



# Memory Rehabilitation: Integrating Theory and Practice

*Barbara A. Wilson PhD ScD*

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## **Memory Rehabilitation: Integrating Theory and Practice** Barbara A. Wilson PhD ScD

From a well-known authority, this comprehensive yet accessible book shows how state-of-the-art research can be applied to help people with nonprogressive memory disorders improve their functioning and quality of life. Barbara Wilson describes a broad range of interventions, including compensatory aids, learning strategies, and techniques for managing associated anxiety and stress. She reviews the evidence base for each clinical strategy or tool and offers expert guidance on how to assess patients, set treatment goals, develop individualized rehabilitation programs, and conduct memory groups. The book also provides essential background knowledge on the nature and causes of memory impairment.

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