



Taking Control of Your Seizures: Workbook (Treatments That Work)

Joel M. Reiter, Donna Andrews, Charlotte Reiter, W. Curt LaFrance

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The primary aim of Taking Control of Your Seizures: Workbook is to improve the lives of patients with seizures. Both epileptic seizures and nonepileptic seizures (NES) are prevalent and potentially disabling. The Workbook is designed to be used by a patient with seizures in conjunction with his or her counselor. The Workbook contains step-by-step guidelines that enable patients to take control of their seizures and their lives. The companion Treating Nonepileptic Seizures: Therapist Guide enhances effectiveness by providing session-by-session instructions for counselors who use the Workbook with patients with NES. The authors developed this treatment approach based on extensive clinical experience and research with epilepsy and NES. Many patients who have completed the Taking Control process experience fewer seizures, reduced symptoms, and a greater sense of well-being.

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