

Cognitive Development Programme

(Can only be booked in conjunction with other 7 Days programme)

This multi-disciplinary programme is used and combined with the potential of the latest technology to evaluate your mental health and also to carry out a series of exercises and activities aimed at developing all the potential stored in your mind. This programme makes use of the state-of-the-art technology, specifically developed at SHA.

The Cognitive Development Programme is used to carry out an evaluation of your psychological and cognitive abilities, to maximize cognitive abilities, leveraging your strengths. This study not only helps to improve your current situation, but it also gives you a series of tools and exercises so that you can enhance your state of mind at home. It is geared towards people with MCI (Mild Cognitive Impairment) or minor memory loss, people with a normal state of health who want to enhance their cognitive abilities, people willing to decrease the possibility of developing neurodegenerative mental illness, through brain stimulation or wishing to improve their cognitive reserve.

What's included:

- Cognitive Rehabilitation Consultation (at the beginning of the program)
- 4 x Neuro-feedback sessions
- 2 x Mindfulness private sessions
- 2 x Neuro-technical sessions
- Cognitive Rehabilitation Consultation (at the end of the program)
- Neuro Training App
- 1 x Omega 3 Krill dietary supplement (120 tab)
- 1 x Stress- B Plus dietary supplement (90 tab)