



psychosis-bipolar.com

Psychosocial therapies for psychoses and bipolar disorders **COGPACK**

CogPack is a cognitive, computer-aided training program with 64 tests and exercises with numerous variants for different cognitive domains as well as language and intellectual capabilities, career-approximate capabilities and factual knowledge.

The training program has been used successfully in schizophrenic patients, and contains the following modules:

- (1) Visuomotor skills
- (2) Vigilance, comprehension, reaction
- (3) Language material
- (4) Memory
- (5) Numbers and logic
- (6) Everyday skills, knowledge, orientation
- (7) Special elements

Text: Martin Lambert

Source: Qualitätshandbuch des Arbeitsbereichs Psychosen der Klinik für Psychiatrie und Psychotherapie des Universitätskrankenhaus Hamburg-Eppendorf.