

CAPTAIN'S LOG[®]

Professional Cognitive Training Software for you to use at home

When you improve your cognitive skills, you bring about positive and lasting change in your life! These neuro-scientific based, systematic brain workouts offer you more than 1000 hours of brain training to help you learn how to think more clearly in the workplace or in school. Use them to improve your memory, attention, listening skills, self-control, processing speed, and more.

Based on over 20 years of clinical experience and research, these "games" range from very simple to quite difficult. Used in all 50 states and in over 27 foreign countries, the Captain's Log system is the most comprehensive and widely used software of its kind ever developed.



- Flexible! Hundreds of different exercises for all ages and every ability level! Over 1000 hours of cognitive training!
- Easy to use! Just select the specific skills that need work, and the program will create a training plan, just for you.
- Powerful! Do your daily brain workout and watch your thinking abilities improve!

Success Stories &

Research

“An older adult client who had severe inattention while attempting to concentrate on boring routine tasks at work, which were critical to his job, used the Captain's Log to help train his ability to attend much more effectively. In fact, he increased his ability for visual focus over 2.5 standard deviations, as measured by the IVA CPT!”

James Ochoa, LPC
The Life Empowerment Center, Austin TX

The results of the Miami VAMC study with psychiatric inpatients found that after only nine hours of cognitive training using the Captain's Log System, there was a 22% improvement in memory, 26% improvement in speed of cognitive functioning, and a 33% reduction in perceived cognitive problems.

Burda, et al. Computers in Human Behavior. 1994; 10(3).

“In his first year of medical school, the young man was not getting passing grades. We did an assessment and diagnosed him as having ADHD. Later, after two months of using Captain's Log daily, he reported to us that he was now getting between 88 and 92 on his tests. His teachers didn't think that it was really his work... We had to write a letter to the medical school to document that his improvement was due to the cognitive training. Now, after 6 months of Captain's Log training, he has continued to average between 88 and 94 on his medical school exams.”

Michael Mark, Psy.D.
Psychological Fitness Centers, Los Angeles CA

For more information, contact: