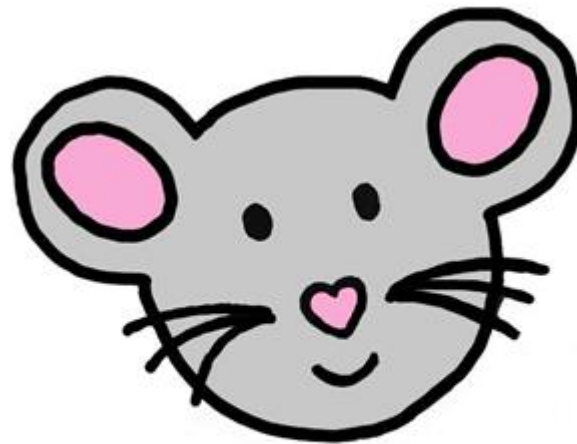


# Transforming the Mental Health of Children with Epilepsy (MICE)



MICE

Mental health Interventions for Children with Epilepsy

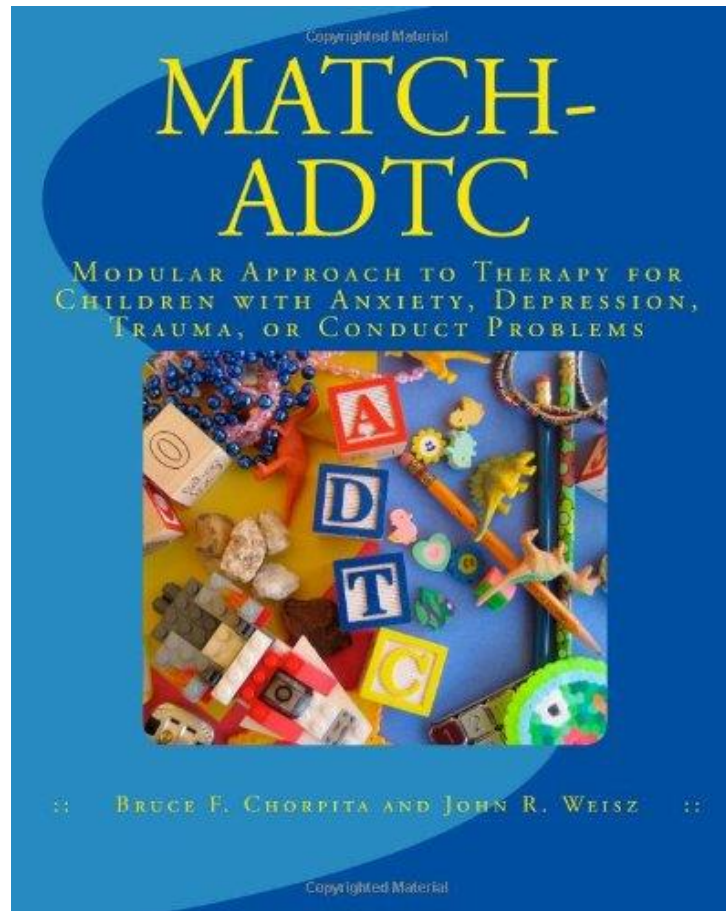
# Goals



- MATCH: Anxiety & Trauma
- Anxiety and exposure (experiential exercise)
- MATCH: Depression
- Problem solving and behavioural activation (experiential exercise)



# Over to MATCH



# BREAK



10:15 – 10:45



## 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 going for a walk right now?
- Walk
- Re-rate mood and discuss experience



# BREAK



15:00 – 15:30





# Problem solving



## Five S-T-E-P-S to Problem Solving

Say what the problem is.

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Think of possible solutions. (Try to think of several here. Don't worry yet whether they are "good" or "bad" solutions.)

1. \_\_\_\_\_
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

