

Functional Seizures (FS) Management Group

Functional seizures can have a big impact on the lives of people who experience them: an impact on feelings and emotions, on day-to-day activities, and on relationships with others.

People with FS may:

- Struggle to understand what caused their FS – why them?
- Be confused about what triggers each seizure, or have difficulty noticing the warning signs that an FS is about to happen
- Feel anxious about when their next seizure will be and if it will cause injury or embarrassment
- Have difficulty adjusting to how their life has changed
- Feel frustration and anger around having FS
- Might feel embarrassed of shameful about the condition
- Feel isolated from others

This FS Management Group has been designed to help people who are having difficulties with any of the above. It aims to give people the knowledge to better understand their condition and a 'toolkit' of skills and techniques to help them better manage seizures. This will hopefully lead to fewer seizures in the future and lead to people feeling less distressed and more able to live a meaningful life.

What does the group involve?

The group meets weekly online for 5 weeks, with each week's session building on the last. Each session lasts for 1.5 hours with a 10 minute comfort/tea break in the middle.

The group looks to build knowledge and skills around the following areas:

- What are FS?
- What causes or triggers them?
- Identifying warning signs of a seizure
- Soothing body strategies and calming mind strategies to reduce/prevent seizures

A workbook is issued at the start of the group programme and used throughout to help with learning new ideas and with the practise of skills at home between group sessions.

When and where will the group meet?

The group will meet on 5 Mondays in a row. It will be an online group on a platform called 'Near-Me' (which is a bit like Skype). Further information on how to join the group, including a link (which is something to click on) will be sent to you ahead of the group commencing. Each group session will run from 10am to midday with a short break in the middle.

A taster session

We will run a 30-minute taster session before the first group session begins which will describe what the group will involve. This will help you to decide if attending the group is something you would like to do and also gives you the opportunity to become familiar with the online format. You are not committed to

attending the full group by attending the taster session.

What if I can't make it one week?

We understand it can sometimes be difficult to keep appointments. If you can't attend one week, we would like group members to phone to let us know as soon as possible.

If you miss more than one session, we may suggest that you attend a subsequent group instead so that you benefit from all the different group sessions.

Who runs the group?

The group is run by clinical psychologists and neuropsychologists with specialist skills and experience in treating people with FS.

How do I find out more/book a place?

If you would like further information, or to book a place on the course, please call the telephone numbers on the back of the leaflet.



How to contact us

If you wish to comment on this leaflet, require a large print version, or have any questions about the Functional Seizures Management Group please contact us using the details below:



For **Lothian** patients

Please call: Tel: 0131 312 0649

or

Email:

loth.dcnneuropsychologygroup@nhslothian.scot.nhs.uk

Functional Seizures



Management Group

**An online group developed by
the NHS Lothian and NHS Fife
Psychology and
Neuropsychology services**

