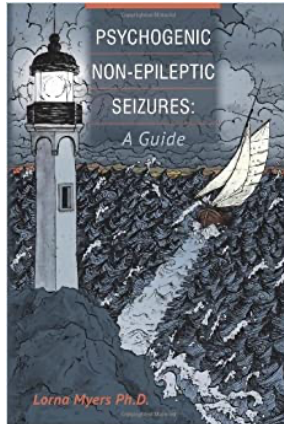


FOR FURTHER INFORMATION



Psychogenic Non-epileptic Seizures: A
Guide by Lorna Myers Ph.D

Online Resources:

- <https://www.sheffield.ac.uk/neuroscience/nest>
- <http://www.nonepilepticattacks.info/downloads/TakingControlOfYourNonepilepticSeizures-.pdf>
- <http://www.nonepilepticattacks.info/>
- <http://www.epilepsysociety.org.uk/non-epileptic-seizures>

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Psychogenic (Non-Epileptic) Seizures. A
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LaFrance WC Jr, Reuber M, Goldstein
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NON-EPILEPTIC EVENTS

ADULT EPILEPSY PROGRAM

**Prepared for the
Adult Epilepsy
Program**

WHAT ARE NON-EPILEPTIC EVENTS?

An epileptic and non-epileptic event can look the same however the difference is their cause.

Difference between Epilepsy and Non-epileptic Event

Epilepsy seizures are caused by a disturbance in the electrical discharges in the brain and Non-epileptic events are NOT caused by disruptive electrical discharges in the brain.

Non-epileptic events happen for different reasons. They can be linked to emotions or stress, but the causes are not always obvious. They can be triggered by a wide range of situations, emotions, physical sensation, thoughts or memories. People are not always aware of these triggers.

A specific traumatic event, such as physical or sexual abuse, divorce, death of a loved one, or other great loss or sudden change, can be identified in many patients with PNES.

IMPORTANT TO KNOW

Non-epileptic events are an emotional-physical response and is a real condition. People who have these events are not faking them. They are not purposely produced and occur at a subconscious level.

An example of an emotional-physical response that we have little control over is tearing up when we are sad or laughing when we are happy.

TREATMENT

- **Understanding your diagnosis is the first step in treatment. Although these events are subconscious, a conscious effort and acceptance of the diagnosis can sometimes stop them.**
- Non-epileptic events are a condition that may require those with training in psychological issues such as psychiatrists, psychologists or counselors to assist with therapy.
- Treatment may involve psychotherapy (such as **Cognitive Behavioural Therapy**), stress-reduction techniques and personal support to help you cope with the events during the course of treatment.

WHAT IS COGNITIVE BEHAVIOURAL THERAPY?

Cognitive-behaviour therapy is based on the idea that emotions and behaviours are influenced by our thoughts.

HOW TO ACCESS CBT

- Psychologists and mental health counselors, specifically trained in CBT, can provide one-on-one sessions. Psychologists are not publically funded. You may have access to funding through your medical benefits.
- Some Primary Care Networks and Mental Health Clinics provide CBT. Ask your local health provider about what is available in your community.

TAKING CONTROL OF YOUR SEIZURES

- Taking Control of Your Seizures is a workbook with an accompanied "Treating Nonepileptic Seizures: Therapist Guide."
- Provides instructions for counselors to help patients with Non-epileptic events

