



## Memory Rehabilitation: Integrating Theory and Practice

By Barbara A. Wilson PhD OBE

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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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### **Bibliography**

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## **Editorial Review**

### **Review**

"A 'must read' for any professional who works with individuals with memory impairment and their family members. The rich literature on compensatory strategies to decrease the impact of memory impairment and techniques to help patients learn more efficiently comes alive in this very thorough and usable text. Wilson's incisive understanding of the emotional difficulties experienced by people with cognitive problems--and how to integrate psychosocial and cognitively focused interventions--is particularly welcome and important."--Catherine A. Mateer, PhD, Department of Psychology, University of Victoria, British Columbia, Canada

"Who else but Barbara Wilson, the world's leading expert on memory rehabilitation, could have written a book like this? Flowing easily between research findings, clinical anecdotes, and practical treatment recommendations, the book never loses sight of the real-life consequences of memory loss. In an age when war has made traumatic brain injury tragically familiar, Wilson explains the complex ways in which memory processing is prone to failure in this and other nonprogressive brain disorders, and shows how everyday functioning can be improved by rehabilitation techniques that focus on compensation and coping."--Myrna F. Schwartz, PhD, Associate Director, Moss Rehabilitation Research Institute, Philadelphia, Pennsylvania

"This remarkable book combines a scholarly and comprehensive review of the neuroanatomical and neuropsychological bases of memory rehabilitation with straightforward, step-by-step descriptions of memory rehabilitation procedures. The book showcases Wilson's facility for making the complexities of neuropsychological rehabilitation accessible even to those without an extensive background in the psychological and neurological sciences. A wide range of professionals interested in memory rehabilitation will find this volume indispensable for study and reference."--James F. Malec, PhD, Research Director, Rehabilitation Hospital of Indiana, Indianapolis, Indiana; Emeritus Professor of Psychology, Mayo Clinic, Rochester, Minnesota

"A practical, how-to text for the psychologist interested in developing an inpatient or outpatient memory rehabilitation program to assist an individual or group of individuals with nonprogressive brain damage. Practical recommendations for specific rehabilitation strategies, assessments, and goal setting are supported by behavioral, cognitive, and neuropsychological theory. This easy-to-read book also provides helpful information to psychology and neuroscience graduate students studying memory functioning and rehabilitation psychology....Utilizing this book should enable professionals to assist their clients in maximizing the goal-setting potential for functional memory outcome in overall quality of life."  
(*PsycCRITIQUES* 2009-05-23)

"Barbara Wilson is a renowned authority in memory research. She has also developed a functional clinical approach for helping patients with memory impairments manage their everyday lives. This latest book is true to her philosophy of integrating theory and practice....An insightful, wide-ranging, and practical introduction for professionals interested in the rehabilitation of memory."

(*The Psychologist* 2009-05-23)

"An accessible and interesting read, providing clear descriptions and evaluations of treatment options for people experiencing memory difficulties. It offers a comprehensive, one-stop resource that contains a great deal of information and research. Theoretically driven approaches are presented and discussed in relation to their clinical application and regular case examples and reflections on practice help to bring the subject to life....This book as an enjoyable and surprisingly accessible read given the breadth of information it contains. I was left with increased optimism that there is much we can do, beyond targeting lost function, to alleviate the distress and disability caused by memory difficulties."

(*Journal of International Psychogeriatrics* 2009-05-23)

"An excellent introductory book on the topic....The book has many strong points that will make it a desired resource for professionals wishing to develop and implement empirically derived memory rehabilitation programs. It provides a concise overview of behavioral approaches to a variety of specific memory rehabilitation strategies and techniques. Among the beneficial features in the book is a repetitive focus on cognitive and learning theory as applied in such rehabilitation. Wilson also does an excellent job discussing why such behavioral approaches are beneficial to individuals with memory difficulties and in presenting current supporting research....It serves to provide a readable understanding of rehabilitative methods that can be practically beneficial to individuals with memory disorders, and most importantly, it provides the neuropsychologist and rehabilitation professional with the theory behind the practice."

(*Archives of Clinical Neuropsychology* 2009-05-23)

"Indispensable for anyone interested in memory or working with the memory impaired, the book includes an appendix that lists resources offering advice and information....Recommended. Upper-division undergraduates through professionals; general readers."

(*Choice* 2010-01-03)

## About the Author

Barbara A. Wilson, PhD, a clinical neuropsychologist who has worked in brain injury rehabilitation since the 1970s, is founder of The Oliver Zangwill Centre for Neuropsychological Rehabilitation, in Ely, Cambridgeshire, United Kingdom. She has published 23 books, 280 journal articles and book chapters, and 8 neuropsychological tests, and is editor of the journal *Neuropsychological Rehabilitation*. She has won many awards for her work, including an OBE for services to rehabilitation, three lifetime achievement awards, the Ramón y Cajal Award from the International Neuropsychiatric Association, and the M. B. Shapiro Award from the British Psychological Society. She is past president of the British Neuropsychological Society and the International Neuropsychological Society, and is currently president of the Encephalitis Society and on the management committee of the World Federation for NeuroRehabilitation. Dr. Wilson is a Fellow of the British Psychological Society, the Academy of Medical Sciences, and the Academy of Social Sciences. She is an honorary professor at the University of Hong Kong, the University of Sydney, and the University of East Anglia.

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