

**Who will be running the group?**

This group will be run by John Morris (Clinical Neuropsychologist) and Jess Smith (Clinical Psychologist in training), and will be supported by 2 assistant psychologists:

Ellie Pickard and Tia Lad.

**Dates:**

* 11th March
* 18th March
* 25th March
* 8th April
* 29th April
* 6th May
* 20th May

**Time:**

10am – 12pm

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***What can you expect from the group?***

* Weekly group sessions with experienced health professionals
* A safe place to connect with others who share a mutual understanding of seizures

**This group aims to:**

* Explore the impact of seizures on our daily lives
* Explore coping methods to utilise everyday
* Help you live safely with seizures
* Help you to set realistic goals and learn how to pace activities so that you can live a life more in tune with what is important to you.

**Outline of the sessions:**

**Session 1: Settling in**

**Session 2: Seizure management**

**Session 3: Seizures and Emotions**

**Session 4: Goals and Avoidance**

**Session 5: How’s it going?**

Achievements

Managing obstacles

Setting new goals

**Session 6: How’s it going now?**

Achievements and difficulties

Resources

**Session 7: Final review**

**For more information please contact:**

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***Living Well with Seizures Group***