

## 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 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.

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## Financial Considerations

Treatment in the FND Track 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.

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## 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.

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## 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.

## Treatment for FND Clients

The FND Track includes:

- Weekly sessions with FND Track Director, 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.
- Psychotropic medication management.
- Weekly sessions with an individual psychotherapist experienced in navigating the challenges of living with FND.
- 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  
4139 El Camino Way  
Palo Alto, CA 94301  
(p): 650-484-1418  
(f): 650-617-5778



LA SELVA GROUP

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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. For some FND symptom types, research has shown that the areas of the brain responsible for “fight or flight”, movement and planning are not communicating effectively.

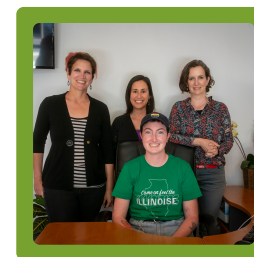
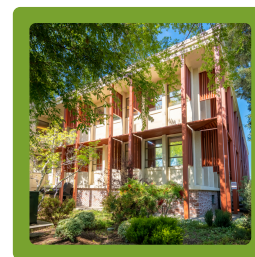
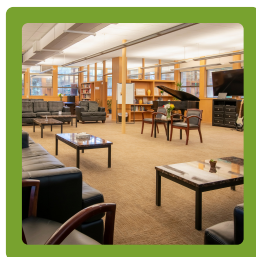
The abnormal brain circuits responsible for FND are reversible with treatment.

### Levels of Care

There are three levels of care available to FND clients:

- Residential
- Partial Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)

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



### 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 functional 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 is admitted 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 allow me space 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.

### 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.

### With FND, there is Hope

Functional Neurological Disorder is a treatable condition. There is no brain injury associated with FND. With treatment, most individuals can 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.

### 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 Associate Professor in Neuropsychiatry.

