

Cognitive Activation Therapy (CAT), a multitasking program that combines motor and cognitive tasks
~ Let's activate cognitive function while having fun with friends! ~



2025.11.5 (Mon) 10:00~11:30

In this workshop, we will introduce the program, which allows participants to experience CAT, a multi-task program that combines motor and cognitive tasks, and to introduce CAT into clinical practice in psychiatric occupational therapy.

TIME SCHEDULE

- 10:00-10:25 Lecture (explanation of CAT)
- 10:25-10:45 CAT 1 (Beanbag catch version 1)
- 10:45-11:10 CAT 2 (circle pass)
- 11:10-11:20 Discussion between pairs
- 11:20-11:30 Summary, Q&A

Please come in comfortable clothes