



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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