

## Some useful resources for patients diagnosed with PNES:

### **Books:**

Psychogenic non-epileptic seizures: A Guide by Lorna Myers, Ph.D. available on Amazon.com on Kindle and print.

<http://www.amazon.com/Psychogenic-Non-epileptic-Seizures-A-Guide/dp/1492881414>

In Our Own Words: Stories of those living with, learning from and overcoming the challenges of psychogenic non-epileptic seizures (PNES) by Mary Martiros and Lorna Myers available on Amazon.com on Kindle and print. This is a compilation of patient testimonials in which they share what it is like to live with PNES.

[http://smile.amazon.com/Our-Own-Words-psychogenic-non-epileptic-ebook/dp/B016ZZOSHY/ref=sr\\_1\\_1?ie=UTF8&qid=1457276576&sr=8-1&keywords=in+our+own+words+psychogenic](http://smile.amazon.com/Our-Own-Words-psychogenic-non-epileptic-ebook/dp/B016ZZOSHY/ref=sr_1_1?ie=UTF8&qid=1457276576&sr=8-1&keywords=in+our+own+words+psychogenic)

View from the Floor: Psychogenic non-epileptic seizures: A Patient's perspective by Kate Berger available on Amazon.com in Kindle and print. This is a rich and insightful patient testimonial of what it has been like to live with PNES and everything that has worked and not worked for her- an excellent resource.

[http://smile.amazon.com/View-Floor-Psychogenic-Non-Epileptic-Perspective/dp/069254545X/ref=sr\\_1\\_1?ie=UTF8&qid=1457276802&sr=8-1&keywords=view+from+the+floor](http://smile.amazon.com/View-Floor-Psychogenic-Non-Epileptic-Perspective/dp/069254545X/ref=sr_1_1?ie=UTF8&qid=1457276802&sr=8-1&keywords=view+from+the+floor)

The Color of Seizures: Living with PNES by Kate Taylor and Jeffrey Underwood available on Amazon.com. A patient testimonial which also provides a variety of self-help approaches using mindfulness, visual arts, and poetry.

[http://smile.amazon.com/Color-Seizures-Living-PNES/dp/1515243052/ref=sr\\_1\\_1?ie=UTF8&qid=1457277074&sr=8-1&keywords=color+of+seizures](http://smile.amazon.com/Color-Seizures-Living-PNES/dp/1515243052/ref=sr_1_1?ie=UTF8&qid=1457277074&sr=8-1&keywords=color+of+seizures)

Lowering the Shield: Overcoming Psychogenic non epileptic seizures by John Dougherty is available on Kindle in Amazon.com. This is a book by the spouse of someone living with PNES.

In it he describes his experiences as well as describing what worked and what didn't  
[http://smile.amazon.com/Lowering-Shield-Overcoming-Psychogenic-Nonepileptic-ebook/dp/B00BTMB38G/ref=sr\\_1\\_1?s=digital-text&ie=UTF8&qid=1457277843&sr=1-1&keywords=lowering+the+shieldn+getting+his+wife+the+help+she+needed](http://smile.amazon.com/Lowering-Shield-Overcoming-Psychogenic-Nonepileptic-ebook/dp/B00BTMB38G/ref=sr_1_1?s=digital-text&ie=UTF8&qid=1457277843&sr=1-1&keywords=lowering+the+shieldn+getting+his+wife+the+help+she+needed)

Taking Control of your seizures: Workbook by Joel Reiter, Donna Andrews, Charlotte Reiter, and Curt LaFrance available on Amazon.com. It is meant to be used with a therapist who is utilizing the companion book, a therapist guide.

[http://smile.amazon.com/Taking-Control-Your-Seizures-Treatments/dp/019933501X/ref=sr\\_1\\_2?ie=UTF8&qid=1457277205&sr=8-2&keywords=laFrance](http://smile.amazon.com/Taking-Control-Your-Seizures-Treatments/dp/019933501X/ref=sr_1_2?ie=UTF8&qid=1457277205&sr=8-2&keywords=laFrance)

**Facebook pages:**

Psychological Non Epileptic Seizures (note, the title is “psychological” not “psychogenic”)

PNES Caregivers Support Network

PNES Awareness Discussion Forum

**YouTube Webinars and films:**

Psychogenic non-epileptic seizures: An introduction for patients and loved ones by Lorna Myers, Ph.D.

<https://m.youtube.com/watch?v=xYuDv-QFYu0>

Psychogenic non-epileptic seizures addressed by Christine Mauriello, an advocate who lives with PNES. She has a channel you can subscribe to:

[https://www.youtube.com/watch?v=iyHC\\_Ju-Elo](https://www.youtube.com/watch?v=iyHC_Ju-Elo)

Ask the Experts about PNES with Drs. Selim Benbadis and Lorna Myers Video in 3 Parts

[https://m.youtube.com/watch?v=EG\\_azD9vR9k](https://m.youtube.com/watch?v=EG_azD9vR9k)

<https://m.youtube.com/watch?v=AM3RPNRNKuY>

<https://m.youtube.com/watch?v=XNsQjlg3a9k>

**BLOGS:**

Northeast Regional Epilepsy Group - PNES Blog

<http://blog.nonepilepticseizures.com>

Blog written by a young woman in the Netherlands living with PNES. She shares her insights:

<http://unworriedblog.com/>

**Scholarships for persons living with PNES:**

Epilepsy Free offers scholarships for persons living with seizure disorders which includes PNES. These include summer camp scholarships for children and continuing education scholarships for adults.

To apply (between January and April-May) visit this link: <http://www.epilepsyfree.com/support-for-epilepsy/continuing-education-and-summer-camp-scholarships/>

To raise awareness by sporting your PNES tee-shirt or PNES (purple and teal) charm and to help support Epilepsy Free, visit this link: <http://www.epilepsyfree.com/give-back/donation/>

**Annual PNES conference for patients, caregivers and professionals:**

The Northeast Regional Epilepsy Group offers an annual conference that is free of charge in New Jersey. The aim of this meeting is to educate as many people as possible providing them with the most updated information on PNES diagnosis, treatment and quality of life. Every year, there are about 100 in attendance coming from all over the USA and Europe.

<http://www.nonepilepticseizures.com/epilepsy-psychogenic-NES-events-news-events.php>