
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	15
	Who Gives the Feedback?	15
	How to Give the Feedback to the Parents	16
	Feedback on the Diagnosis	16
	Feedback to the Child	22
	Feedback on the Diagnosis	22
	Combined Parent and Child Feedback Summary	26
	Short- and Long-Term Implications of Diagnosis and Feedback Techniques	26
4	Short-Term Treatment	27
	Overview of the Treatment of PNES	27
	Short-Term Treatment Goal 1: Psychoeducation About PNES	28
	Psychoeducation for the Parents	29
	Psychoeducation for the Child	31
	Psychoeducation for the Child's Clinicians	32
	Psychoeducation for the School Staff	32
	Short-Term Treatment Goal 2: Development of Rapport	33
	Techniques for Building Rapport with the Parents	33
	Techniques for Building Rapport with the Child	35
	Resistance to Treatment	35
	Short-Term Treatment Goal 3: PNES Symptom Control	38
	Behavioral Management of PNES: The Parents' Role	38
	Behavioral Management of PNES: The Child	39
	Short-Term Treatment Goal 4: Reestablishment of Regular Life Routines	41
	Recommendations for the Parents	42
	Recommendations for the Child	42
	Recommendations for the School Staff	43
	Recommendations for Pediatric Epileptologist/Neurologist, Primary Care Provider, and Psychiatrist	44
	Short-Term Treatment Goal 5: Comorbid Psychopathology	46
	Short-Term Treatment Settings	46
	Outpatient Mental Health Clinic	46
	Inpatient Psychiatric Treatment	46
	Partial Psychiatric Hospitalization	47
	Medical Rehabilitation	47
	Reference	48
5	Long-Term Treatment	49
	Child Long-Term Treatment Goal 1: Recognize, Monitor, and Verbalize Emotions	50
	Probe for and Acknowledge Child's Expression of Emotions	51
	Identify and Monitor Emotions	51
	Attend to the Child's Nonverbal and Verbal Cues of Discomfort	52
	Model Expression of Negative Emotions	53

Connect Emotions with Body Awareness	53
Dialogue: How to Probe for and Help Child Express Negative Emotions	54
Dialogue: How to Not Probe for and Help Child Express Negative Emotions	58
Summary: Checklist of Techniques	62
6 Child Long-Term Treatment Goal 2: Identify Stressors	63
How to Help the Child Identify Stressors	63
Mapping Potential Stressors	64
Storytelling	64
Revisit	64
Provide Positive Feedback and Empathize	65
Bridge to Coping and Problem-Solving	65
Dialogue: How to Identify Stressors	65
Dialogue: Unsuccessful Identification of Stressors	71
Summary	77
7 Child Long-Term Treatment Goal 3: Verbalize Emotions	
Associated with Stressors	79
Suggested Techniques	79
Dialogue: How Not to Probe for Stress-Related Emotions	80
Dialogue: How to Probe for Stress-Related Emotions	83
Summary	90
8 Child Long-Term Treatment Goal 4: Connect Negative	
Emotions with NES Symptoms	91
Suggested Techniques	91
Link Between Bodily Sensations and Emotions	91
What Is Your Body Telling You?	92
Story Game	92
The Exploding Balloon Phenomenon	92
After Understanding the Link Between NES and Emotions	92
Dialogue: How to Connect Among Stressors, Negative Emotions, and Episodes	92
Dialogue: How Not to Connect Stressors, Negative Emotions, and Episodes	100
Summary	106
9 Child Long-Term Treatment Goal 5: Problem-Solve	107
The Challenge of Problem-Solving	107
Techniques That Encourage Problem-Solving	108
What to Do with Repeated “Nothing Works” Child Responses?	108
Resistance	108
Can Parents, Friends, Teacher, You, or Others Help?	109
Dialogue: Problem-Solving Approaches	109
Summary	114

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

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

Appendix H: How My Body Feels	187
Appendix I: Draw How You Feel	189
Appendix J: Feelings on Faces	191
Appendix K: Checklist of Stressors	193
Appendix L: Problem Solving	195
Appendix M: Cognitive Behavioral Therapy (CBT) Resources	199
Index	201



<http://www.springer.com/978-3-319-55121-0>

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