

This document serves as reference only and does not constitute medical advice. Always work with your physician to determine a treatment plan that is right for you.

TIPS FOR FRIENDS AND FAMILY

During an event (fainting, non-epileptic seizure, abnormal movements, intense pain or sensory symptoms, etc):

- Attend to safety (i.e. help lower to the floor if appears to be a dangerous position)
- Remain calm and reassuring
- Continue with activities to best of your ability
- Allow the event to run its course and reintroduce person back into ongoing activities
- If possible, it may be helpful to video the event for providers (e.g., neurologist)

To ER or not to ER?

- Work with your provider to establish a specialized game plan
- Is the event consistent in appearance with typical events?
- Signs of breathing distress or turning blue → to ER

Living with FND

- Challenges can lead to caregiver AVOIDANCE (e.g., talking about it, putting life events on hold because of it, going out in public, etc.)
- AVOIDANCE can REINFORCE symptoms and lead to worsening or lack of improvement
- Ask “*What have I/you stopped doing because of the symptoms?*” → identify problem areas → aim to gradually reincorporate these activities
- Aim to keep communication lines open
- Tendency to be overprotective and take over a loved one's responsibilities and choices is generally not helpful
- This can also REINFORCE symptoms, impede loved one's sense of self-efficacy, therefore impeding progress

What can Friends and Family do to help?

- DO: Gather knowledge/ education about FND
- DO: Be willing to talk and offer support to your loved one when needed but don't overprotect
- DO: At home, Try and reinforce skills your loved one has learned from therapy
- DO: Take time to care for your own physical and emotional well-being
- DO: Remember that healing takes time but with treatment, outcome of FND is positive

Getting help at Stanford:

Stanford Psychiatry Intake Line: **650-498-9111**

The Stanford Neuropsychiatry and Neurobehavioral Clinics provide consultation visits. Stanford Also offers group psychotherapy for FND.