

6 WEEK GROUP THERAPY AGENDA

University of Colorado Hospital Non-Epileptic Seizure Clinic		
Attendees:	People like you!	
Leaders:	NES Clinic providers. Please note: Depending on which group you are scheduled for you may be with providers you have met with in your individual sessions or not.	
Please complete before group visits:	<ol style="list-style-type: none"> 1. Read NES clinic expectation and guidelines. 2. Familiarize yourself with this NES packet. 3. Fill out/update seizure diary. 	
Date: ____/____/____	Week 1 – Getting Started! <ul style="list-style-type: none"> - Group member confidentiality - Expectations and outcomes - Defining NES - Mindfulness 	Virtual through Zoom Video-conferencing platform
Date: ____/____/____	Week 2 – Taking Control <ul style="list-style-type: none"> - Establish group goals - Triggers and stressors - Learn control - Empowerment and engagement - Expand knowledge of illness - Mindfulness 	Virtual through Zoom Video-conferencing platform
Date: ____/____/____	Week 3 – Acceptance and Responsibility <ul style="list-style-type: none"> - Sense of responsibility - Acceptance and coping mechanisms - Comorbidities - Mindfulness 	Virtual through Zoom Video-conferencing platform
Date: ____/____/____	Week 4 – The Mindful Pause <ul style="list-style-type: none"> - Reactions to stressors and triggers - Practice the mindful pause - You are not alone - Find support with resources - Mindfulness 	Virtual through Zoom Video-conferencing platform
Date: ____/____/____	Week 5 – Where to go from here? <ul style="list-style-type: none"> - Coping strategies - Support structures - Group reflection - Follow up with your appointments - Individual discussions 	Virtual through Zoom Video-conferencing platform
Please note this will be at a different time Date: ____/____/____	Week 6 – Multi-Family Group <ul style="list-style-type: none"> - Help communication between you and your family - Helping family understand NES - How has NES impacted or changed family functioning 	Virtual through Zoom Video-conferencing platform

NES Clinic Address and Contact Information:

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