

## **MS Wellness and Cognition Programs at Kessler Institute for Rehabilitation**

The Multiple Sclerosis (MS) Wellness and Cognition Programs are offered in collaboration with Kessler Institute for Rehabilitation and the National Multiple Sclerosis Society, New Jersey Metro Chapter. The focus of these programs is to create a greater awareness – and indeed, an understanding – of the many changes that an individual with MS might experience and to empower individuals through education and experiential curriculum to effectively increase quality of living. A dedicated team of specialists effectively integrates evidence-based cognitive and psychological treatment with complementary wellness-based practices.

Interested individuals will participate in an extensive clinical interview, as well as a neuropsychological evaluation, if indicated, to best identify and understand the range of physical, cognitive and emotional concerns. This comprehensive assessment process will help determine the combination of services that will best meet the individual's needs.

### **Living With MS Support Group Series & Wellness Seminars**

This support group series is facilitated by a psychologist and topics that will be addressed are:

- Mind/body interaction
- Adjusting to your changing self
- Managing MS-related fatigue
- Loss, grief and spirituality
- Communication and relationships
- Coping mechanisms
- Stress management
- Cognitive challenges

Yoga will be included in the weekly seminars. Seminars on a variety of issues will be offered, such as health and well-being, energy conservation, balance and vocational rehabilitation. Guest speakers will present information on topics, such as bowel and bladder management, nutrition and spirituality.

**The Living with MS Series and Wellness Seminars will run for twelve consecutive weeks from 10AM - 2PM at Kessler's West Orange campus. Lunch is included!**

### **Neurocognitive Program**

This program offers highly specialized services designed to assist the client in identifying and targeting specific cognitive functions known to be affected in MS, such as memory and problem solving. Using evidence-based methodologies, Kessler's clinicians provide compensatory strategies to develop skills that enable individuals to effectively manage daily activities. This program will be held twice a week for eight consecutive weeks at Kessler's West Orange campus.

### ***Programs Starting 2009***

For more information or to schedule an appointment, please contact:  
**Kessler Institute for Rehabilitation**  
**The Department of Psychology & Neuropsychology**  
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