



## **EPILEPSY SKILLS AND PSYCHOEDUCATION (ESP) PROGRAM**

The ESP Program aims to help patients living with epilepsy develop and implement effective strategies for improving cognitive functioning in daily life. Patients with epilepsy may experience cognitive symptoms in a wide range of cognitive domains, including attention, executive functioning (e.g., decision-making, multi-tasking, problem-solving), memory, and language (e.g., word-finding). We will review how epilepsy can impact each of these domains and teach specific tips and tricks to improve these skills in everyday life. We will also cover psychoeducation topics related to epilepsy with a focus on the complex relationship between epilepsy, cognition, and mood. Finally, participants will learn about the impact of lifestyle factors such as sleep, diet, and exercise on cognition and work to set realistic and attainable goals to address these factors. This program was designed for patients with all types of epilepsy and will be conducted virtually, in a group format to allow for greater collaboration and support amongst participants.

**Attention**

**Decision-making**

**Multi-tasking**

**Problem-solving**

**Memory**

**Language**

**Mindfulness**

**BWH/SSN**

*Now conducted virtually  
via zoom*

**8 Weeks  
90-Minute Sessions**

**BRIGHAM HEALTH**



**BRIGHAM AND  
WOMEN'S HOSPITAL**

**For more information  
call 617-732-8068 or email  
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