

**From:** Center for Cognition and Recovery (Cognitive Enhancement Therapy)  
 [rgonzalez@cetcleland.org]  
**Sent:** Thursday, May 26, 2011 11:58 AM  
**To:** Ray Gonzalez  
**Subject:** News on CET from the Center for Cognition and Recovery  
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#### In This Issue

[CET at National Council Conference](#)

[CET Research in Harvard MH Newsletter](#)

[CET Sites Around the US Update](#)

[CET and Employment](#)

[CET Graduation Talk](#)

[CET Presentation Photo](#)

#### Quick Links

[For more information on CET please visit our website by clicking here](#)

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CET featured

## CET/CCR May 2011 Newsletter Vol. 5, No. 3

**Dear Ray,**

You are receiving this email because you are a Certified CET (Cognitive Enhancement Therapy) Coach, a CET Coach-in-training or have expressed an interest in CET. The CCR newsletter is used to keep the CET Community of Treatment informed about the latest developments regarding CET.

### CET and Employment

Published online August 2010, Dr. Eack's paper demonstrates the effectiveness of CET as an employment/vocational intervention: **Effects of CET on Employment Outcomes in Early Schizophrenia: Results From a 2-Year Randomized Trial in Research on Social Work Practice 21(1) 32-42;** Shaun M. Eack, Gerard E. Hogarty, Deborah P. Greenwald, Susan S. Hogarty, and Matcheri S. Keshavan

The research objective was to examine the effects of psychosocial cognitive rehabilitation on employment outcomes in a

on NAMI's  
Ask the  
Doctor  
monthly  
teleconference.

Hosted by Ken Duckworth, MD NAMI's Medical Director, with Matcheri Keshavan, MD, Prof. at the Harvard Medical School, the hour long call-in show discussed the effectiveness of CET as an intervention. For a link to the podcast, please click here: [NAMI Ask the Doctor](#)

CET at the  
National  
Council  
Conference in  
San Diego CA  
on May 3rd.

For a copy of the PowerPoint please go to the CCR website's FAQ page at CCR website

The National Council for Community

randomized controlled trial for individuals with early course schizophrenia. The method was to have early course schizophrenia outpatients (N= 58) randomly assigned to CET or an enriched supportive therapy (EST) control and treated for 2 years. Comprehensive data on cognition and employment were collected annually.

The results showed that individuals treated with CET were significantly more likely to be competitively employed, had greater earnings from employment, and were more satisfied with their employment status by the end of treatment compared to EST recipients. Mediator analyses revealed that improvements in both social and nonsocial cognition mediated CET effects on employment.

Conclusion: CET can help facilitate employment in early schizophrenia by addressing the cognitive impairments that limit functioning in the disorder. Inclusion of cognitive rehabilitation in social work practice can support more optimal functional recovery from schizophrenia.

Variable	CET (N = 24)		EST (N = 22)	
	N	%	N	%
Competitively employed	13	54	4	18
Job status				
Full time	6	25	3	14
Part time	7	29	1	5
Employment pattern				
Achieved employment	10	42	2	9
Maintained employment	3	12	2	9
Lost employment	0	0	6	27
Job category <sup>a</sup>				
Professional	1	5	0	0
Clerical/sales	5	23	1	5
Skilled manual labor	1	5	0	0
Unskilled labor	4	18	3	14
	M	SD	M	SD
Weekly earnings	207.92	337.97	69.77	156.47
Satisfaction with employment status <sup>b</sup>	2.46	1.56	3.77	1.69

To read the full paper, please go to the CCR website's Research page by clicking here: [S. Eack employment paper](#)

Ray Gonzalez, Executive  
Director

## CET Graduation Letter

On April 14, 2011, the CCR had a very exciting and moving graduation ceremony for our Beachwood CET group. The following is a copy of the talk that "M" gave as her graduation speech in front of more than twenty-five family members, casemanagers, mental health professionals and CET Coaches.

Behavioral Health-care Conference is the largest gathering of mental health and addiction treatment providers with over 2,200 in attendance at the Conference. For a photo of the CET Presentation at the Conference, please scroll down.

CET Research Reported in Harvard Mental Health Newsletter October 2010

The Harvard MH Newsletter devoted a full page to reviewing the most recent research on CET. Please go to home page of the CCR website click [here](#)

CET Sites Around the US Update

PLAN of North Texas will be graduating its

My name is "M." I joined CET group in order to improve my abilities to memorize and concentrate. Over the course of a year we studied many topics, including the human brain and how it operates, the human body and its needs of nutrition and exercise, the process of learning, comprehending and how to arrive at answers.

My specific goals were to improve my concentration while driving, watching movies and reading. Strategies for these improvements were to use computer exercises, volunteer to be chairperson at our weekly group meetings, use reminders notes, and use humor. Out of the many topics studied to reach these goals, two that I especially liked, were how to regulate your limbic system and perspective taking.

The limbic system has to do with the part of the brain that leads to arousal or excitement. Regulating the limbic system is a way of moderating anxiety or your emotions. In order to regulate my limbic system, I might make a list to set priorities. If I want to bring my emotions up, I might socialize, listen to music or use humor to help myself relax. If I become too excited, I might stop and take a break, leave the room or just close my eyes.

With perspective taking, it is important to see and value another person's feelings and point of view. When communicating, one needs to ask herself what it is the other person already knows and/or what it is the other person wants to or needs to know; then tell that person something they don't know or that they need or want to know. This is important to me because I think it is important to be sensitive to another person's feelings and point of view.

I would like to thank my coaches Sharon, Wendy and Amy for their support and encouragement. Over the past year I've learned to concentrate better when driving. I've also slowed down. My goal after graduation is to volunteer in the community. I would like to teach someone to read or brighten the day for a senior citizen.

**CET Presentation At  
National Council Conference**

fifth CET group in mid-June. Group 6 is at week 12 and Group 7 is at week two.

JFSA of Cleveland graduated group 7 last month and is starting group 8 on June 22. The Post CET has 8 to 11 graduates attending weekly.



**Pictured is Ray Gonzalez, Executive Director of the CCR, answering a question during his presentation at the National Council Conference. For a copy of his PowerPoint, please go to [the CCR website's FAQ page](#)**



**I have been working with CET since June 1999 and I am now leading my fourth CET group. I continue to be amazed by how truly a transformative treatment CET is. It is unlike any other program I have seen in my 34 years as a psychiatric social worker.**

**Please call me at 216-504-6428 to talk about how to start a CET Program in your community.**

**Sincerely,**

**Ray Gonzalez, ACSW, LISW-S  
Executive Director  
Center for Cognition and Recovery**

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Center for Cognition and Recovery | 3659 Green Rd. | Suite 308 | Beachwood | OH | 44118