

Boosting Brainpower: Strengthening Working Memory (CBT + Executive Function Coaching)

Objective

Help the client understand working memory and learn tools to better hold and use information in daily life.

Introduction (5 minutes)

- Introduce the concept of working memory as the brain's mental sticky note.
- Ask if the client forgets instructions, skips steps, or loses track of what they were doing.
- Use a relatable example like forgetting what you went to the kitchen for.
- Explain that today's session will focus on memory tricks and tools to make things easier.

Psychoeducation (10 minutes)

- Working memory helps us hold and use information for short periods.
- ADHD can make it harder to remember steps, instructions, or tasks.
- This isn't laziness—it's a brain-based challenge in how memory is managed.
- Therapist prompt: 'What do you forget most often—keys, chores, names?'

Skill Building (20 minutes)

- Teach strategies like chunking, repeating out loud, or visualizing tasks.
- Play a memory game (e.g., remembering a list or pattern).
- Create a 'memory cheat sheet' for routines or school tasks.
- Build a checklist the client can personalize and use this week.
- Introduce the idea of a memory buddy or reminder system (sticky notes, alarms).

Reflection and Discussion (10 minutes)

- Ask how memory challenges affect school, work, or home life.
- Therapist prompt: 'What tricks have worked for you in the past?'

- Therapist prompt: 'What would feel helpful when your memory gets overloaded?'

Homework Options (Choose One)

1. Create a checklist or visual reminder for one routine.
2. Teach a friend or parent a memory strategy you learned today.
3. Use a memory technique from today at least twice and track how it worked.

Worksheet: Boosting Brainpower: Strengthening Working Memory (CBT + Executive Function Coaching)

Instructions: Read each question and respond in the space below. Take your time and be honest with your thoughts.

1. Think of a task that's hard to remember. What makes it hard?

Answer:

2. What memory strategies or supports can you try?

Answer:

3. Create a reminder system for one task and describe how it works.

Answer:
