

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

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

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

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

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

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

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=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/>