

Registration Form



Seizures and Epilepsy EDUCATION PROGRAM

Payment Options

- VISA Mastercard

Number: _____

Expiry Date: _____

Signature: _____

- Cheque enclosed (please make cheque payable to the The Center For Epilepsy & Seizure Education in British Columbia)

All registrations must be received no later than February 21, 2007.

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:

The Center For Epilepsy & Seizure Education
in British Columbia
102-32868 Ventura Ave.
Abbotsford, BC V2S 6J3
Phone: 604-853-7399

"The principles Dr. Mitten teaches can help any chronic disability. The man really knows his specialty."

2.

Program Overview cont



John McKay Times-Colonist

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 possibly 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

"Dr. Mitten spoke for two straight days, yet kept his audience captive with his humour, knowledge, and storytelling abilities. I found the conference simply phenomenal."

Presented by

The Center For Epilepsy & Seizure Education in British Columbia

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Abbotsford, BC V2S 6J3
Phone: 604-853-7399

Sponsored by



The British Columbia Gaming Commission

The Center for Epilepsy & Seizure Education
in British Columbia presents

Seizures and Epilepsy

EDUCATION PROGRAM



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

February 26, 2007 • 9am-4pm

Registration from 8:30am-9am

**Henry Grube Education Centre
Kamloops, BC
Room 1A, 1B**

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 (yes, children are invited), the program is so comprehensive and up-to-date that it has been approved for nursing and physician education around the United States.

"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-one years ago as part of the UCLA Comprehensive Epilepsy Program. Since then, he has continually updated the program, and has taught over 20,000 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

Darren Stone, Times Colonist



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

The Diagnosis of Epilepsy

- many think they know their diagnosis – few really do!
- correct diagnosis: the key to everything
- why the correct diagnosis depends on you: 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, MRI, CT, PET, SPECT scans and exciting 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 heartache."

Registration Form



Seizures and Epilepsy

EDUCATION PROGRAM

Name _____

Organization _____

Address _____

City _____

Province _____ Postal Code _____

Phone _____

Email _____

S.E.E. Program Registration (includes 2 lunches)

Members, those living with epilepsy and their families will be subsidized through the BC Gaming Commission. Members, students and those living with epilepsy registration will be \$25.00, or a family rate of \$40.00 per family (maximum of 3 family members in total).

Professional Registration **\$40**

Members/Student/Person with epilepsy **\$25**

Family (3 persons maximum) **\$40**

I am requesting a subsidy in the amount of \$_____

I am adding a donation of \$_____

Total enclosed \$_____

Please consider making a donation to cover actual cost, assist with the subsidy fund to help others to attend, or to support the ongoing work of the The Center For Epilepsy & Seizure Education in British Columbia. (Tax receipt will be issued for all donations)

please complete reverse side ➤