

Cognitive Stimulation Therapy (CST) Facilitators Course

Cognitive Stimulation Therapy (CST) is an evidence-based intervention for people living with dementia. This Cognitive Stimulation Training Facilitators Course, delivered by our experienced trainers, will give learners the knowledge and skills to conduct CST group activities designed to foster communication and engagement, while improving cognitive ability for group members. It is suitable for both new and existing residents in care settings.

Participants will learn how to select group members, facilitate sessions, document outcomes, and foster confidence to initiate CST groups. Experience lively simulated sessions and leave prepared to make a real difference in dementia care.

Our Cognitive Stimulation Therapy (CST) Facilitators Course is aligned with the relevant NICE Guidelines and Dementia Training Standards Framework.

[Learn more >](#)

Learning Outcomes

- To understand the principles behind CST
- The benefits of CST
- Understanding the research
- Structuring and facilitation of sessions
- Responding to difficult situations
- Documenting outcomes

Course Content

- **Module 1:** What is dementia
- **Module 2:** Examining the science behind CST
- **Module 3:** 8 key principles of CST
- **Module 4:** Putting a group together
- **Module 5:** Structuring a session
- **Module 6:** Trouble shooting
- **Module 7:** Documentation