( learning and memory), executive functions (planning, reasoning), activities of daily living (basic, instrumental, complex), social skills (steps, basic skills, assertiveness, communication, building relationships, living in community, conflict management, live with health), social cognition (emotion recognition, social reasoning, theory of mind, moral dilemmas) and psychoeducation. It consists of a total of 300 exercise intervention, accessible administration, with instructions and solutions and guidelines for assessment of changes, tracking forms and tracking suggestions, tasks to perform in the family context.

**Theoretic model**

The REHACOP (2012, official public presentation at the XVI National Congress of Psychiatry Bilbao), originally, it is assumed as a neuropsychological rehabilitation program psychoses and schizophrenia. The result of a long work of several years, a number of experts in neuropsychology, with over 18 years of experience in the area, and several times awarded. However, this time, the authors of the original version, Spanish, have use projects with other populations. The same will be tried in Portugal. The REHACOP, in its original version, has a functional orientation, seeking to improve the quality of life and functional autonomy of customers. In this sense, all modules include practical exercises. The REHACOG maintain, in a first stage, the initial architecture, with versions adapted depending on age.

**References**

- Rehacog (in press), Ana Paula Couceiro Figueira, Rui Paixão, FPCE.UC (2 manuais)
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**Activities**

The activities or tasks are structured by cognitive subdomains and difficulty levels. It includes recommendations and guidance on how to assess alterations or acquired gains. The materials are accessible and colorful and include instructions for patients and the solutions to the therapist. The program can be used for individual or group sessions, and it is recommended that the therapist is trained in neuropsychology (in the original) in psychology and / or psychiatry.

**Materials\_Resources**

The full program consists of 2 folders or manuals, one for therapist and one for the patient. folder contents are different and are organized and complete that nothing be wanting in the intervention process.

**Modules**

- Module 1 – Attention  
Total 61 years of sustained attention, selective, divided and alternating.
- Module 2 - Learning and Memory  
In addition to the 24 years or specific activities, this module includes intervention in compensatory techniques and psychoeducation about improving lifestyle habits related mnesic income.
- Module 3 – Language  
Refers to syntax questions, grammar, vocabulary, verbal comprehension, verbal fluency and abstract language, as of 40 tasks.
- Module 4 - Executive functions  
activities aimed at improving the initiation capabilities, maintenance and completion, solving new problems and cognitive flexibility.
- Module 5 - Social Cognition  
Includes subdomains emotion recognition, social reasoning, moral dilemmas and theory of mind, a total of 54 structured activities.
- Module 6 - Social Skills  
Comprising 55 structured exercises, with a methodology of training 10 steps, which permeates all essential interaction activities to improve communication between patients and the elements of their contexts relationship.
- Module 7 - Activities of daily living  
The REHACOP has a functional orientation, seeking to improve the quality of life and functional autonomy of the patient. In this sense, all modules include practical exercises. In this module, if we review some of them over 41 basic, instrumental and advanced activities.
- Module 8 – Psychoeducation  
This module includes a CD with the materials needed in training in psychoeducation to patients and/or family members on topics such as general issues and symptoms, medication and other therapies, consumer toxic, specific information for families, social resources, relaxation.

**Organizan**



**Financian**

