

Northern Care Alliance

NHS Foundation Trust

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Non-Epileptic Attack Disorder (NEAD) Information Face to Face Group

The face-to-face Non-Epileptic Attack Disorder (NEAD) group is an education group, designed to teach you more about NEAD and practice strategies that will help you to manage your symptoms. The group will also provide the opportunity for you to learn from others who experience non-epileptic attacks. The group is run by a specialist team of therapists.

What is involved?

- The group is made up of 4 sessions.
- The sessions will take approximately 2 hours to complete, with breaks in-between.
- The first 3 sessions are weekly, the final session will be made available about a month later.
- Each session will be different so it is important that you complete them all.

What will I learn?

- During the group, you will learn about what NEAD is and what causes it to happen.
- You will be given guidance and introduced to strategies that will help you to manage NEAD.
- Each session will include a presentation and opportunities to practice strategies that are common in helping NEAD symptoms, as well as to discuss with others about what is helpful for them in managing their NEAD.
- You will receive a booklet at the beginning of the group, with parts for each session. Make sure that you have this and something to write with ready, as there will be points during the group where you can write some things down.
- At the end of each session, we will suggest between session tasks for you to be getting on with.

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- You will be asked to complete questionnaires before and after the group. These will help us to see whether the group has been useful to you and help us to make improvements to the service.

Who runs the group?

The course is led by the NEAD team in the Department of Clinical Neuropsychology, which is made up of: Clinical Psychologists, Trainee Clinical Psychologists, a CBT therapist and assistant psychologists.

How does it work?

- You will be invited to attend Salford Royal for the face-to-face group for four sessions; the first three will be held one after the other, with the last session held a month later.
- The group will consist of around six people, with an additional two to three staff members who will facilitate the group.
- For each session, you will learn more about NEAD and how to manage your non-epileptic attack symptoms. There will also be some opportunities for group discussion, so you can learn from others who experience similar symptoms to you.
- It is important that you are available to attend every session, as each session will cover a different topic.

How do I start the group?

- You will be offered a place on the group and told the dates and the time of your sessions. If you are not available for any of the dates, please let us know as soon as possible.
- A few weeks before your group starts, you will be sent an appointment letter containing the dates and times of the sessions. You will also be sent some health guidance, depending on your telephone consultation with the team, which may highlight certain techniques to avoid doing and/or adapting to suit you.
- At the first session, you will receive a booklet, which details the topics that will be covered over the four sessions.

What do I need to take part?

- An email address for us to send you your health guidance, and other information.
- A telephone number we can contact you on.
- The booklet that will be provided to you in your first session, and a pen.
- For some strategies, you might need a bit of space to move around in.
- A form of transport, to attend Salford Royal for the sessions.

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What if I have other health conditions?

We will ask you about health conditions, illnesses and injuries before the course starts. This information will help us to advise you on how to take part in the course. We may ask you to seek advice from your doctor if there are any concerns about whether the course is suitable for you. You may be instructed to adapt the techniques each week to ensure they are right for you – we will guide you week by week.

Do I have to complete every session?

We ask that you commit to completing every session. This is because each session is different and people get the most benefit when they complete every session.

If you are not able to attend any of the group sessions, please let us know as soon as you can. We will discuss with you whether there is an alternative option, or give you the chance to start the group again so that you get to complete all of the sessions.

What about confidentiality?

The therapists who facilitate the group will make some electronic, generic notes about what you discuss. These notes are only accessible to members of the neuropsychology department. However, if we are worried about your safety, or the safety of someone you know, we will need to share our concerns with other professionals.

We ask that all group members keep topics discussed within the group confidential, and that other group members' names or other identifying details are not discussed outside of the group. We would like the group to be a safe space for all those who attend.

What happens after the group?

After you complete the group, you will receive a letter offering you a review appointment to see how you are getting on. If you choose to have a review appointment, you and your therapist will consider whether you need additional individual sessions. If you decide that you do not want a review appointment, you will be discharged from the NEAD service.

Do I have to do the group?

You do not have to attend the group. If you would like to attend the group but are not available for the dates on your invitation letter, let us know and we can invite you to a group starting at a later date. If you decide that you do not want to attend the group, and do not want any further support from the NEAD service, you will be discharged.

Please let us know if there are any reasons why attending the group would be difficult for you.

