# Contents

1 Introduction and Overview ........................................... 1
   Why Is There a Need for a Pediatric Psychogenic Non-epileptic Seizures (PNES) Treatment Guide? .......................... 1
   What Will This Guide Teach You? .................................. 2
   References .................................................................. 2

2 Diagnosis of Pediatric PNES ........................................... 3
   The Underlying Psychopathology, Triggers, and Risk Factors .................................................. 3
   The Gold Standard Diagnosis ........................................ 5
   Why Is It Difficult to Diagnose PNES in Children? ......... 5
      Medical Reasons ...................................................... 5
      Parental Behavior ................................................... 6
      Child Behavior ....................................................... 6
   Red Flags for Pediatric PNES ........................................ 7
      Child’s Medical History ............................................. 7
      Clinical Manifestations ............................................. 7
      Epilepsy Model ...................................................... 7
      “The Only Problem Is the Seizures” ................................ 8
   Techniques for the Child Diagnostic Interview ............... 8
      Confidentiality, Diagnosis, and Treatment Plan ........... 10
   Strategies to Use in the Parent Interview ......................... 10
      NES Episodes ....................................................... 10
      Stress ............................................................... 11
      The Child’s Medical History .................................... 11
      Psychopathology .................................................... 11
      Discipline ........................................................... 11
      Burden of Illness and Childcare ................................ 12
      Schedule the Feedback on the Diagnosis and Treatment Plan ........................................... 12
   Summary .................................................................. 12
   References .................................................................. 13
3 Diagnostic Feedback and Treatment Plan

Who Gives the Feedback?

How to Give the Feedback to the Parents

Feedback on the Diagnosis

Feedback to the Child

Feedback on the Diagnosis

Combined Parent and Child Feedback Summary

Short- and Long-Term Implications of Diagnosis

and Feedback Techniques

4 Short-Term Treatment

Overview of the Treatment of PNES

Short-Term Treatment Goal 1: Psychoeducation About PNES

Psychoeducation for the Parents

Psychoeducation for the Child

Psychoeducation for the Child’s Clinicians

Psychoeducation for the School Staff

Short-Term Treatment Goal 2: Development of Rapport

Techniques for Building Rapport with the Parents

Techniques for Building Rapport with the Child

Resistance to Treatment

Short-Term Treatment Goal 3: PNES Symptom Control

Behavioral Management of PNES: The Parents’ Role

Behavioral Management of PNES: The Child

Short-Term Treatment Goal 4: Reestablishment of Regular Life Routines

Recommendations for the Parents

Recommendations for the Child

Recommendations for the School Staff

Recommendations for Pediatric Epileptologist/Neurologist, Primary Care Provider, and Psychiatrist

Short-Term Treatment Goal 5: Comorbid Psychopathology

Short-Term Treatment Settings

Outpatient Mental Health Clinic

Inpatient Psychiatric Treatment

Partial Psychiatric Hospitalization

Medical Rehabilitation

Reference

5 Long-Term Treatment

Child Long-Term Treatment Goal 1: Recognize, Monitor, and Verbalize Emotions

Probe for and Acknowledge Child’s Expression of Emotions

Identify and Monitor Emotions

Attend to the Child’s Nonverbal and Verbal Cues of Discomfort

Model Expression of Negative Emotions
10 Working with the Parents .................................................. 115
  Parent Goal 1: Revisit How Parents Manage Their
  Distress During Child’s NES Episodes ................................ 115
    Parent’s Fears .......................................................... 115
    The Child’s Distress .................................................. 115
    The Child’s Other Physical Symptoms and Their Association
    with Stress ............................................................. 116
    Relaxation ............................................................... 116
    The Importance of Minimal Attention .............................. 116
    Support the Parents When Setbacks Occur ....................... 116
  Summary ........................................................................ 117

11 Parent Goal 2: Understand and Facilitate
  Family Communication .................................................... 119
  Recommended Techniques ............................................... 119
  Differences in Perception ............................................... 120
  Joint Sessions ............................................................. 120
  Dialogue: Button Pushing .............................................. 121
  Summary ........................................................................ 128

12 Parent Goal 3: Recognize the Child’s Stressors .................... 129
  How to Help the Parents Recognize the Child’s Stressors .......... 129
    How to Identify the Child’s Stressors .............................. 129
    Proactively Manage New and Unexpected Stressors ............ 130
  Dialogue: How to Help Parents Recognize the Child’s Stressors 130
  Summary ........................................................................ 134

13 Parent Goal 4: Identify Family Stressors .............................. 135
  Why Is It So Challenging? ............................................... 135
  How to Achieve This Goal ............................................... 135
    Work Slowly .............................................................. 135
    Who Should Be in the Sessions? ..................................... 136
    Parent’s Problem-Solving Strategies ............................... 136
    Practice Good Communication .................................... 136
  Dialogue: How to Help Parents and Child Identify
  a Family Stressor ......................................................... 136
  Summary ........................................................................ 141

14 Parent Goal 5: Help Child Problem-Solve ............................ 143
  Problem-Solving Techniques ............................................ 143
    Conducive Ambience .................................................. 143
    How to Help the Child Problem-Solve ............................. 144
    How to Address Parent-Child Problems ........................... 144
    Parents Should Advocate for Their Child ......................... 144
    Consistent Parent Behavior ......................................... 144
    Work on Family-Related Problems ................................. 145
  Summary ........................................................................ 145
Contents

15  Cognitive Behavioral Therapy (CBT) Treatment of Anxiety Disorders and Depression in Pediatric PNES  .......... 147
    How Common Are Anxiety and Depression in PNES? ............. 147
    Evidence-Based CBT in the Treatment of Anxiety Disorders and Depression ........................................ 148
    Treating Anxiety Disorders in Children and Adolescents .......... 148
    Cognitive Restructuring ........................................ 149
    Treating Depressive Disorders in Children and Adolescents ........ 153
    Cognitive Restructuring ........................................ 153
    Summary ...................................................... 159
    References .................................................... 159

16  What Have You Learned and Where to Now? .................. 161
    What Have You Learned? ...................................... 161
    How to Work with Children with PNES ....................... 161
    How to Work with the Parents ................................ 165
    Cognitive Behavioral Therapy (CBT) .......................... 167
    Where to Now? ............................................... 167

Appendix A: Educational Resources About Pediatric Psychogenic Non-Epileptic Seizures (PNES) ...................... 169
    Websites ...................................................... 169
    Webinars ...................................................... 169
    Website Articles ............................................ 169
    Website Video ............................................... 169

Appendix B: Example Letter for School ............................. 171

Appendix C: Mindfulness and Relaxation for Parents ............ 173
    Mindfulness .................................................... 173
    Application to PNES ........................................ 173
    Relaxation ...................................................... 174
    Breathing ....................................................... 174
    Distraction ...................................................... 174

Appendix D: Deep Breathing for Relaxation for Children/Adolescents ..................................................... 177

Appendix E: Tune In to Body Sensations ............................ 179
    Here and Now Feelings ....................................... 179
    Relaxation ....................................................... 180

Appendix F: PNES Response Plan .................................... 181
    Presenting Issues ............................................. 181
    Description of the Non-Epileptic Seizures ...................... 181
    Response Plan for NES ....................................... 182
    What to Do After an Episode ................................. 183

Appendix G: Checklist of Feelings ................................. 185
<table>
<thead>
<tr>
<th>Appendix</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>H</td>
<td>How My Body Feels</td>
<td>187</td>
</tr>
<tr>
<td>I</td>
<td>Draw How You Feel</td>
<td>189</td>
</tr>
<tr>
<td>J</td>
<td>Feelings on Faces</td>
<td>191</td>
</tr>
<tr>
<td>K</td>
<td>Checklist of Stressors</td>
<td>193</td>
</tr>
<tr>
<td>L</td>
<td>Problem Solving</td>
<td>195</td>
</tr>
<tr>
<td>M</td>
<td>Cognitive Behavioral Therapy (CBT) Resources</td>
<td>199</td>
</tr>
<tr>
<td></td>
<td>Index</td>
<td>201</td>
</tr>
</tbody>
</table>
Pediatric Psychogenic Non-Epileptic Seizures
A Treatment Guide
Caplan, R.; Doss, J.; Plioplys, S.; Jones, J.E.
2017, XV, 204 p. 441 illus., 440 illus. in color.,
Hardcover
ISBN: 978-3-319-55121-0