

References

Page 9

Hofmann, S. G., Asmundson, G. J. G., & Smits, J. A. J. (2013). The science of cognitive therapy. *Behavioral Therapy*, 44(2), 199-212. <https://doi.org/10.1016/j.beth.2013.01.002>

Reuber, M., Kohn, C., & Pukrop, R. (2007). Tailored psychotherapy for patients with non-epileptic seizures and other functional neurological symptoms: A pilot study. *Journal of Psychosomatic Research*, 63(6), 625-632. <https://doi.org/10.1016/j.jpsychores.2007.04.004>

Levine, P. A., & Crane-Godreau, M. A. (2015). Somatic experiencing: Using interoception and proprioception as core elements of trauma therapy. *Frontiers in Psychology*, 6, 993. <https://doi.org/10.3389/fpsyg.2015.00993>

Graham, C. D., O'Hara, D. J., & Kemp, S. (2018). A case series of Acceptance and Commitment Therapy (ACT) for reducing symptom interference in functional neurological disorders. *Clinical Psychology & Psychotherapy*, 25(3), 489–496. <https://doi.org/10.1002/cpp.2174>

Myers, L., Sarudiansky, M., Korman, G., & Baslet, G. (2021). Using evidence-based psychotherapy to tailor treatment for patients with functional neurological disorders. *Epilepsy & Behavior Reports*, 16, 100478. <https://doi.org/10.1016/j.ebr.2021.100478>

Myers, L., Vaidya-Mathur, U., & Lancman, M. (2017). Prolonged exposure therapy for the treatment of patients diagnosed with psychogenic non-epileptic seizures (PNES) and post-traumatic stress disorder (PTSD). *Epilepsy & Behavior*, 66, 86–92. <https://doi.org/10.1016/j.yebeh.2016.10.019>

Tolchin, B., Baslet, G., Martino, S., Suzuki, J., Blumenfeld, H., Hirsch, L. J., ... Dworetzky, B. A. (2020). Motivational Interviewing Techniques to Improve Psychotherapy Adherence and Outcomes for Patients With Psychogenic Nonepileptic Seizures. *The Journal of Neuropsychiatry and Clinical Neurosciences*, 32(2), 125–131. <https://doi.org/10.1176/appi.neuropsych.19020045>

Page 11

Stone, J., & Carson, A. (2015). Functional neurologic disorders. *Continuum: Lifelong Learning in Neurology*, 21(3), 818-837. <https://doi.org/10.1212/01.CON.0000466669.02477.45>

Cretton, A., Brown, R. J., LaFrance, W. C., & Aybek, S. (2020). What does neuroscience tell us about the conversion model of functional neurological disorders? *The Journal of Neuropsychiatry and Clinical Neurosciences*, 32(1), 24–32. <https://doi.org/10.1176/appi.neuropsych.19040089>

National Organization for Rare Disorders. (n.d.). Functional neurological disorder. Retrieved January 6, 2025, from <https://rarediseases.org/rare-diseases/fnd/#causes>

References

Page 13

Mark Hallett, M. D., Selma Aybek, M. D., Barbara, A. D., MD, L. M., & MD, J. S. (2022). Functional Neurological Disorder: New Phenotypes, Common Mechanisms. *Lancet Neurol*, 21(6), 537-550.

Pick, S., Goldstein, L. H., Perez, D. L., & Nicholson, T. R. (2019). Emotional processing in functional neurological disorder: a review, biopsychosocial model and research agenda. *Journal of neurology, neurosurgery, and psychiatry*, 90(6), 704–711.
<https://doi.org/10.1136/jnnp-2018-319201>

Page 16

National Academies of Sciences, Engineering, and Medicine. (n.d.). The health effects of cannabis and cannabinoids: The current state of evidence and recommendations for research. The National Academies. Retrieved January 24, 2025, from <https://www.nationalacademies.org/ocga/briefings-to-congress/the-health-effects-of-cannabis-and-cannabinoids-the-current-state-of-evidence-and-recommendations-for-research>

Butler, M., Seynaeve, M., Bradley-Westguard, A., Bao, J., Crawshaw, A., Pick, S., ... & Rucker, J. (2023). Views on using psychoactive substances to self-manage functional neurological disorder: Online patient survey results. *The Journal of neuropsychiatry and clinical neurosciences*, 35(1), 77-85.

Argento, E., Omene, E., Jaeger, A. H., Kertes, A., Mitchell, K. A., Necyk, C., ... & Lewis, E. C. (2023). Case report: Improvement in refractory functional seizures, depression, and quality of life with ketamine-assisted therapy. *Frontiers in Neuroscience*, 17, 1197409.
Chicago

Schipper, S., Nigam, K., Schmid, Y., Piechotta, V., Ljuslin, M., Beaussant, Y., Schwarzer, G., & Boehlke, C. (2024). Psychedelic-assisted therapy for treating anxiety, depression, and existential distress in people with life-threatening diseases. *Cochrane Database of Systematic Reviews*, 2024(9), CD015383. <https://doi.org/10.1002/14651858.CD015383.pub2>

Connors, M. H., Quinto, L., Deeley, Q., Halligan, P. W., Oakley, D. A., & Kanaan, R. A. (2024). Hypnosis and suggestion as interventions for functional neurological disorder: A systematic review. *General Hospital Psychiatry*, 86, 92–102.
<https://doi.org/10.1016/j.genhosppsy.2023.12.006>

Wieder, L., Brown, R. J., Thompson, T., & Terhune, D. B. (2022). Hypnotic suggestibility in dissociative and related disorders: A meta-analysis. *Neuroscience & Biobehavioral Reviews*, 139, 104751. <https://doi.org/10.1016/j.neubiorev.2022.104751>

References

Paz-Otero, M. D. P., & Gallego Deike, L. (2024). Effectiveness of electroconvulsive therapy in functional neurological disorders: A case report. *Actas Españolas de Psiquiatría*, 52(4), 583–587. <https://doi.org/10.62641/aep.v52i4.1624>

Schönfeldt-Lecuona, C., Lefaucheur, J. P., Lepping, P., Liepert, J., Connemann, B. J., Sartorius, A., Nowak, D. A., & Gahr, M. (2016). Non-invasive brain stimulation in conversion (functional) weakness and paralysis: A systematic review and future perspectives. *Frontiers in Neuroscience*, 10, 140. <https://doi.org/10.3389/fnins.2016.00140>

Peterson, K. T., Kosior, R., Meek, B. P., Ng, M., Perez, D. L., & Modirrousta, M. (2018). Right temporoparietal junction transcranial magnetic stimulation in the treatment of psychogenic nonepileptic seizures: A case series. *Psychosomatics*, 59(6), 601–606. <https://doi.org/10.1016/j.psych.2018.03.001>

Cope, S. R., Smith, J. G., El-Leithy, S., Vanzan, S., Pentland, C., Pick, S., Golder, D., Hogwood, P., Turner, K., Billings, J., & Edwards, M. J. (2023). MODIFI: Protocol for randomised feasibility study of eye-movement desensitisation and reprocessing therapy (EMDR) for functional neurological disorder (FND). *BMJ Open*, 13(6), e073727. <https://doi.org/10.1136/bmjopen-2023-073727>

Chemali, Z., & Meadows, M. E. (2004). The use of eye movement desensitization and reprocessing in the treatment of psychogenic seizures. *Epilepsy & Behavior*, 5(5), 784–787. <https://doi.org/10.1016/j.yebeh.2004.06.003>

Page 25

Mattila, A. K., Saarni, S. I., Salminen, J. K., Huhtala, H., Sintonen, H., & Joukamaa, M. (2009). Alexithymia and health-related quality of life in a general population. *Psychosomatics*, 50(1), 59–68. <https://doi.org/10.1176/appi.ps.50.1.59>

Williams, I. A., Levita, L., & Reuber, M. (2018). Emotion dysregulation in patients with psychogenic nonepileptic seizures: A systematic review based on the extended process model. *Epilepsy & Behavior*, 86, 37–48. <https://doi.org/10.1016/j.yebeh.2018.06.028>

Taylor, G. J., & Bagby, R. M. (2012). The alexithymia personality dimension. In T. A. Widiger (Ed.), *The Oxford handbook of personality disorders* (pp. 648–673). Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780199735013.013.0030>

Page 26

Nayok, S. B., Sreeraj, V. S., Shivakumar, V., & Venkatasubramanian, G. (2023). A primer on interoception and its importance in psychiatry. *Clinical Psychopharmacology and Neuroscience*, 21(2), 252–261. <https://doi.org/10.9758/cpn.2023.21.2.252>

References

Page 30

Reiter, J., Andrews, D., Reiter, C., & LaFrance, W. C. (2015). Taking control of your seizures: Workbook. Oxford University Press.

Page 39

Linehan, M. M. (2014). DBT skills training handouts and worksheets. Guilford Publications.
DBT Tools. (n.d.). STOP skill. Retrieved January 6, 2025, from https://dbt.tools/emotional_regulation/stop.php

Nash, J. (2018). How to set healthy boundaries & build positive relationships. PositivePsychology.com. Retrieved January 6, 2025, from <https://positivepsychology.com/great-self-care-setting-healthy-boundaries/>

Page 42

Princeton University. (n.d.). Communication styles. U Matter. Retrieved January 6, 2025, from <https://umatter.princeton.edu/respect/tools/communication-styles>

Page 43

Exercise adapted from: Linehan, M. M. (2014). DBT skills training handouts and worksheets. Guilford Publications.

Page 45

Rogers, A. H., & Farris, S. G. (2022). A meta-analysis of the associations of elements of the fear-avoidance model of chronic pain with negative affect, depression, anxiety, pain-related disability, and pain intensity. *European Journal of Pain*, 26(8), 1611-1635. <https://doi.org/10.1002/ejp.1994>

Holahan, C. J., Moos, R. H., Holahan, C. K., Brennan, P. L., & Schutte, K. K. (2005). Stress generation, avoidance coping, and depressive symptoms: A 10-year model. *Journal of Consulting and Clinical Psychology*, 73(4), 658-666. <https://doi.org/10.1037/0022-006X.73.4.658>

Tjosvold, D., & Sun, H. F. (2002). Understanding conflict avoidance: Relationship, motivations, actions, and consequences. *International Journal of Conflict Management*, 13(2), 142-164. <https://doi.org/10.1108/eb022872>

Page 46

Myers, L., Vaidya-Mathur, U., & Lancman, M. (2017). Prolonged exposure therapy for the treatment of patients diagnosed with psychogenic non-epileptic seizures (PNES) and post-traumatic stress disorder (PTSD). *Epilepsy & Behavior*, 66, 86-92. <https://doi.org/10.1016/j.yebeh.2016.10.019>

References

Sharpe, M., Walker, J., Williams, C., Stone, J., Cavanagh, J., Murray, G., Butcher, I., Duncan, R., Smith, S., & Carson, A. (2011). Guided self-help for functional (psychogenic) symptoms: a randomized controlled efficacy trial. *Neurology*, 77(6), 564–572. <https://doi.org/10.1212/WNL.0b013e318228c0c7>

Page 49

Mansell, G., Hall, A., & Toomey, E. (2022). Behaviour change and self-management interventions in persistent low back pain. *Best Practice & Research Clinical Rheumatology*. <https://doi.org/10.1016/j.berh.2022.101638>

Rogers, A. H., & Farris, S. G. (2022). A meta-analysis of the associations of elements of the fear-avoidance model of chronic pain with negative affect, depression, anxiety, pain-related disability, and pain intensity. *European Journal of Pain*, 26(8), 1611-1635. <https://doi.org/10.1002/ejp.1994>

Simic, K., Savic, B., & Knezevic, N. N. (2024). Pain catastrophizing: How far have we come. *Neurology International*, 16(3), 483-501. <https://doi.org/10.3390/neurolint16030036>

Page 50

American Psychological Association. (n.d.). Exposure therapy. Retrieved January 6, 2025, from <https://www.apa.org/ptsd-guideline/patients-and-families/exposure-therapy>

Page 52

Graham, C. D., O'Hara, D. J., & Kemp, S. (2018). A case series of Acceptance and Commitment Therapy (ACT) for reducing symptom interference in functional neurological disorders. *Clinical Psychology & Psychotherapy*, 25(3), 489–496. <https://doi.org/10.1002/cpp.2174>

Cope, S. R., Poole, N., & Agrawal, N. (2017). Treating functional non-epileptic attacks: Should we consider acceptance and commitment therapy? *Epilepsy & Behavior*, 73, 205-206. <https://doi.org/10.1016/j.yebeh.2017.06.022>

Poole, N., Cope, S., Vanzan, S., et al. (2023). Feasibility randomized controlled trial of online group Acceptance and Commitment Therapy for Functional Cognitive Disorder (ACT4FCD). *BMJ Open*, 13, e072366. <https://doi.org/10.1136/bmjopen-2023-072366>

Hayes, S. C., Luoma, J. B., Bond, F. W., Masuda, A., & Lillis, J. (2006). Acceptance and commitment therapy: Model, processes, and outcomes. *Behavior Research and Therapy*, 44(1), 1-25. <https://doi.org/10.1016/j.brat.2005.06.006>