



Taking Control of Your Seizures: Workbook (Treatments That Work)

W. Curt Jr. LaFrance, Jeffrey Peter Wincze

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The primary aim of *Treating Nonepileptic Seizures: Therapist Guide* is to equip physicians, psychologists, therapists, nurses, and other practitioners with a validated, step-by-step treatment for psychogenic nonepileptic seizures (NES) that can improve the lives of patients with this disabling disorder. Patients with NES frequently present in neurology, psychiatry, psychology, and emergency departments. The disorder has been documented in the medical literature for centuries, and much is known about the phenomenology, seizure characteristics, psychiatric comorbidities, neuropsychological testing, and psychosocial aspects in NES. However, until recently, much less was known about the effective treatments of patients with psychogenic NES.

This intervention provides guidance for clinicians in treating patients with NES and is designed to be used in conjunction with the patient workbook, *Taking Control of Your Seizures*. Session by session, the *Workbook* facilitates communication between treatment providers and individual patients with seizures. The authors' clinical experience with epilepsy and NES and research in developing the treatment approach for seizures directly informed the treatment model described. Many patients treated with the intervention have demonstrated improvements in seizures, symptoms, and quality of life.



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Tania Arney:

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