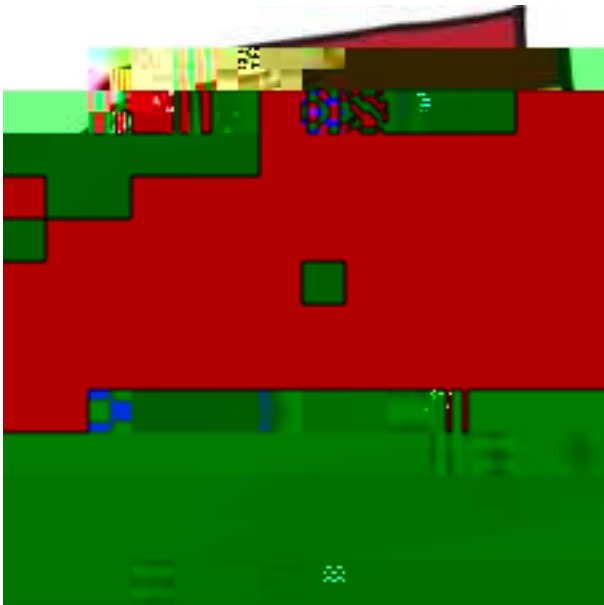
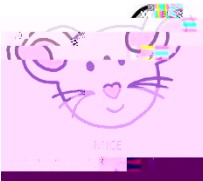


Transforming the Mental Health of Children with Epilepsy (MICE)

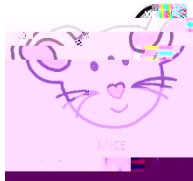




- MATCH: Anxiety & Trauma
- Anxiety and exposure



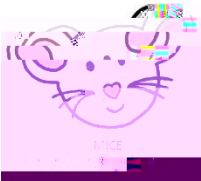
Over to MATCH



BREAK

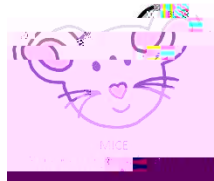


BEAK



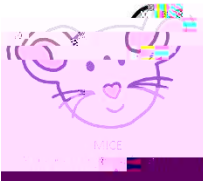
Real life practice

- Working in pairs
- One person is the therapist and one is patient (in pairs)
- Patient – choose something that you are anxious about/have a fear of and would like to be less anxious about
- Together – build a hierarchy or ladder for that fear
- Go out and do it!



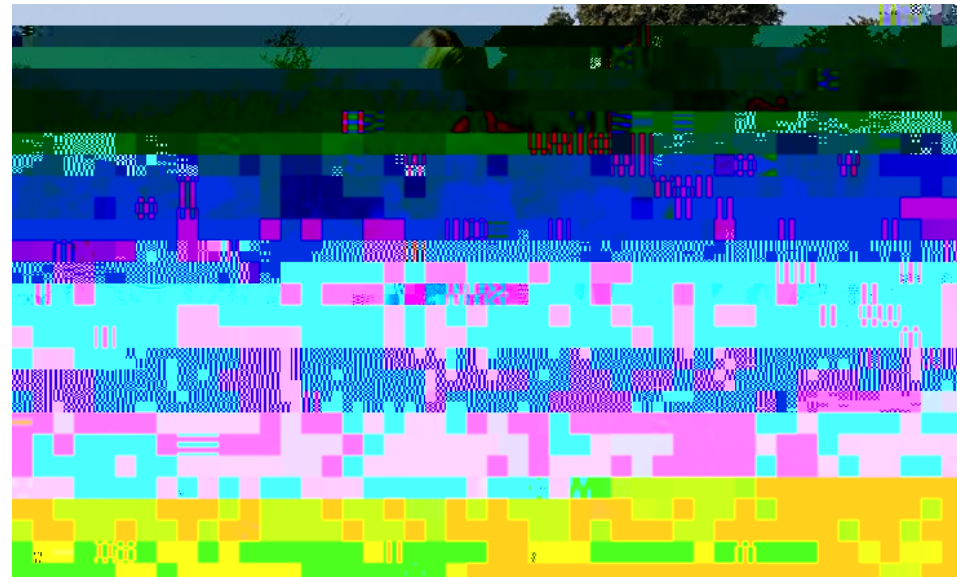
LUNCH

12:45 – 13:30



Exercise Exercise

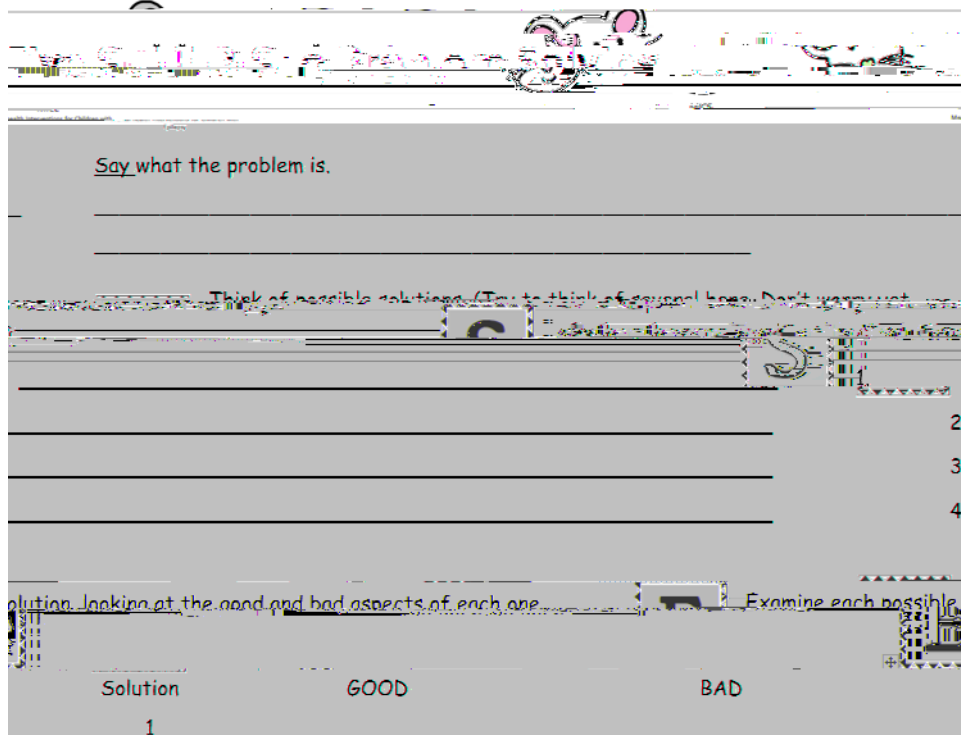
- Exercise beneficial for mood and that motivation comes from action not versa versa
- What is your mood right now? Record it.
- How much do you feel like



BREAK



Problem solving



Say what the problem is.

Think of possible solutions. (Try to think of several ones. Don't worry about

2.

3.

4.

Examine each possible solution. Looking at the good and bad aspects of each one.

| Solution | GOOD | BAD |
|----------|------|-----|
| 1 | | |

See day 4 folder for worksheet

