

Problem Solving Therapy Program

By Nancy Helm-Estabrooks ScD CCC-SLP, Colleen Karow PhD CCC-SLP

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If you are a rehabilitation or intervention specialist, or a speech-language pathologist, the PSTP is a groundbreaking tool that helps you improve the cognitive capacity of older adults with mild cognitive impairment (MCI), early memory loss, and other neurologic disorders with a wealth of engaging problem-solving tasks.


PSTP is a thoroughly researched, evidence-based approach that links core problem-solving strategies with the cognitive skills required for everyday life. It includes over 400 intervention exercises that can be targeted to specific cognitive deficits. Its user-friendly organization allows you to select the tasks that are right for each individual, whether the underlying disorder involves traumatic brain injury, dementia, MCI, attention disorders, aphasia, or stroke.

PSTP emphasizes a self-directed approach that allows individuals to work through each task in their own way while observing their performance. Everything you need to implement the PSTP approach is included:

- Step-by-step instructions for use
- Tips for discussing PSTP with clients
- 422 intervention exercises
- Scripts and prompts for using each type of problem-solving task
- Space to record quantitative results and qualitative notes
- Scoring forms and graphs to track client progress
- PSTP groups exercises by five major functions involved in problem-solving:
 - Attention
 - Higher-order inferences
 - Formulation of strategies
 - Cognitive flexibility
 - Evaluation of outcome
- Each section includes tasks that engage cognitive skills specific to that problem-solving component, such as self-monitoring, distributing attention to selected stimuli, employing search strategies, and using working memory.
Exercises include

- classification tasks
- number/symbol associations
- mazes
- generative spelling
- sequence generations
- graphomotor patterns

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