# 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 logAll 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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