

The Non-Epileptic Attack Disorder Service



Clinical Sciences Building
Department of Clinical
Neuropsychology
0161 206 4694

**Saving lives,
Improving lives**

Introduction

This leaflet is for people who have been referred to the Non-Epileptic Attack Disorder (NEAD) service, provided by the Neuropsychology Department at Salford Royal NHS Foundation Trust.

We hope that it will give you an idea about what to expect.



What is NEAD?

People who are diagnosed with NEAD experience temporary episodes of loss of control and/or awareness that are caused by a build-up of physical and emotional stress.

NEAD can happen to anyone but usually happens in people who have been or are going through some really difficult experiences.

This includes experiences that cause physical stress (e.g. injury or illness) as well as emotional stress (e.g. worries about the future, relationship difficulties or coping with uncomfortable memories).

NEAD is a natural response to danger and is not an indication that something is medically wrong or that there is damage to the brain or nervous system.

The NEAD service

We are a specialist team of therapists who provide support for individuals who have a diagnosis of NEAD.

We can help by teaching you more about the condition and working with you to understand what is causing it to happen for you.

We can introduce you to strategies that will help you to manage NEAD as well as supporting you to find ways to cope with the difficulties that are causing it to happen.

Through this process we hope that you will be better able to focus on the things that are most important to you and move forwards with your life.

What happens during the assessment?

You will be invited to attend two assessment appointments, each lasting up to an hour. During the assessment, the therapist will ask you questions that will help them to learn about the episodes you have been experiencing and the impact they have had on your life.

They will also ask you questions that will help them to get to know you (e.g. questions about your relationships, daily routines and health) and what's important to you (e.g. your hopes for future and what you would like to be doing).

You will have an opportunity to ask questions as well and to find out more about the service we provide.

You will be sent some questionnaires along with your appointment letter. We ask that you fill these in and give them to the therapist at your first appointment. If you need help with the questionnaires for any reason, let the therapist know when you come to the first appointment.

Do I have to come?

You have been referred to the NEAD service because psychological therapy is the recommended treatment for NEAD but this does not mean that you have to come.

It can be helpful to keep an open mind and come along to find out more; it is OK to come with lots of questions.

Will I be given medication / scans / tests?

No. We are not medical doctors and do not prescribe medication or ask for scans and tests. By the time that you are referred to our service you will have been given a diagnosis of NEAD and therefore do not need to have further medical investigations.

There is no medical treatment for NEAD because it is not caused by disease or damage to the body.

If you are worried about any other health conditions your therapist will recommend that you see your GP.

Can I bring someone with me?

You can bring someone with you to the assessment appointments but it is important that you feel able to talk freely in front of them. If you prefer, you are welcome to ask someone to wait for you in the waiting area.

If you go on to have further input from our service, we usually suggest that you come in to your appointments alone.



What about confidentiality?

What you and the therapist speak about is kept private. Your therapist will share brief information about your involvement with the NEAD service with other NHS professionals involved in your care (e.g. your GP and the person who referred you).

You and your therapist can discuss and decide what would be helpful to share with them.

If the therapist is concerned about your safety or the safety of someone else, they may have to share information with the police and/ or social services, even if you do not agree. If this happened, your therapist would try their best to discuss this with you first. Your therapist will also talk to a senior member of the team about your work together. This helps to make sure that you get the best support.

The therapist will make notes about your appointments. Paper notes are locked safely in the Neuropsychology Department. Electronic notes are also only accessible to members of the Neuropsychology Department.

What will happen at the end of the assessment?

You and your therapist will discuss your needs and whether you would benefit from support from the NEAD service. For a lot of people, the first stage is to attend the NEAD Information Group.

In some circumstances you and your therapist may decide that individual therapy sessions are more suited to your needs at this stage.

What is the NEAD Information Group?

Coming to the group gives individuals a chance to find out more about NEAD and what causes it to happen. People who attend the group will also learn strategies that will help them with their symptoms.

The group runs weekly for three weeks. A final review session takes place approximately one month later. Each session is 2 hours and typically includes a presentation, discussion and opportunity to practice a strategy.

What will happen after the NEAD Information Group?

After the group, everyone is offered the opportunity to have an individual review appointment to see how they are getting on.

The review will include a discussion with your therapist about whether you need additional individual sessions.

What happens in individual therapy sessions?

It is likely that you will initially be offered 10 appointments which are every two weeks and between 45 and 60 minutes.

All of your sessions would be with the same therapist. You will work with your therapist to understand the reasons why you experience NEAD.

This understanding will help you to identify changes that you can start to make to manage NEAD as well as other difficult thoughts, feelings and sensations.


What happens next?


We hope to see you at your first appointment. **If you would prefer not to be seen, because you feel better or for any other reason, please let us know so that we can offer your appointment to someone else.**

If you have any questions then we would be happy to talk about them at your first appointment.

Contact details

For more information about our department please visit our website:

 <http://www.manchesterneurosciences.com/departments/neuropsychology/need>

 www.srft.nhs.uk/about-us/depts/neuropsychology

If you have any further questions or concerns please contact us:

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Information Leaflet Control Policy:

Unique Identifier: NOE28(20)

Review Date: July 2022

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Polish Jeżeli potrzebne jest Państwu tłumaczenie, proszę zadzwonić pod numer.

Chinese 如果需要翻译，请拨打电话

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Farsi اگر به ترجمه این نیاز دارید، لطفاً تلفن کنید


Arabic إذا كنتم بحاجة الى تفسير او ترجمة هذا الرجاء الاتصال


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For advice on quitting smoking contact  **0161 206 1779**.

This is a teaching hospital which plays an important role in the training of future doctors. The part patients play in this process is essential to make sure that we produce the right quality doctors for all of our futures. If at any time you would prefer not to have students present please inform the doctor or nurses and this will not affect your care in anyway.

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