



**BlueCross BlueShield
of Illinois**

Blue Cross and Blue Shield of Illinois Provider Manual

HMO Scope of Benefits Section

Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company,
an Independent Licensee of the Blue Cross and Blue Shield Association

Cognitive Therapy

Benefit

Cognitive therapy is in benefit if determined by the Primary Care Physician (PCP) to be medically necessary.

Interpretation

The ability of the human brain to survive and maintain normal activity after an injury varies greatly from person to person. Post-traumatic changes vary from subtle personality alterations noticeable only to close family members to various levels of coma.

Several techniques have been advanced to improve brain function. These are collectively termed “cognitive therapy.”

Cognitive therapy as defined by the National Association of Rehabilitation Facilities consists of a series of retraining activities that are individual instructional services developed from an assessment based upon behavioral observation. These instructional activities are introduced in a systematic fashion utilizing available skills in order to rebuild intellectual processes including, but not limited to concentration, perception, and problem-solving ability.

The wide variety of approaches to the member with cognitive impairment suggests that an optimal approach to cognitive therapy has not yet been developed. Additionally, no well-controlled studies document that any outside stimulus or modality influences whatever inherent recuperative capacity an individual brain may possess.

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