

“Before CETCLEVELAND®, I isolated myself and felt alienated from the rest of the community. I was not willing to participate in any activities. After CETCLEVELAND®, I no longer feel afraid to participate in community events, and I interact socially.”

– CETCLEVELAND® Client

“We feel that we got back our son after he completed the CETCLEVELAND® program.”

– Parent of CETCLEVELAND® Client

“Learning how to be a CETCLEVELAND® Coach has been the best clinical experience.”

– Stacy Martz, Ph.D., CETCLEVELAND® Coach



CETCLEVELAND®

The Center for Cognition and Recovery (CCR) provides training and consultation to community-based and inpatient mental health and human service organizations that wish to provide CETCLEVELAND® to people recovering from schizophrenia and related mental illnesses.



CETCLEVELAND®

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More information at:

www.cetcleveland.org



A Foundation for Recovery Success



What is CETCLEVELAND®?

CETCLEVELAND® is a community-based form of Cognitive Enhancement Therapy (CET), an Evidence-Based Practice designed to help people with schizophrenia and related cognitive disorders improve brain and cognitive development, social cognition, and increase vocational capabilities.

How does CETCLEVELAND® work?

Focused Curriculum

Each week's curriculum focuses on a different topic that provides a focal point for participants to learn, practice, exercise, and master cognitive and social-cognitive processes.

Time Limited Course

48 week course in which participants attend a 3.5 hour session per week. Each session includes computer-based cognitive exercises, social cognition learning groups, and one-on-one coaching session with a CET coach.

Small Groups and Personalized Attention

Each group has 8 to 12 participants and 2 coaches who provide personalized attention to each participant. Small groups allow participants to develop supportive peer-relationships and networks.

Who does CETCLEVELAND® help?

- Individuals who meet criteria for cognitive disability:
 - Schizophrenia
 - Bipolar Disorder
 - Chronic Depression
 - High Level Autism Spectrum Disorder
 - Schizoaffective Disorder
- 18 years of age or older
- In recovery phase of treatment
- Stable symptoms
- Medication compliant
- Does not have a substance use disorder, or are abstinent if there is an SUD
- IQ of 80 or above
- Able to read at a fourth-grade level
- English or Spanish speaking

CETCLEVELAND® participants enjoy improved:

- Processing speed/ability to respond to others promptly
- Working memory
- Cognition/thinking
- Social cognition
- Meaningful roles
- Self-management of mental health and physical health
- Adjustment to and acceptance of disability
- Ability to obtain and retain employment

For more information, call
216.504.2602 or email
info@cetcleveland.org