# 6 Week GROUP THERAPY Agenda

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| **University of Colorado Hospital Non-Epileptic Seizure Clinic** |
| Attendees: | People like you! |
| Please read before group visit: | NES clinic expectation and guidelinesFamiliarize yourself with NES packetFill out NES observation log daily |
| Please bring to first group visit: | Signed group consent formFilled out NES observation log All of your questions! |
| Date:\_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_ | Week 1 – Getting Started!* Group member confidentiality
* Expectations and outcomes
* Defining NES
* Mindfulness
 | Anschutz Outpatient Pavilion Neurology check-in desk(Southeast corner) |
| Date:\_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_ | Week 2 – Taking Control* Establish group goals
* Triggers and stressors
* Learn control
* Empowerment and engagement
* Expand knowledge of illness
* Mindfulness
 | Anschutz Outpatient Pavilion Neurology check-in desk |
| Date:\_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_ | Week 3 – Acceptance and Responsibility* Sense of responsibility
* Acceptance and coping mechanisms
* Comorbidities
* Mindfulness
 | Anschutz Outpatient Pavilion Neurology check-in desk |
| Date:\_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_ | Week 4 – The Mindful Pause* Reactions to stressors and triggers
* Practice the mindful pause
* You are not alone
* Find support with resources
* Mindfulness
 | Anschutz Outpatient Pavilion Neurology check-in desk |
| Date:\_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_ | Week 5 – Where to go from here?* Coping strategies
* Support structures
* Group reflection
* Follow up with your appointments
* Individual discussions
 | Anschutz Outpatient Pavilion Neurology check-in desk |
| \*\*Please note this will be at a different time\*\*Date:\_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_ | Week 6 – Multi-Family Group* Help communication between you and your family
* Helping family understand NES
* How has NES impacted or changed family functioning
 | AnschutzOutpatient Pavilion Neurology check-in desk |

## NES Clinic Address and Contact Information:

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