

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 the admissions team.

Financial Considerations

Treatment in the FND Track lasts for a minimum of 6 weeks but averages 12 weeks in total. La Selva Group is in-network with most insurance providers. Please ask us about our supportive housing options for clients living at Residential.

Neurological Rehabilitation Services

Our team includes a neurologic physical therapist and speech/language pathologist, both specially trained to treat FND symptoms.

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 neuropsychiatrist and FND psychotherapist. These focus on specific FND treatment strategies, including goal-setting, self-observation and cultivating skills to manage symptoms.
- Weekly sessions, if applicable, with neurological physical therapist trained in management of FND.
- Medication management for associated conditions, such as depression and anxiety, where applicable.
- 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.
- Family therapy sessions to implement an effective FND protocol when returning home.

Contact Information

La Selva Residential

ADMISSIONS: Michelle Ly
652 Forest Avenue
Palo Alto, CA 94301
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(f): 650-323-1720

La Selva Day Program (PHP and IOP)

ADMISSIONS: Meremy Needham
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www.thelaselvagroup.org/fnd-track



LA SELVA GROUP

Premier behavioral health services

A division of  Momentum *for* Health

The La Selva Group Functional Neurological Disorder (FND) Track

We are 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?

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, brainwave studies (EEG) and/or 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 may be 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 live 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 them 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 ensure client safety 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 can be retrained. This helps the brain to create a newer, more adaptive response.

Self-Disclosure Statement

Upon admission, clients will work with their treatment team to create a neutral “self-disclosure” statement. For example: *“These are my episodes. I am safe. It helps me when others allow me space and continue business as usual.”* The purpose of disclosing this statement is to help prevent any potential alarm among other clients who may witness the episode. A calm environment, especially during symptomatic times, aids recovery for clients with FND. Utilizing the statement also helps encourage clients to advocate for themselves and build autonomy.

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.

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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 Treatment, There is Hope

Functional Neurological Disorder is a treatable condition. With treatment, most individuals can significantly reduce the impact of symptoms on their quality of life. There is no brain injury associated with FND. 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

La Selva's nationally recognized FND Track was pioneered by Stanford-trained neuropsychiatrist, Dr. Juliana Lockman. Dr. Lockman is board-certified in both psychiatry and neurology. Along with directing the FND track, she serves on adjunct faculty at Stanford University School of Medicine.