

## Psychological Intervention for Epilepsy and Seizures

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In your daily life you experience some situations which can cause stress. You also can become anxious. This stress and anxiety is not the cause of epilepsy but in some cases but they may be seizure triggers. By controlling and dealing effectively with stress level may be reduce the number of seizures too.

Individuals who have uncontrolled epilepsy commonly experience disability, depression, anxiety and injuries from seizures. For such individual ideal treatment showed improve the quality of life through control of seizures and improves emotional state through learning stress management and relaxation techniques.

Your nervous system increases its neural activities to release sufficient amount of neurotransmitters in times of stressful events to prepare you to make decision for fight and flight, makes you to act quickly. These responses are lifesaving. Nervous system starts its normal activities after dealing effectively with life threats till next threat. When these neural activities are constantly activated due to weak coping skills to deal with stress, then it causes only worst picture in combination with increased neural activities in epileptic seizures. Epileptic seizures may occurs at time of stress and commonly increase life stress. Epilepsy seizures are tough burden to bear and live with, it damage both mental and physical health equally. To reduce these damaging effects, you need to learn some psychological skills to activate relaxed neural responses, which are completely opposite to stresses neural responses and keep your mind and body to its state of equilibrium during stressful situations.

Many kind of treatment approaches are available to help you to understand psychological impact of your disorder. Psychological intervention mentioned here will provide you different vision to deal with epilepsy. Each technique will give you a way to take control over your seizures though changing pattern of thinking towards your everyday life stress and stress due to epilepsy and seizures.

### Relaxation therapy

There is no single relaxation technique to activate neural relaxation responses that is best for everyone. The best relaxation technique is the one which fits with your lifestyle, to keep your mind focused and motivated, improves your thoughts to deal with everyday stressful events effectively to show relaxation responses. It's up to you if you desire for alone, without any help relaxation techniques such as meditation, deep breathing, visualization to keep your mind relax and energetic to deal with stress. In case of your desire for social interaction, a class setting will give you the stimulation and keep you motivated. How you react to stress may also influence the relaxation technique that work best for you because psycho- physiological changes in brain body interaction are observed in most of meditation relaxation practices and voluntary slowing down the breath control.

### Cognitive behavioural therapy

Over past 50 years cognitive behaviour therapy have become effective main stream psychological treatment for many emotional and behavioural problems. It is helpful to treat depression, anxiety, anger in epileptic individuals for better adjustment in their life with painful epileptic seizures. Cognitive behaviour therapy is based on believe that it's your unpleasant thought that give birth to unpleasant feelings, to produce harmful actions, so to control these actions you need to change quality of your thoughts. Changing quality of your thoughts means changing your methods of dealing with your thoughts from producing harmful feelings and actions, to deal effectively with situation, because thought is product of your mind it's in your hands how to deal with that.

Average number of sessions in Cognitive behavioural therapy is comparatively low(12 to 16) then other therapies. Cognitive behaviour therapy helps you to deals with negative thoughts(product of our aversive experience) through cognitive restructuring, with help of some techniques and HomeWorks, will suggest you new ways to take control over your environment, improve and adjust your mental reactions to undesired events.

A discussion with your physician about your medicine seizures frequency, before taking start of cognitive behaviour therapy is sign that you are clear in your mind that aim of cognitive behaviour therapy is to improve your mental health.

### Educational intervention

Educational interventions are first and basic level to brief patients and their families, to develop essential understanding about epilepsy and seizures, to cope with it in successful manners without feeling anxious, depressed and fear. Dealing with epilepsy every day, is not enough to know about it. You may not know the reasons, causes, how and why they occurs. So you can Educate yourself about epilepsy and seizures, its effects through many sources like you are reading my article at current moment. Once you will have essential knowledge, it can help you in many ways, one way is that it will prevent you and your family from harmful self- treatments, like changing the dose of epileptic medicines. And reduce fear of seizures.

In one study about children with epilepsy who received education about it were found with better behaviour in social events, even participate in more normal activities, those who were not educated about their disorder.

Many other types of therapies like creative art therapies (music therapy, art therapy and many more) also encourage self-expressions, self-awareness to make change more easier, though they are not specifically focused on epilepsy.

The purpose of this article is not to become extraordinary skillful in dealing psychologically with epilepsy, but find a better way out for release stress, to feel better, and spend quality time with friends and family when you are not under the control of epileptic seizures.

Pet therapy is also in use for depressive epileptic individuals. Friendly animal like dogs, cates, even snakes are used to raise the spirits in most epileptic people.

Psychotherapy is a very unique individual process. A therapy works for you may not give same help to someone else, and vice versa. A combination of relaxation and behaviour modification (a process of goal-setting with rewards and punishments) has also found to reduced anxiety and adjustment problems in every aspect of life.

A good psychotherapy through its techniques can improve your mood and behaviour, which can even decrease seizures frequency too. Before choosing most effective therapy, give brief glance to the results of other kinds of therapy for people with epilepsy.

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