

Living Better with a neurological condition

Living with a neurological condition can have an impact on how we feel (our emotions), what we do on a day-to-day basis and our relationships with others.

People often:

- Struggle with difficult thoughts and feelings, including self-criticism and preoccupation with how things "used to be"
- Have difficulty adjusting to how their life has changed
- Feel they've lost touch with what's important in life
- Find it difficult to move forward

The Living Better Group has been designed to help people living with neurological conditions who are having difficulties with any of the above. It aims to equip people with a toolkit of skills to help them feel less distressed and live a richer more meaningful life.

What does the group involve?

The group meets weekly for 6 weeks, with each week building on the last. Each session lasts for 1.5 hours with a 15-minute comfort/tea break in the middle.

The group is based on Compassion Focused Therapy, which has been shown to work well for people with neurological conditions. The group looks to build skills such as:

- Self-compassion
- Mindfulness and self-soothing
- Managing energy levels
- Communication
- Coping with setbacks

Workbooks are issued at the start of the programme and used throughout to help with the practise of skills at home.

When and where will the group meet?

The group will meet every Tuesday for six weeks. It will be an online group on a platform called 'Near-Me'. A link will be sent to you ahead of the group commencing. Each group session will run from 10am to 11.30am with a short break in the middle.

A taster session

We will run a taster session for 30 minutes the Tuesday before the group begins which will describe what the group will involve and give you an opportunity to become familiar with the delivery format. This will help you to decide if attending the group is something you would like to do. 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, please phone us 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 components of the group.

Who runs the group?

The group is run by Dr Nick Keith-Barnett, Clinical Psychologist.

Nick works in the neuropsychology department within the Department of Clinical Neurosciences (DCN) at the Royal Infirmary of Edinburgh.

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 speak the number 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 Living Better Group or the Clinical Neuropsychology service please contact us via:

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For more information about our department please visit our website:

<https://services.nhslothian.scot/neuropsychology/>



Living Better with Neurological Conditions Group



A Group run by the Neuropsychology team at the Department of Clinical Neurosciences