

# North American Cognitive Stimulation Therapy Training Institute (NACSTTI)

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# North American Cognitive Stimulation Therapy Training Institute (NACSTTI)

Cognitive Stimulation Therapy (CST) is an evidence-based treatment for people with mild to moderate dementia that was developed in the United Kingdom by Aimee Spector and a number of dementia experts at the University of College London following a large Cochrane review of reality orientation and other psychosocial therapies (Spector et al., 2003).

\*\*Please note that throughout this document we will use the term dementia in place of neurocognitive disorder.

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## **Introduction**

CST treatment involves 14 or more sessions of themed activities, which typically run twice weekly. Sessions aim to actively stimulate and engage people with dementia, while providing an optimal learning environment and the social benefits of a group. Each session follows a general theme, with choices of activities in order to cater to the interests of the group. Members give the group a name. Consistency is created between sessions through the use of a warm-up activity, reality orientation (RO) board and a 'theme song'. Although CST was designed for brief treatment, research demonstrates that people who continue with CST can continue to improve or at least maintain improvements for a longer period of time.

CST treatment can be delivered by trained health care professionals such as social workers, occupational and speech therapists. With supervision and guidance, nonclinical personnel that have experience in working with those with dementia, can be trained to facilitate CST groups in a variety of settings.

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## **Evidence Supporting CST**

The initial CST randomized control trial conducted by Spector et al. (2003) showed that CST leads to significant benefits measured by a number of validated assessments including cognitive function, quality of life, and depression. These measures investigate not only memory and orientation, but also language and visuospatial abilities. Because these outcome measures were used in analyses of randomized controlled trials (Aguirre, Woods, Spector, & Orrell, 2013; Knapp et al., 2018), direct comparisons were made. Further analysis suggested CST was equally effective as several anti-dementia medications at that time.

Ongoing research shows that CST makes a significant improvement on language skills, quality of life, and depression. Reports from participants and their caregivers about their experiences of CST sessions found several key themes including positive experiences of being in the groups, due to a supportive and non-threatening environment; and improvements in mood, confidence and concentration.

## References

- Aguirre, E., Woods, R. T., Spector, A., & Orrell, M. (2013). Cognitive stimulation for dementia: a systematic review of the evidence of effectiveness from randomised controlled trials. *Ageing research reviews, 12*(1), 253-262.
- Knapp, M., Thorgrimsen, L., Patel, A., Spector, A., Hallam, A., Woods, B., & Orrell, M. (2006). Cognitive stimulation therapy for people with dementia: Cost-effectiveness analysis. *British Journal of Psychiatry, 188*(6), 574-580
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- Spector A, Gardner C & Orrell M (2011). The impact of Cognitive Stimulation Therapy groups on people with dementia: views from participants, their carers and group facilitators. *Ageing & Mental Health, 15* (8): 945-949.
- Woods R, Spector A, Jones C, Orrell M and Davies S (2005). Reminiscence therapy for dementia: A review of the evidence of effectiveness from randomised controlled trails. In *The Cochrane Library, 2*, 2005. Oxford

## **NORTH AMERICAN CST TRAINING INSTITUTE HISTORY**

A CST education and training team was formed in 2014 at Saint Louis University's Gateway Geriatric Education Center. Since 2015, the team has provided CST training and education to thousands of health care and social service professionals, students, and caregivers; leading to the development of the North American CST Training Institute (NACSTTI).

### **NACSTTI Mission**

To provide high quality training in the delivery of CST for practitioners and trainers.

### **MAIN OBJECTIVES OF NACSTTI**

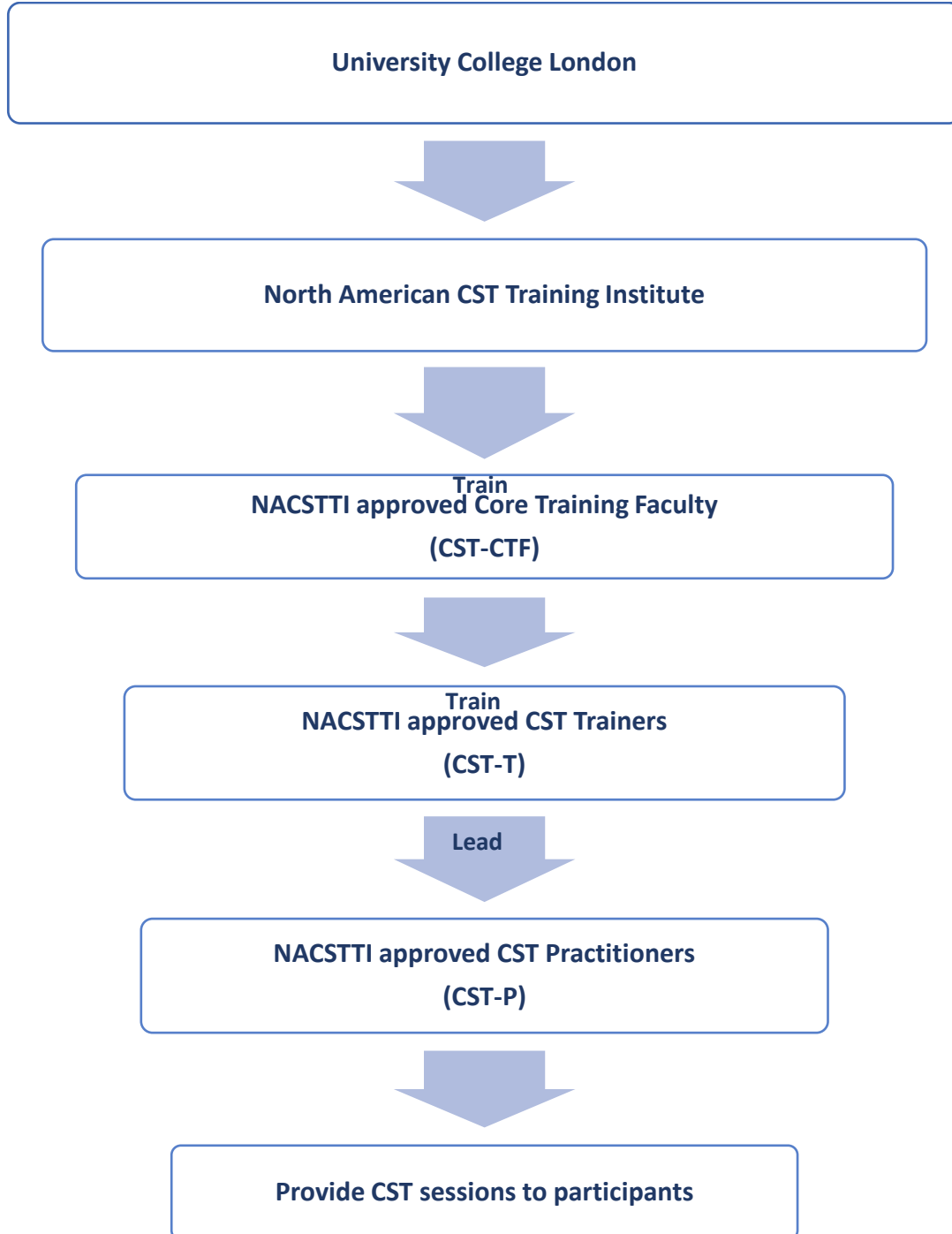
The aim of the NACSTTI is to be the preeminent CST training site in North America. By collaborating with the original CST developers at the University College of London and other international CST partners through research, education, and training to develop training curriculum that contribute to the advancement of CST nationally. The main objectives of the institute are:

- To develop and implement a standard curriculum and evaluation process for training practitioners of CST and trainers of practitioners.
- To establish a leadership structure for CST training in the United States to assure fidelity and quality of program implementation.
- To adapt the CST manuals to:
  - Be culturally competent for North American-based participant groups
  - Include education/direction on implementation -
- To develop and maintain a listing/registry of individuals who have successfully completed and maintained NACSTTI practitioners or trainer certifications. (Are currently approved)
- To provide information on CST educational resources and provision in North America.

### **NACSTTI GOVERNANCE**

- Oversight of the NACSTTI is provided by the core committee from the following institutions: Perry County Memorial Hospital, A.T. Still University and Saint Louis University; in collaboration with the original developers at University College London. The core committee is responsible for, but not limited to the following:
  - Ongoing program development
  - Continuous review of research and current literature
  - Decision-making processes
  - Roles/responsibilities
  - Other activities as necessary

# NACSTTI TRAINING STRUCTURE



## Program Overview & Fee Schedule

Training fees are subject to change

Requirement	Core CST Training Faculty	CST Trainers	CST Practitioners
<b>Scope</b>	Disseminate CST training throughout North America.	Train Practitioners and Co-Facilitate CST groups CST-T's are encouraged to facilitate one CST group annually.	Co-Facilitate CST groups
<b>Education</b>	Bachelor's Degree	Bachelor's Degree	N/A
<b>CST Experience</b>	112 sessions or 8 groups	56 sessions or 4 groups	N/A
<b>Experience working with dementia patients</b>	5 years	2 years	1 year
<b>Experience facilitating small groups/teaching</b>	3 years	Experience and evidence of past teaching, leading group discussion and role play.	N/A
<b>Initial Training Fee</b>	N/A	\$1,500 + completed application Course fee is 75% refundable up to 48-hours from start of the CST-T training.	\$250 virtual + completed application \$350 In person + completed application
<b>Bi-annual Renewal Fee</b>	N/A	\$100	\$50
<b>Continuing Education</b>		Required attendance on one virtual CST-T conference call per year	Recommended review of CST/dementia literature.

Customized onsite training delivered by NACSTTI -CTF is available upon request. Please contact the NACSTTI-CFT through [CST@health.slu.edu](mailto:CST@health.slu.edu) or by calling 314-977-8454.

## **NACSTTI CORE TRAINING FACULTY (CST-CTF)**

NACSTTI Core Training Faculty, were approved by CST creator, Aimee Spector, PhD., while subsequent/future CST-CTF will be determined by the core committee. NACSTTI CST-CTF are responsible for preparing qualified, proficient CST Trainers (CST-T).

### **QUALIFICATIONS**

- Approved CST-T with consistently excellent feedback.
- Experience and evidence of past teaching, leading group discussion and role play.
  - Extensive experience in direct delivery of CST groups (112 sessions=8 groups)
- A minimum of 5 years' experience in a health care related field /profession OR an educator in a learning institution.
- Minimum of 3-years' experience presenting in-services or seminars to healthcare professionals and front-line staff in a geriatric setting OR presenting health care curriculum to students enrolled in a health care profession at a learning institution.
- The names of CST-CTF will be listed in the NACSTTI (online) registry.
- Nominee recommendations will be accepted when open position/s become available and will be based upon qualifying credentials and CST experience. Selection will be made by the NACSTTI Core Faculty Committee.



## **NACSTTI–APPROVED CST TRAINER (CST-T)**

A CST Trainer is responsible for teaching the standardized CST curriculum to CST Practitioners (CST-P) and providing them with guidance and support as they begin their CST group work.

### **PREREQUISITE QUALIFICATIONS**

- Minimum of a Bachelor’s degree from an accredited college in their field of expertise.
- Prior completion of the CST-P course and current recognition by NACSTTI as a CST-P.
- Experience implementing CST curriculum as evidenced by documentation of facilitation of a minimum 56 CST sessions (equivalent to four fully completed CST groups).
- Experience in delivering direct professional services to people with dementia for a minimum of 2 years.
- Experience and evidence of past teaching, leading group discussion and role play.

Note: Although these are the standard requirements, all applications are reviewed by the NACSTTI-CTF.

### **PROCESS TO BECOME A CST-T**

The goal of CST-T training is to prepare attendees to confidently provide the standardized CST training only to future CST-Ps.

### **CST-T Certification Process**

- Complete CST-T application form, provide supporting documents, and submit \$250 non-refundable application fee. (NOT applied to registration fee of \$1,250)
- You will receive correspondence from a NACSTTI committee member to confirm receipt of your application and payment.
- Attend and successfully complete the 2-day virtual CST-T training.
- Upon successful completion of the program, you will be designated as a NACSTTI approved CST-T. Your name will be listed on the NACSTTI website.

**COST:** The cost to attend the two-day training is \$1,500 per person. (Enrollment is limited to 20 attendees.)

### **RENEWAL**

The CST-T Certification renewal process includes the following:

- Submission of a \$100 bi-annual renewal fee
- Attend one virtual CST-T Conference call per year

## **NACSTTI-APPROVED CST Practitioner (CST-P)**

A CST-P is responsible for the delivery of CST group sessions according to the standardized CST curriculum.

### **PREREQUISITE QUALIFICATIONS**

- Documented direct care experience working with older adults
- Knowledge about the special needs of people living with dementia
- Commitment to learning and implementing an evidence-based intervention
- Comfortable leading group discussions, teaching opportunities, and role plays

### **PROCESS TO BE A CST-P**

The goal of CST-P training is to educate attendees to apply the key principles during CST, encouraging its use in a standardized, person-centered and effective way.

### **CST-P Certification Process**

- Attend a NACSTTI approved training
- Complete the CST post-test, within 30 days of training completion with a passing score of 80 percent. (Attendees will have two opportunities to successfully complete the post-test.)
  - If, after two unsuccessful attempts a member of the NACSTTI-CTF will provide a follow up consultation.
- Complete CST-P application form and submit either \$250 for attending a virtual training or \$350 for attending an in-person training.
- You will receive correspondence from a NACSTTI committee member to confirm receipt of your application and payment.

### **RENEWAL**

The CST-P Certification renewal process includes the following:

- Submission of a \$50 bi-annual renewal fee

# **Miscellaneous Documents**

**North American Cognitive Stimulation Therapy (CST) Training Institute (NACSTTI)**  
**CST-P Training Evaluation Form**

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Training Location: \_\_\_\_\_

Trainer/s: \_\_\_\_\_

<p>1. Overall how would you rate the training?            Strongly Agree <input type="checkbox"/>    Agree <input type="checkbox"/>    Neither Agree nor Disagree <input type="checkbox"/>    Disagree <input type="checkbox"/>    Strongly Disagree <input type="checkbox"/></p>	
<p>2. How well did the trainer/s state the objectives?            Strongly Agree <input type="checkbox"/>    Agree <input type="checkbox"/>    Neither Agree nor Disagree <input type="checkbox"/>    Disagree <input type="checkbox"/>    Strongly Disagree <input type="checkbox"/></p>	
<p>3. How knowledgeable were your trainers in the content delivered in the training?            Strongly Agree <input type="checkbox"/>    Agree <input type="checkbox"/>    Neither Agree nor Disagree <input type="checkbox"/>    Disagree <input type="checkbox"/>    Strongly Disagree <input type="checkbox"/></p>	
<p>4. How well did the trainer/s keep you engaged?            Strongly Agree <input type="checkbox"/>    Agree <input type="checkbox"/>    Neither Agree nor Disagree <input type="checkbox"/>    Disagree <input type="checkbox"/>    Strongly Disagree <input type="checkbox"/></p>	
<p>5. Did this training meet your expectations?            Strongly Agree <input type="checkbox"/>    Agree <input type="checkbox"/>    Neither Agree nor Disagree <input type="checkbox"/>    Disagree <input type="checkbox"/>    Strongly Disagree <input type="checkbox"/></p>	
<p>5. Did this training meet your expectations?            Strongly Agree <input type="checkbox"/>    Agree <input type="checkbox"/>    Neither Agree nor Disagree <input type="checkbox"/>    Disagree <input type="checkbox"/>    Strongly Disagree <input type="checkbox"/></p>	
<p>7. How would you rate the training location?            Strongly Agree <input type="checkbox"/>    Agree <input type="checkbox"/>    Neither Agree nor Disagree <input type="checkbox"/>    Disagree <input type="checkbox"/>    Strongly Disagree <input type="checkbox"/></p>	
<p>8. What was your favorite part of training?</p>	
<p>9. What was your least favorite part of training?</p>	
<p>How do you plan to implement a CST program at your place of work?</p>	
<p>Any other suggestions or comments to help us improve future training classes?</p>	

## Application for CST Trainer (CST-T) Certification

You are applying for certification as a Cognitive Stimulation Therapy Trainer (CST-T) through the NACSTTI.

Complete and submit the application and the Acknowledgement Statement along with payment in full, online or via mail.

ONLINE: Go to the SLU Marketplace by clicking here: [SLU Market Place Gateway Geriatric Education Center Train the Trainer](#)

Then click on Geriatric Education Center (GEC)

MAIL: Saint Louis University Division of Geriatric Medicine

SLU Care Academic Pavilion

Matt Pidgeon-CST Training

1008 S. Spring Ave, Room 2547

St. Louis, MO 63110

**PLEASE COMPLETE THE FILLABLE APPLICATION and SUBMIT IT ELECTRONICALLY TO [CST@HEALTH.SLU.EDU](mailto:CST@HEALTH.SLU.EDU)**

Today's Date:		Course Date and Location:	
<b>REGISTRANT INFORMATION</b>			
Last name:	First:	Middle:	Birth date:
Is this your legal name? <input type="radio"/> Yes <input type="radio"/> No	If not, what is your legal name?	Former name:	Sex: <input type="radio"/> M <input checked="" type="radio"/> F
Home Address:			
Home phone no.:	Cell phone no.:	E-Mail address:	
<b>EMPLOYMENT INFORMATION</b>			
Position:	Employer:	Employer phone no.:	
Employer address:		Type of business:	
Supervisors name, title, phone number and email address:		I understand that my supervisor may be contacted to verify employment. Initial here:	
Are you a Self-Employed Consultant? if yes, business name, address, phone number:		Numbers of years consulting & hours per year:	
Describe your consulting business and clientele you serve?			
<b>EDUCATION INFORMATION</b>			
List all license, certifications or registrations credentials that you hold? Example: PhD, LCSW, RN:		Are your credentials current?	
What college did you graduate from (Highest level)?	Year You Graduated:	Degree(s) Awarded:	
<b>ADDITIONAL INFORMATION</b>			
Please list in-services or seminars that you have presented live and in person (attach a sample seminar or in-service that you have presented live):			
What experience do you have working with dementia patients?			
What other Alzheimer's disease and dementia seminars have you attended?			
Please describe your current position duties:			
Date, Location and Presenter of your CST-P training:			
<p>Note: This form is a template for your use in collecting information needed to complete the online application. To request a CST-P application link please email <a href="mailto:CST@slu.edu">CST@slu.edu</a> with CST-P application link request in the subject line.</p>			



**ACKNOWLEDGEMENT STATEMENT:**

CST-T training materials will be made available within 24 hours of the start of training for those attending virtually and on the day of training for those attending in person. The training materials provided are for your use as a CST-T and are not to altered.

Regardless of who pays for the CST-T Course, the trainer is the only one who may access the training materials. I understand I am not authorized to train other trainers to be CST-Ts. I understand I may not alter nor change the curriculum nor the trainee handout notebook in any way.

I understand I am required to provide each trainee the CST-P training materials exactly the way it was provided to me in the CST-T course.

**Returned Check Fee:** Anyone who received a returned check will be charged a fee of \$35.00. You will not be permitted to attend the class if the seminar is not paid in full.

The seminar price does **NOT include:** travel, hotel accommodations, shuttle service, car rental, transfers, gas, tolls and meals (light breakfast, lunch and snack are provided on the day of the class only) or any other travel arrangements. You will make your own travel arrangements.

**Cancellation Policy:**

**Liability:** NACSTTI reserves the right to cancel a CST-T or CST-P course due to unforeseen emergencies, weather conditions, delay or cancellation of any and all travel by airline (rail, car, bus, cruise line, etc.), death, illness, acts of terrorism and or insufficient registrations. NACSTTI will not be held responsible or liable for lost wages or any fees or penalties associated with travel costs, travel changes or cancellation incurred by you in regards to hotel, air, car rental or any other means of transportation or travel arrangements.

In the event of insufficient registrations, the NACSTTI has the right to cancel or postpone the training until an acceptable number of registrants are enrolled.

If any seminar event is cancelled, NACSTTI will make every reasonable effort contact you at least two weeks prior to the start date. In this case, you will have the option of attending another date but there are no guarantees that the seminar will be offered in the same city or state. You will have 12 months to take another seminar.

You must complete the entire course to be considered a CST-T. There is no refund for a partially completed course. In the event of an unforeseen emergency, exceptions will be granted on a case by case basis.

I have read and understand the cancellation policy, refund policy and the NACSTTI liability clause with regards to cancellation. I understand that the license agreement and instructor agreement will be e-mailed to me prior to the start of the class and must be filled out, signed by me and a notary and must be returned to the class prior to the class.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_



## Application for CST Practitioner (CST-P) Certification

You are applying for certification as a Cognitive Stimulation Therapy Practitioner (CST-P) through the NACSTTI.

Complete and submit the application and the Acknowledgement Statement, along with payment in full, online or via mail.

ONLINE: [SLU Marketplace Gateway Geriatric Center CST Facilitator Certificate](#)

MAIL: Saint Louis University Division of Geriatric Medicine

SLU Care Academic Pavilion

1008 S. Spring Ave, Room 2547

St. Louis, MO 63110

**PLEASE COMPLETE THE FILLABLE APPLICATION and SUBMIT IT ELECTRONICALLY TO [CST@HEALTH.SLU.EDU](mailto:CST@HEALTH.SLU.EDU)**

**Returned Check Fee:** Anyone who received a returned check will be charged a fee of \$35.00. You will not be permitted to attend the class if the seminar is not paid in full.

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**Liability:** NACSTTI reserves the right to cancel a CST-T or CST-P course due to unforeseen emergencies, weather conditions, delay or cancellation of any and all travel by airline (rail, car, bus, cruise line, etc.), death, illness, acts of terrorism and or insufficient registrations. NACSTTI will not be held responsible or liable for lost wages or any fees or penalties associated with travel costs, travel changes or cancellation incurred by you in regards to hotel, air, car rental or any other means of transportation or travel arrangements.

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You must complete the entire course to be considered a CST-T. There is no refund for a partially completed course. In the event of an unforeseen emergency, exceptions will be granted on a case by case basis.

I have read and understand the cancellation policy, refund policy and the NACSTTI liability clause with regards to cancellation. I understand that the license agreement and instructor agreement will be e-mailed to me prior to the start of the class and must be filled out, signed by me and a notary and must be returned to the class prior to the class.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ **PLEASE**  
**TYPE DIRECTLY ONTO THIS APPLICATION. Return the entire application to NACSTTI**

Today's Date:		Seminar date and location:	
<b>REGISTRANT INFORMATION</b>			
Last name:	First:	Middle:	Birth date:
Is this your legal name?	If not, what is your legal name?	Former name:	Sex:
Home Address:			
Home phone no.:	Cell phone no.:	E-Mail address:	
<b>EMPLOYMENT INFORMATION</b>			
Position:	Employer:	Employer phone no.:	
Employer address:		Type of business:	
Supervisors name, title, phone number and email address:		I understand that my supervisor may be contacted to verify employment. Initial here:	
Are you a Self-Employed Consultant? if yes, business name, address, phone number:		Numbers of years consulting & hours per year:	
Describe your consulting business and clientele you serve?			
<b>EDUCATION INFORMATION</b>			
List all license, certifications or registrations credentials that you hold? Example: PhD, LCSW, RN:		Are your credentials current?	
What college did you graduate from (Highest level)?	Year You Graduated:	Degree(s) Awarded:	
<b>ADDITIONAL INFORMATION</b>			
Please list in-services or seminars that you have presented live and in person (attach a sample seminar or in-service that you have presented live):			
What experience do you have working with dementia patients?			
What other Alzheimer's disease and dementia seminars have you attended?			
Please describe your current position duties:			
Date, Location and Presenter of your CST-P training:			

Note: This form is a template for your use in collecting information needed to complete the online application. To request a CST-Trainer application link please email [CST@slu.edu](mailto:CST@slu.edu) with CST-Trainer application link request in the subject line.