

Planning for FND Masterclass October 2019

Topics to be covered:

Day One:

- 8.30 Registration
- 9.00 Overarching rehab principles – add in assessment and OMs, readiness for change, intervention agreement, aids and adaptations
- 10.00 Workshop: Explaining the diagnosis to patients part 1 (physiology and stress response)
- 11.00 Break
- 11.15 Workshop: Explaining the diagnosis to patients part 2 (*group work*)
- 11.45 Workshop: Explaining the CBT model and 3 Ps (trauma)
- 12.45 Workshop: practicing discussing the CBT model
- 13:15 Lunch
- 14:00 Explanation of how specific symptoms can present & physiology behind this
- 15:00 NES – longer presentation, video of NES versus epilepsy
- 16:00 Workshop: Symptom management techniques / incorporate a case study
- 16:45 Questions and finish

Day Two

- 9.00 Workshop: Normal movement strategies (videos)
- 10.00 Workshop: Entrainment techniques / co-contraction for upper and lower limb (30 mins session, 15 min discussion)
- 10.45 Break
- 11.00 Functional Cognitive Difficulties
- 11.45 Risk management
- 12.15 Graded exposure – anxiety management
- 13:00 Lunch
- 13.45 Pain – how to apply to patients
- 14.45 Relapse Prevention Planning – including goal setting, self-management
- 15.30 Break
- 15.45 Putting it all together; Workshop: Video case studies
- 16:30 Patient feedback – what do patients find most important
- 17:00 Questions and finish