Dr. Rob Winningham Resources

# Dr. Rob Cogitative Stimulation Instructor Certification

$199.00 for the DVD’s plus one certification on mymasterpieceliving.com  
$99.00 for each additional certification (tests and certification)

Dr. Rob Winningham, Psychology and Gerontology Professor at Western Oregon University and a widely respected expert on cognitive stimulation, has partnered with Masterpiece Living to bring you a series of videos. Earn the Cognitive Stimulation Instructor Certification or use the DVD’s as a reference tool. The $199 price is a 50% savings over retail and includes the certification testing for one person. This special offer is only available to Masterpiece Living partners.

The following DVD training videos are included:

1. Use It or Lose It
2. Memory
3. How the Brain Makes Memories
4. Distinguishing Dementia and Delirium
5. Developing your Own Cognitive Stimulation Program
6. Best Practices and Motivating People
7. Maximizing Quality of Life
8. Maximizing Social Support and Engagement

**Train Your Brain: How We Can Maintain and Even Improve Our Memories**

$64.50 DVD resource available at mymasterpieceliving.com

As professionals, we can offer the best activities possible, but if people are not motivated to participate they won’t experience the benefits. Given the importance of motivation, Dr. Winningham has developed a wonderful video entitled Train Your Brain: How to Maintain and Even Improve Memory Ability. He has given this presentation to live audiences hundreds of times and the results are always the same—older adults become excited and motivated to engage in cognitive stimulation and physical exercise programs. Specifically designed for older adults, this video will dramatically increase motivation for programs designed to enhance cognitive stimulation.

**Dr. Rob Cognitive Stimulation Resources**

Free with MPL partnership available at mymasterpieceliving.com

Are you interested in offering a Cognitive Stimulation course for older adults at your organization? Learn the concepts with the Cognitive Stimulation Instructor Certification and apply them with the free resources available on the Masterpiece Living website. Create your program with Dr. Rob’s Suggested Curriculum.

**Executive Functioning and Attention:** Exercises for cognitive processes such as working memory, reasoning, problem solving and planning and execution.

Executive Functioning and Attention exercises by category:

1. Alphabetization
2. Anagrams
3. Buzz
4. Creative Brainstorming
5. Hieroglyphics
6. Homonyms
7. Mind Benders
8. Newspaper Activity
9. One-letter Puzzles
10. Ping Pang Pong
11. Root-o-nyms
12. Split Words
13. State Fun
14. Stroop
15. Trail Making
16. Trigger Words

Additional Cognitive Stimulation exercise categories:

1. Facts of the Day
2. Homework Exercises
3. Poetry Exercises
4. Social Exercises
5. Spatial Exercises
   1. Picture Rotation
   2. Shape Rotation
   3. Tangrams
6. Sudoku Puzzles
   1. Easy
   2. Difficult
7. Theory of Mind Puzzles
8. Tongue Twisters
9. Touch Exercises
10. Word Generation Exercises
    1. Antonyms
    2. A-Z Activities
    3. Color Generation
    4. Homonyms
    5. Name Generation
    6. Verb Generation
    7. Word Generation
    8. Word Mines