



ROCKY MOUNTAIN NEUROBEHAVIORAL ASSOCIATES PRESENTS: INDIVIDUAL COUNSELING FOR COGNITIVE CHANGES*

A diagnosis of cognitive impairment can lead to feelings of isolation, fear, sadness and loss. Symptoms can feel frustrating, yet it is possible to learn about and cope with these changes. During this short term therapy, we will explore topics that include:

- Better understanding the diagnosis
 - Managing worry, stress, sadness, and changes in mood
 - Reconnecting with your sense of self and sense of belonging
- Living a full and meaningful life despite the cognitive changes
 - Moving forward with resilience

This individual therapy is designed for people experiencing cognitive changes and/or the early stages of a diagnosis of Mild Cognitive Impairment (MCI), Alzheimer's Disease, Primary Progressive Aphasia (PPA), Lewy Body Dementia, and other related disorders.

*This program is based upon Robyn Yale's Counseling for Early Stage Alzheimer's Disease.

For more information or to schedule an appointment, Contact Mary O'Hara, LCSW at maryohara@mountainneuro.com or 720.907.0420

Mary O'Hara, LCSW is a Licensed Clinical Social worker with over 10 years of experience working with individuals with Alzheimer's Disease and Related Disorders. Her practice is dedicated to helping individuals and families cope with the changes that the diagnosis presents, as well as helping people access the most appropriate support, resources and care.



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