



Epilepsy Foundation
of Connecticut, Inc.

Presents:

the S.E.E. Program

Seizures & Epilepsy Education



Presented by:

Dr. Robert J. Mittan, Ph.D.

November 11 & 12, 2006
Mystic Hilton - Mystic, CT

Epilepsy Foundation of CT
386 Main St.
Middletown, CT 06457



Open Your Mind and S.E.E.

Do you ever wonder:

- Why aren't my seizures controlled?
- How do I know I am taking the right medication?
- How do I know my diagnosis is correct?
- Am I avoiding seizure triggers?
- How do I get my life back?
- What should my blood levels be?
- Can stress cause seizures?

These are common questions. Finding the answers is often very difficult. S.E.E. answers these and hundreds of other sensible questions. You will be surprised at how much you learn.

This program is so extensive it has been called encyclopedic. It provides you with information that cannot be found anywhere else. It covers everything from what epilepsy is, how it is diagnosed, the latest advancements in treatment, ways to control difficult seizures, and the latest research about future treatments. S.E.E. includes the forgotten aspects of epilepsy treatment – things that many doctors don't know about that can give you an extra boost in seizure control. The program is so comprehensive and up-to-date that it has been approved to train physicians and nurses.

We know that not everyone can be seizure free. However we also know that many more people who have seizures can become seizure free. We have seen it time after time with S.E.E. programs. Give yourself or your family member the best chance of ending seizures. Learn what you need to know at S.E.E. Don't miss your chance for seizure control and a life free from seizure worry.

No Seizures - No Side Effects

S.E.E Registration

Registration is required to participate in this conference. Please return the completed registration form and payment to:
Epilepsy Foundation of CT by November 1, 2006.

The cost for the program is as follows:
\$35.00 per individual
\$75.00 for a family of 4
\$149.00 for nurses receiving CEU credits

One registration form per person or family.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Number attending: _____

I am registering as a:

- Person with epilepsy
- Caregiver
- Family member
- CEU Recipient

Please charge my payment:

(circle one) MC Visa

Exp. Date: _____

Card # _____

Signature: _____

Checks made payable to: Epilepsy Foundation of CT
386 Main Street
Middletown, CT 06457
860 346-1924

Who is Robert J. Mittan, Ph.D.

For 25 years, Robert J. Mittan, Ph.D. has been helping people with epilepsy and their families. He is recognized as one of the foremost epilepsy educators in the world. His work helping others has earned many awards. His research on epilepsy has resulted in new and important discoveries. Dr. Mittan helped pioneer *Information Medicine* through the development of the S.E.E. program.



Dr. Mittan

Dr. Mittan is a clinical neuropsychologist. He received a Ph.D. with Distinction at the University of Tennessee at Knoxville in 1981. He served his internship at Langley Porter Neuropsychiatric Institute, University of California at San Francisco School of Medicine. Dr. Mittan began his research about epilepsy following his appointment to the Neurology Department at UCLA School of Medicine.

Dr. Mittan received one of the largest psychosocial research grants for epilepsy ever awarded by the National Institutes of Health. That study became the basis of the S.E.E. program. Dr. Mittan spent ten years at UCLA, first as a Research Neurologist, and then as an Assistant Professor of Neurology. He also had faculty appointments at the Drew Postgraduate Medical School, the California School of Professional Psychology, and the Fuller Graduate School of Psychology. He served as an outside faculty member in the Graduate Department of Psychology at the University of Otago in Dunedin, New Zealand.

continued on next page

cont...

Throughout this all, Dr. Mittan continued to develop and present the S.E.E. program. He founded a new company, techKNOWvideo. The mission of this company is to develop effective (and entertaining) patient and family education on video for a price that is affordable. Dr. Mittan will be offering a new tool to help control seizures and side effects—the S.E.E. program Seizure Diary. Articles about coping with epilepsy are available for free at the S.E.E. website, www.theseeprogram.com on the S.E.E. Library page. Information about your Epilepsy Foundation of Connecticut can be found at www.epilepsyfoundation.org/connecticut/

Accommodations

The S.E.E. Program will be held at the Mystic Hilton, Mystic, Conn. The Epilepsy Foundation of CT has a block of rooms held at the Hotel. Be sure to mention that you are with the Epilepsy Foundation of Connecticut when making your reservation, otherwise you will not get the conference rate. We encourage you to stay overnight on Saturday and enjoy an evening out for dinner in Mystic.

The room rate is \$109.00 +tax. Reservations must be made by October 20, 2006. You can cancel your reservation up to 72 hours prior to your arrival. Call the Mystic Hilton at 860-572-0731 to make your reservation.

Stipends may be available pending final funding decisions.

Directions

Mystic Hilton
20 Coogan Boulevard
Mystic, CT 06355

Exit 90 off of I95 (both North and South) Follow signs to Mystic Aquarium. The Hilton Mystic is directly across the street, approximately 1 mile from exit.

“There are brain disorders worse than epilepsy – and the worst of them is ignorance.” - Dr. Mittan

Who Should Attend?

S.E.E. is for persons with epilepsy, their family members, and parents of children with epilepsy. S.E.E. is also for staff who care for persons with epilepsy. Nurses earn continuing education credit. More information about the S.E.E. program can be found at www.theseeprogram.com.

Nursing Continuing Education Credits

While S.E.E. is designed for people with epilepsy and their families, consistently a quarter of the audience are health professionals, social workers, rehabilitation counselors, and residential care staff. While the information provided in the S.E.E. program is presented in an easy-to-understand format, it is comprehensive, in-depth, and up to date. S.E.E. has been used as a “crash course” in epilepsy for many health professionals.

S.E.E. has the additional advantage of modeling an entire patient education method that is proven effective. Thus professionals gain knowledge about epilepsy and acclaimed skills in patient and family education.

S.E.E. had an unexpected benefit for professionals: many wrote on their course evaluations they particularly liked attending S.E.E. with people directly affected. Hearing and seeing patients' and families' reactions throughout the course taught more about the impact of epilepsy in real life than any other training they had received.

S.E.E. “This continuing nursing education activity was approved by NCNA, an accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation.” Approval Number 7666, 17.6 Contact Hours Total.

Program Outline

Saturday: Medical Aspects of Epilepsy

(This section takes approximately 1 1/2 days)

Why understanding epilepsy is essential.

An explanation of epilepsy. What happens in the brain and body.

The diagnosis of epilepsy. Incredible new scans.

Getting the best seizure control possible.

All about medications. Surgery and new treatments.

First-Aid for epilepsy. How to handle emergencies.

Do seizures harm the brain? What will happen in the future?

Sunday: Social and Emotional Aspects of Epilepsy

(Last part of second day, though practical coping skills are taught throughout the program.)

Common emotional problems of epilepsy.

Putting an end to worry, fears, and depression.

Epilepsy is a family disorder—learn how to beat it.

Coping with social stigma (as time allows)

Epilepsy on the job (as time allows)

“For most people, what they don't know about epilepsy is more hazardous to their well being than the seizures themselves.”
- Dr. Mittan