

# La Selva Group FND Track



*The La Selva Group Functional Neurological Disorder (FND) Track is a state-of-the-art treatment program designed for the unique needs of clients with FND. Our collaborative approach empowers clients by providing skills to build mastery over symptoms.*

## What is Functional Neurological Disorder?

FND, also known as Conversion Disorder, is a common condition. People with FND have neurologic-type symptoms such as seizure-like episodes, involuntary movements, paralysis and speech changes.

It is important to understand that symptoms are real – they are not faked or produced intentionally.

The diagnosis is determined by a neurologist who conducts an exam and testing by way of MRI, CT scan, and other methods. Research has shown that the areas of the brain responsible for “fight or flight”, movement and planning are not communicating normally.

The abnormal brain circuits responsible for FND are reversible with treatment.

## Dr. Juliana Lockman Medical Director

Dr. Lockman directs the La Selva FND Track. She works in collaboration with the Department of Psychiatry & Behavioral Sciences at Stanford Hospital, where she is the Clinical Assistant Professor in Neuropsychiatry.



## Treatment for FND Clients

The FND Track includes:

- ❖ Weekly 50-minute sessions with Dr. Lockman. These focus on specific FND treatment strategies, including goal-setting, self-observation and cultivating skills to manage symptoms.
- ❖ Group therapy 5 days per week including a closed FND group, focusing on the neurobiology of FND, triggers, interpersonal effectiveness, and steps toward overcoming disability.
- ❖ Medication management
- ❖ Weekly individual therapy with a Cognitive Behavioral (CBT) approach to life’s challenges.
- ❖ Family therapy sessions to implement an effective FND protocol when returning home.

## CONTACT INFORMATION

**La Selva Residential  
Inpatient Services**  
Admissions: Michelle Ly  
652 Forest Avenue  
Palo Alto, CA 94301  
(p): 650-484-1493  
(f): 650-323-1720

**La Selva Day Program  
Outpatient Services**  
Admissions: Monika Arnold  
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## LEVELS OF CARE

There are three levels of care available to FND clients:

1. Residential
2. Partial Hospitalization Program (PHP)
3. Intensive Outpatient Program (IOP)

Residential clients are *inpatient*, living in La Selva’s Palo Alto house while attending program. PHP and IOP clients are *outpatient* and must secure local housing on their own, prior to starting the program.

## ADMISSION REQUIREMENTS

- The PHP/IOP and Residential programs require an FND diagnosis and supporting documents provided by a neurologist. The Residential program also requires a physician's report and Tb test results. Please contact the appropriate program for an admission packet.

- Acceptance to the program is decided by Dr. Lockman and the Admission Directors. Based on the waitlist, it may be up to two months before a start date is determined.

## FINANCIAL CONSIDERATIONS

**Treatment with Dr. Lockman is typically 6 to 8 weeks.** Insurance coverage is not guaranteed for the full length of the program. If insurance denies further assistance, clients may private pay out of pocket or we can request a lower level of care (PHP/IOP) from their insurance. Please ask us about our supportive housing options for clients living at Residential.

## PHYSICAL THERAPY

Our FND track focuses on mental health treatment and does not provide physical, occupational or speech therapy. If the client's neurologist has recommended these therapies in conjunction with our program, the client will be responsible for finding a provider, scheduling appointments, and securing transportation to and from their PT, OT or speech sessions.

## ADA ACCOMMODATIONS

Clients in the FND track will need to function independently. Staff will not be able to provide assistance with walking or utilizing assistive devices, attending to hygiene, or preparing meals. The Outpatient Day Program is ADA-accessible and wheelchairs or walkers can be used, while the Residential house is not ADA-accessible and cannot accommodate wheelchairs or walkers. Clients will work with staff to determine fall prevention strategies and are required to sign a liability waiver prior to admission to La Selva.

## FND Episode Protocol

La Selva staff are trained on best practice protocols for responding to FND episodes and are equipped to manage events when they occur. Treatment involves providing the client with ample space and redirecting others' attention away from the event. For example, if a client has a non-epileptic seizure,

staff will inform the client that they are safe and give them space to recover. By disengaging during an event, we are teaching the brain that what triggered the episode was a "false alarm" and that the response to the trigger should be reformed. This helps the brain to create a newer, more adaptive response.

## Self-Disclosure Statement

When the client admits to La Selva, their treatment team will work with them to identify a neutral statement they can use when disclosing their condition to their peers. The purpose of this statement is to help diffuse anxiety in the milieu and discourage peers from going into "crisis mode" when client's symptoms present, which could reinforce the FND.

This also helps encourage clients to advocate for themselves and build autonomy, rather than designating others to speak on their behalf.

For example: "These are my seizures and I am safe when they happen. It helps me when others ignore my symptoms and continue business as usual."

## Safety is our Priority

Acceptance to the FND track is provisional and based on the client's ability to function independently, engage with peers, and manage symptoms. Clients will sign a Discharge Coordination Form to establish a plan in the event that staff determines the client is unable to meet program requirements.



### La Selva Outpatient Staff

Clients receive comprehensive group therapy and FND treatment with Dr. Lockman at the outpatient center. Staff members are committed to clients' success and well-being.

## Family Participation

Family and friends can play a key role in recovery. With permission from the client, periodic discussions with family are encouraged. During these sessions, we review updates on progress and provide families with resources and guidance on how to best support their loved one.



### La Selva Residential Staff

Staff are available 24 hours/day to support clients living at Residential. Private and family therapy offer skills and resources to help clients with all areas of their lives.

## With FND, there is Hope

Functional Neurological Disorder is a treatable condition. There is no brain injury associated with FND and with treatment, most individuals are able to eliminate symptoms altogether or significantly reduce the impact of symptoms on their quality of life. The staff at La Selva is honored to be part of your care team and is dedicated to helping you achieve success.