

Cognitive Behavioral Therapy in Epilepsy

THURSDAY, FEBRUARY 6TH, 2020
2:00 – 3:00 PM EST

Please join us for a webinar hosted by the National Association of County Behavioral Health and Developmental Disability Directors and the Epilepsy Foundation, titled “**Cognitive Behavioral Therapy in Epilepsy.**” Many people with epilepsy report that psychological factors in everyday life can affect how often they have seizures. Treatment for people impacted by epilepsy most often begins with the initiation of anti-seizure medication. Psychological/behavioral therapies, including Cognitive Behavioral Therapy (CBT), also can be utilized to assist people living with epilepsy increase their ability to cope with their chronic condition, with goals of contributing to improved seizure control, psychological wellbeing and quality of life.

You can positively impact the lives of your patients by increasing your knowledge of CBT in the treatment of people with epilepsy. This webinar will:

- ▶ Identify important CBT concepts and techniques
- ▶ Review the indications for CBT in epilepsy
- ▶ Describe outcomes in people with epilepsy treated with CBT
- ▶ Identify resources for mindfulness practices

Webinar Moderator

Ron Manderscheid, PhD

*Executive Director, National Association of County Behavioral Health & Developmental Disability Directors
National Association for Rural Mental Health*

Guest Speaker

W Curt LaFrance Jr, MD, MPH

*Professor of Psychiatry and Neurology,
Alpert Medical School, Brown University
Director of Neuropsychiatry and Behavioral Neurology,
Rhode Island Hospital*

Guest Speaker

Elaine T Kiriakopoulos, MD, MSc

*Director, National Health Communications & Engagement,
Epilepsy Foundation
Clinical Research Associate, Department of Neurology
Dartmouth Hitchcock Medical Center, New Hampshire*

Link to register for webinar:
<https://bit.ly/35G90A7>