BRAIN TRAINER CERTIFICATION PROGRAM

Start your own brain training business by becoming a Certified UCLA Brain Trainer and teach proven memory and brain health strategies to people with mild memory challenges.

Developed by Dr. Small and his UCLA colleagues, these proven techniques and strategies have helped thousands of middle-aged and older adults improve their memory, and are most effective with small groups of no more than 20 participants.

---

MEMORY TRAINING

Licensees learn to teach this one-month program (2-hour classes held once a week) focusing on techniques that address the four most common age-related memory complaints:

- Remembering names and faces
- Finding objects (e.g., keys, glasses)
- Recalling plans and appointments (i.e., prospective memory)
- Finding a word that doesn’t immediately come to mind (tip-of-the-tongue phenomenon).

A hard copy and CD of the curriculum manual for trainers, which includes handouts, skill builders, and summaries for participants.

MEMORY FITNESS

Licensees learn to teach this six-week program (1-hour classes held twice a week) designed for people with normal aging or mild cognitive impairment, and adaptable for dementia patients. As a licensed Memory Fitness trainer, you will learn to teach strategies that address the four major areas that impact memory fitness:

- Physical conditioning
- Mental exercises and memory methods
- Stress management
- Brain healthy diet

A hard copy of the curriculum manual and a participant workbook is provided to the licensee, as well as a CD containing the master copy of these.

BRAIN BOOT CAMP

Licensees learn to teach this 3-hour intensive course, designed for those who wish to enhance their memory skills quickly. Learn to teach:

- Basic strategies for everyday memory challenges
- Advanced memory techniques to master learning and recall of names and faces
- Tips for a healthy brain diet
- Methods for gauging progress and demonstrating improved memory skills quickly
- Take home strategies, exercises, and assignments for maintaining memory skills on a daily basis.

A hard copy and CD of the curriculum is provided to licensees.

PRICING

- **Individual License:** Limited to use by one individual licensee
- **Initial licensing fee:** $2,500 per program for the first year
- **Renewal fees:** start at $1,000 per program

- **Organizational License:** for organizations that plan to train a cadre of brain trainers for their institution. This licensing option is often suitable for senior centers, hospitals, medical offices, and similar institutions.
- **Initial licensing fee:** $5,000–$7,500 depending on the program licensed for the first year
- **Renewal fees:** organizations pay first year fees for future renewals

Reduced pricing and packages are available when licensing more than one program.

---

**TRAINING**

Licensees receive certification after attending one-to-three-day training sessions. Length of training sessions depends on the programs licensed and professional background of the licensee. Trainings are conducted by UCLA neuropsychologists.

Email cdomer@mednet.ucla.edu or call (310) 206-1675 for more information