

WHEN & WHERE

- ❖ 1st through 4th Friday of the month, excluding December
- ❖ 2:00pm – 3:00pm
- ❖ Bass Neuropsychology Clinic

CONTACT INFORMATION

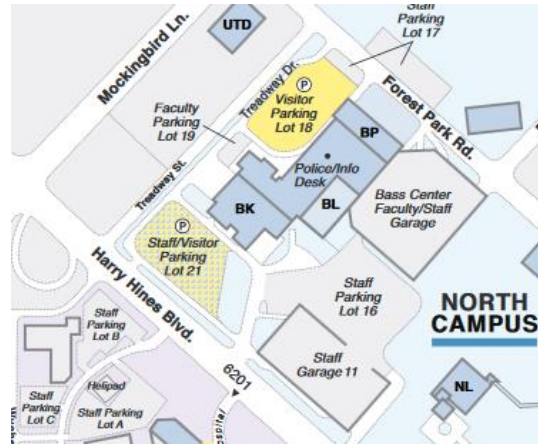
Referral required prior to attendance

If you are interested in attending the group, or would like more information, please contact **Jennifer Trevino**:

214-648-4646

Jennifer.Trevino@utsouthwestern.edu

HOW TO FIND US



The Neuropsychology clinic is located on North Campus in the Bass Building (labeled “BL” on the map). Our clinic is located next to the information desk.

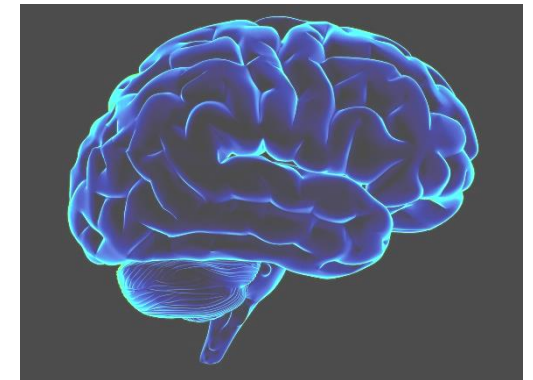
The physical address is:
6333 Forest Park Rd.
Suite BLA.110
Dallas, TX 75235

There is free parking in Visitor parking lots 18 and 21.

UT Southwestern
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Multiple Sclerosis Cognitive Group



A four-week group providing educational support and strategies for cognitive difficulties associated with Multiple Sclerosis

WHAT IS THE MS COGNITIVE GROUP?

- ❖ Patients with MS may experience difficulties with memory, attention, executive functioning, language, and visuospatial abilities.
- ❖ Participants will learn evidence-based cognitive strategies to compensate for these difficulties in a semi-structured, interactive group format.
- ❖ The group is led by a UTSW Clinical Rehabilitation Counseling or Clinical Psychology intern in conjunction with a clinical neuropsychologist.

WEEK 1 MEMORY & ATTENTION

- ❖ Review of important brain structures and their role in MS
- ❖ Discuss relationship between memory and attention, especially as it relates to MS

WEEK 2 EXECUTIVE FUNCTIONING

- ❖ Cover aspects of executive functioning, also known as the “command center” of the brain
- ❖ Discussion of different thinking areas including:
 - mental flexibility
 - problem solving
 - initiation
 - working memory
 - planning/organization

WEEK 3 EMOTIONAL HEALTH & STRESS MANAGEMENT

- ❖ Explore the relationship between MS and emotional health
- ❖ Covers topics related to:
 - stress management
 - depression
 - anxiety
 - self-care
 - mindfulness
 - relaxation strategies

WEEK 4 QUALITY OF LIFE & BRAIN HEALTH

- ❖ Review the relationship between MS and physical exercise, mental stimulation, and social engagement
- ❖ Discuss the role that fatigue and sleep can play in everyday life