

The Effectiveness of Cognitive behavioral Play Therapy on Improving Work Memory and Cognitive Flexibility in Children with Special Learning Disabilities

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Abstract Work memory and cognitive flexibility in children with specific learning disabilities are at a lower level, including improvement strategies for Cognitive behavioral Play Therapy. The aim of this study was to determine the effectiveness of Cognitive behavioral Play Therapy on improving work memory and cognitive flexibility in children with specific learning disabilities. The research method was semi-experimental. The statistical population of the study consisted of all specific children with specific learning disabilities referred to the schools of children with learning disorder in Rasht in the Second semester of the academic year 2017-2018. Of these, 30 children were randomly ed and randomly divided into two experimental and control groups. Then two Wechsler Intelligence Work Memory Scales and Wisconsin Cognitive Flexibility were implemented in pre-test and post-test form. It should be noted that the experimental group received 10 sessions of 1 hour and 2 times interventional cognitive and behavioral therapy games, while interventional control group was not performed. The data were analyzed using one-variable covariance analysis. The findings of the study showed that behavioral cognitive therapy games are effective in improving the work memory and cognitive flexibility of children with specific learning disabilities. Conclusion: In order to improve the work memory and cognitive flexibility of children with specific learning disorder, Cognitive behavioral Play Therapy can be used.

Keywords : Key Words: Cognitive-behavioral therapy game, work memory, cognitive flexibility, specific learning disorder

