



Remédiation cognitive (French Edition)

Nicolas FRANCK

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La remédiation cognitive est un nouvel outil de soin en psychiatrie. Cette **thérapie non médicamenteuse** répond au besoin de prise en considération des **déficits cognitifs – ou troubles du traitement de l'information**.

Associés à de nombreux troubles chroniques (en particulier la schizophrénie, le trouble bipolaire, la dépression, l'autisme, les troubles de l'attention avec hyperactivité, les démences séniles, etc.), ces déficits cognitifs ne répondent pas, ou peu, aux traitements psychotropes et contribuent fortement à la désinsertion sociale et professionnelle. La remédiation cognitive est utilisée **en complément de ces traitements médicamenteux et des psychothérapies** dont elle complète les effets thérapeutiques en agissant à un niveau différent. Elle intervient, après un bilan neuropsychologique préalable, lorsque la pathologie est stabilisée et que le traitement médicamenteux a été réduit à la posologie minimale efficace.

La remédiation cognitive appartient au champ de la **rééducation**. Elle consiste à **restaurer ou à compenser les fonctions cognitives déficitaires** : l'attention, la mémoire, les fonctions exécutives, la métacognition et la cognition sociale. Les compétences acquises en séances sont destinées à se généraliser et à permettre d'affronter avec plus de succès des situations quotidiennes, contribuant ainsi au rétablissement. Les programmes de remédiation cognitive reposent sur la réalisation d'**exercices spécifiques verbaux, écrits ou informatisés, dans le cadre de séances groupales ou individuelles**.

Cet ouvrage, destiné aux professionnels – et futurs professionnels – de la santé mentale (notamment les psychiatres, psychologues, infirmiers et ergothérapeutes), est le premier livre en français consacré à ce sujet. Il décrit :

- les principales fonctions cognitives déficitaires ;
- les indications de la remédiation cognitive et son utilisation dans le contexte de la réhabilitation en psychiatrie ;
- les conditions et modalités d'utilisation des principaux programmes.

Tous les auteurs ont fortement contribué à l'essor de la remédiation cognitive en France et dans les pays francophones.

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