

Northern Care Alliance

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Department of Clinical Neuropsychology
Ground Floor, Clinical Sciences Building
Salford Royal Foundation Trust
Stott Lane
Salford
M6 8HD

Tel: 0161 206 4694

Email: reftoneuropsych@nca.nhs.uk

Website: <http://www.manchesterneurosciences.com/departments/neuropsychology/nead>

Non-Epileptic Attack Disorder (NEAD) Information Online Course

The online Non-Epileptic Attack Disorder (NEAD) course is the first stage of treatment for individuals who experience NEAD. Completing this course will give you a chance to find out more about NEAD and practice strategies that will help you to manage your symptoms. The course is run by a specialist team of therapists.

What is involved?

- The course is made up of 4 sessions
- The sessions vary in length, but will take approximately 1.5 hours to complete (which you do not have to do all in one go)
- 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 course, 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 video session will include a presentation and opportunities to practice strategies that are common in helping NEAD symptoms.
- You will be sent a handout for each session. Make sure that you have this and something to write with ready, as there will be points during the video when you can write some things down.
- At the end of each video 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 online course?

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

How does it work?

- One week before your first telephone review call, an email will be sent you with a link to the video content. You will be able to access the video content for weeks 1-3, but we ask you to only focus on each week in turn. For example, in week 1, please only watch the video content for Session 1.
- A week after you are sent the video link, you will have a 30-minute telephone appointment with one of our NEAD clinicians. This will be your opportunity to ask questions and get any extra support that you might need to practice the strategies.
- Then you will be instructed to watch the next round of videos and will have one week again before your next telephone review call.
- It is important that you watch all the video content for the session before your telephone appointment.
- After your session 3 telephone calls, you will have a 3 week break before the session 4 videos are released. This is to give you time to implement the strategies and apply what you have learned to your everyday life. You will then have a final telephone review call one week later like the other sessions.

How do I start the course?

- You will be offered a place on the course and told the dates at the time of your assessment. If you are not available for any of the dates, please let us know as soon as possible.
- A few weeks before your course starts you will be sent:
 - An appointment letter
 - Handouts for each individual session
 - A welcome email

What do I need to take part?

- An email address for us to send you the links to video sessions

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- A telephone number we can call you on each week
- A device with internet connection so you can watch the videos online (laptop, computer, smart phone, tablet etc.)
- Access to www.youtube.com (if you type this into your address bar and it is blocked you may need to adjust your anti-virus protection and add this as a 'trusted' or 'safe' site). You do not need to set up a youtube account.
- The handouts we send you in the post and a pen
- For some strategies you might need a bit of space to move around in.

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 complete a video session or if you are not going to be available for your telephone appointment, please let us know as soon as you can. We might be able to offer you a different appointment time or give you the chance to start the course again so that you get to complete all of the sessions.

What about confidentiality?

The therapist you speak to on the phone will make some electronic 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.

What happens after the course?

After you complete the course 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 course?

You do not have to do the online course. If you would like to do the course but are not available for the dates on your invitation letter, let us know and we can invite you to a course starting at a later date. If you decide that you do not want to do the course 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 doing the course would be difficult for you.

What have other people said about the course?

“Was very useful in helping to deal with NEAD and good to know I am not the only one”

“Fun and factual, helped to understand what NEAD is and how to handle it”

“Found it very helpful and will be leaving with a positive attitude about dealing with NEAD”

“I found all the information useful, feels better knowing it's not just me with NEAD”