

Social Integration Workshop

- Dates** : Alternate Saturdays beginning 6th March
- Duration** : 1.30pm – 3.30pm
- Venue** : Singapore General Hospital, Block 6 level 2 – 01

Aims:

- Information to address concerns and issues persons with epilepsy and their families might have.
- Emotional and social support for patients in the form of group therapy and sharing sessions.
- Improving communications skills and tips on improving memory and attention.

Workshop Contents:

Session 1, 06-03-2004

Talk - Dr. A Pan (Neurologist)– Medical and pharmacological issues

- Information and advise on common medical issues and medications.

Group psychotherapy - Chris G, Donald Y, Esther T (Psychologists)

- Information on epilepsy, handling side effects. Questions from information presentation

Session 2, 20-03-2004

Talk – Ms Christina Ang (Social Worker)– Social impact

- Job prospects, social stigma & financial concerns.

Group psychotherapy - Chris G, Donald Y, Esther T (Psychologists)

- Job finding strategies, experiences, coping mechanisms & disclosure

Session 3, 03-04-2004

Talk – Dr. Ng BY (Psychiatrist)– Psychological impact of epilepsy

- Psychological impact of developing Epilepsy and its implications on patients' mental well being.
- Depression, Anxiety, Self esteem, Stigma, etc.

Group psychotherapy - Chris G, Donald Y, Esther T (Psychologists)

- Psychological triggers and possible stressors – depression, anxiety, adjustment & management

Session 4, 17-04-2004

Talk – Donald Yeo (Psychologist)– Memory issues

- Tips on how to develop skills to improve cognitive functioning.
- What types of cognitive deficiencies to expect throughout course of illness.
- Common concerns about cognitive deficiencies in Epilepsy.

Group psychotherapy - Chris G, Donald Y, Esther T (Psychologists)

- Memory training, discussion of memory deficiencies and its impact

Session 5, 08-05-2004

Talk- Chris G (Psychologist)– Self-esteem issues

- Impact of Epilepsy on self esteem.
- Tips on methods on improving self esteem, empowerment.

Group psychotherapy - Chris G, Donald Y, Esther T (Psychologists)

- Understanding self & improvement, positive self-image, interpersonal relationships, (family & emotional difficulties)

Session 6, 22-05-2004

Talk – Patient – Successful Integration

- To provide inspiration and encouragement to fellow patients.
- To provide useful tips how to develop skills and techniques for better chances of successful integration.

Group psychotherapy - Chris G, Donald Y, Esther T (Psychologists)

- Discussing successful coping strategies, brainstorming adaptation strategies, round up of workshop.

Social Integration Workshop for Persons with Epilepsy

- Dealing with the different aspects of epilepsy.

It is becoming increasingly recognized that there are more than just medical aspects in coping with epilepsy. Epilepsy often has profound psychological and social effects on the individual. There are common reports from persons with epilepsy that their seizures interfere with their potential for full and satisfying lives. As such, understanding and treating epilepsy should focus not only on medical aspects like medication and surgery, but also on the psychological and social impact of the seizures.

What are the common stresses persons with epilepsy have to deal with?

What is the impact of stress on epilepsy?

How do we deal with everyday stresses?

What should caregivers expect?

Likewise practical skills in improving memory, attention and communication can help in handling financial concerns and in seeking employment. These skills are important in helping patients obtain social integration and gain independence.

The Social Integration Workshop

The Department of Behavioural Medicine and the Department of Neurology of the Singapore General Hospital, in partnership with the Singapore Epilepsy Foundation (SEF) have organized a 6 week workshop to help persons with epilepsy and their families learn more about the medical, psychological and social aspects of epilepsy. The workshop includes sharing sessions between members which can facilitate the gaining of practical skills as well as improve social support.

- The workshop will commence on March 6th 2004 and will take place on every alternate Saturday afternoon.

(See details on attached programme)

Please note that due to the Labour Day Holiday on May 1st 2004, the workshop will be postponed to the week after on May 8th 2004.

- Participants are welcomed and encouraged to bring along a maximum of 2 family members or caregivers.

Venue: The workshop will take place in SGH at Block 6 level 2 in room 01.

(See attached map provided)

To help us at the programme understand your individual goals and concerns, we would appreciate if you could assist us by filling out the questionnaires attached and bringing them with you on the very first workshop on March 6th 2004. Thank you.

Please e-mail Ms Jamilah at: jamilah@epilepsy.com.sg or call at _____ if you have any queries about the programme.