



The Psychological
Health Centre

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Cognitive Remediation Therapy Fact Sheet

What is CRT?

Cognitive Remediation Therapy (CRT) is a type of therapy aimed at improving cognitive functions like attention, memory, and problem solving skills.

The goal of CRT is to enhance cognitive skills to improve everyday functioning and quality of life.

Program Structure

- 10-week program (2x therapy sessions each week)
- Each session lasts 45-60 minutes
- Groups of 1-4 participants
- Sessions are led by a trained facilitator
- Computer-based cognitive exercises target affected areas of cognition

Is CRT for Me?

CRT helps individuals regain their independence and improve their ability to manage day-to-day activities, such as organising information or following conversations.

This therapy is often useful for people who have been diagnosed with schizophrenia or psychosis and experiencing cognitive difficulties.

*If you or someone you know is experiencing these challenges,
CRT may be an effective solution.*

*For more details on our CRT offerings, please visit our website
or contact us via phone or email.*

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