



## Seizures and Epilepsy Education Program

Payment Options

VISA  MASTERCARD

Number: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Cheque enclosed (please make cheque payable to **Quesnel and Distict Child Development Centre**)

All registrations must be received no later than March 24, 2006.

To assist with our statistical and program needs, please note if you are:

- a person with epilepsy
- a parent of a child with epilepsy
- other family member of a person with epilepsy
- a health care professional
- an educational professional
- an agency/group home staff person
- other, please indicate \_\_\_\_\_

Fill out this form and return it with payment to:

Quesnel and District Child Development Centre  
395 Elliot, Quesnel, BC V2J 1Y4

*“The principles Dr. Mittan teaches can help any chronic disability. The man really knows his specialty.”*



## Part 2: Social and Emotional Aspects of Epilepsy

### Psychological Problems

- unspoken fears: death and brain damage - are they realistic? do seizures lower IQ? can medications cause mood or behavioural problems? does epilepsy cause personality changes? what can you do?
- depression: beating the most common emotional problem
- finding help when you need it
- effective ways of coping, how to get back a normal life and true peace of mind
- personal and family success: how to overcome the barriers inside of you, take control of fears, anxiety, worry and self-esteem, and put epilepsy in its place

*“I am a mom of a 4-year-old boy who has been battling epilepsy since birth. When I first heard about the program, I thought to myself, “What else can there be to learn about epilepsy that I don't already know?” “A Lot!!!”*

### Family Aspects of Epilepsy

- the hidden ways epilepsy attacks family life: avoiding family pitfalls
- overprotection and overcontrol
- birth defects from medication: what to do about it
- raising a well adjusted child with epilepsy
- coping with learning problems

### Social Aspects of Epilepsy

- where stigma comes from (you may be surprised!), and clever tricks for reducing stigma
- how you can create personal and community acceptance

### Epilepsy on the job

- how epilepsy affects employability
- how to find employment job interview skills that work
- safety on the job: educating your co-workers and your boss
- keeping employment

### Resources! Finding Help

- in your community
- information on the internet

*Sponsored by*

- The Centre for Epilepsy and Seizure Education in BC
- Northern Health
- The North Cariboo Community Campus
- School District #28
- The British Columbia Gaming Commission
- Quesnel and District Child Development Centre

**For more information or to register contact:**

**Quesnel and District  
Child Development Centre  
at 250-992-2481**

**Clara Antoniazzi at 250-992-0635 or  
clara.antoniazzi@northernhealth.ca**

[www.northernhealth.ca](http://www.northernhealth.ca)  
[www.theseeprogram.com](http://www.theseeprogram.com)

 northern health



# Seizures and Epilepsy Education Program



*“I was stunned to realize how much I didn't know. . . the conference was phenomenal!”*

April 8th & 9th 2006  
Registration 8:30 am to 9:00am  
Conference 9:00am - 6:00pm  
The North Cariboo Community Campus  
Campus Way, Quesnel, BC



northern health

## About the Program



This international award-winning, comprehensive 2-day program covers everything you need to know about epilepsy, including what epilepsy is and how it's diagnosed; the latest advancements in treatment, ways to control difficult seizures; the latest research about future treatments, and an in-depth focus

on practical approaches for the social and emotional aspects of epilepsy.

No more seizures! That is the ultimate goal in the treatment of epilepsy. The Seizures and Epilepsy Education (S.E.E.) Program will provide you with the information and skills you need to get as close as you can to the goal of seizure control without side effects. Dr. Mittan teaches that, while not everyone can be seizure free, there's a lot more that YOU can do to get the best seizure control possible.

Seizure control is only part of the battle. You want to get your life back! This program shows you how you can reclaim your life. Get rid of the fears, seizures cause, get control over your feelings, learn how to deal with others about your epilepsy... discover how to help your child with epilepsy succeed in school.

## Who should Attend?



Everyone! This education program will be especially helpful to people living with epilepsy, their families and especially parents of children with epilepsy, health care professionals, community agency and group home staff, teachers, day care providers, and anyone interested in learning more about epilepsy.

While the program is easy enough for a sixth grader to understand, the program is so comprehensive and up-to-date that it has been approved for nursing and physician education around the United States. Continuing education credits available as follows: 17.6 contact hours for nurses, 16 contact hours for physicians.

*"I'm not scared anymore. I'm grateful beyond what words can express."*

## About the Presenter



Dr. Robert Mittan, a clinical neuropsychologist, is an international expert in epilepsy who has been recognized by the International Bureau for Epilepsy and the international League Against Epilepsy for his important contributions to epilepsy education. Dr. Mittan developed and presented the first S.E.E. Program twenty-three years ago as part of the UCLA Comprehensive Epilepsy Program. Since then, he has continually updated the program, and has taught over 30,000 individuals in the U.S., Canada, Australia, and New Zealand.

*"For years I have been very careful about my treatment, so I was stunned to find out that I was doing things that could cause seizures. Thanks to SEE, I haven't had a seizure in months."*

## Program Overview



### Part 1: Medical Aspects of Epilepsy

#### Understanding epilepsy

- what you don't know can be more dangerous than seizures
- how you can take control of epilepsy
- what happens in the brain during a seizure
- understanding different types of seizures
- how your seizure type(s) will affect you
- no longer the last to know: a videotape of different seizure types
- seizures and memory, and seizures you don't know about
- why some seizures are not epilepsy

## Diagnosis of Epilepsy

- many think they know their diagnosis - few really do!
- correct diagnosis: the key to everything
- why the correct diagnosis depends on your essential information you must be able to provide to your physician to enable the correct diagnosis and the best treatment
- how's and why's of observing seizures
- EEG'S, M.R.I., CT, PET, SPECT scans and existing new scans!

## Getting the best seizure control possible

- how to manage medications the RIGHT way, and avoid common mistakes people make that can cause seizures
- what to do when medications don't work
- how to deal with medication side-effects, recognize toxicity (when you have too much medication), and understand blood levels
- how to avoid "breakthrough seizures"
- other treatments for epilepsy; surgery, ketogenic diet, vagus nerve stimulation, biofeedback
- news of 21st century treatments

## First Aid for Epilepsy

- what to do for each type of seizure, and how to deal with emergencies

## What does the future hold;

- chances for complete seizure control
- what YOU can do to gain control
- when is it time for surgery?
- can epilepsy go away?

For Part 2: Social and Emotional Aspects of Epilepsy, see over...

*"I wish I could have seen this program 20 years ago: It would have saved us a lot of heartaches."*

## Registration Form



### Seizures and Epilepsy Education Program

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

No refunds will be issued on cancellations. This will be considered a donation.

**Accommodations: A block of rooms have been reserved at the Best Western Tower Inn and the Sandman Inn Starting at \$65.00.**

#### Professional Registration

Attending One Day (\$100)  April 8th or  April 9

Attending Both Days (\$150.00)

#### Other

Members/Students/Person with epilepsy \$25

Family (4 persons maximum) \$40

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

I would like to support the conference and make a donation in the amount of \$\_\_\_\_\_

Total enclosed \$\_\_\_\_\_

Please consider making a donation to cover actual cost, or to support the ongoing work for The Centre for Epilepsy and Seizure Education in British Columbia. (Tax receipt will be issued for all donations)

*please complete reverse side...*