

# Insight Skills

programs to help you  
think well



Insight Skills is a collection of psychoeducational and treatment modules designed to address common concerns our patients have expressed that relate to their medical conditions. Insight Skills are modules of 3-5 sessions and are meant to extend and help you carry out recommendations from a neuropsychological assessment. Our goal is to help you practice and integrate those ideas into daily life to help you achieve your goals.

**In short, Insight Skills offer short treatment modules designed to help you strengthen your control and improve your thinking. If you put in the work, you can start to see changes.**

## INSIGHT SKILLS CAN HELP THOSE SEEKING TREATMENT FOR PROBLEMS ASSOCIATED WITH:

- |                             |              |                       |
|-----------------------------|--------------|-----------------------|
| ✓ Memory Loss               | ✓ Aging      | ✓ Alzheimer's Disease |
| ✓ Mild Cognitive Impairment | ✓ Concussion | ✓ Multiple Sclerosis  |
| ✓ Parkinson's Disease       | ✓ Dementia   | ✓ Sleep Problems      |
| ✓ Stress                    | ✓ ADHD       | ✓ Performance Anxiety |

## AVAILABLE PROGRAMS:

- **Think Well**—active learning strategies and compensation techniques for memory
- **Cope Well**—a mental health tune-up introducing key strategies for your situation
- **Age Well**—fundamental strategies for healthy aging

[www.InsightNeuropsych.com](http://www.InsightNeuropsych.com)  
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