



The Epilepsy Foundation of Central & South Texas

in partnership

with



PRESENTS Robert Mittan, PH.D.

2008 EPILEPSY Regional Conference
Saturday, August 23, 2008
Lubbock Memorial Civic Center
1501 Mac Davis Lane
Lubbock, TX 79401



EPILEPSY FOUNDATION®
CENTRAL & SOUTH TEXAS
Not another moment lost to seizures™
10615 Perrin Beitel Rd., Suite 602
San Antonio, TX 78217

2008 Regional Epilepsy Conference

MORNING SESSION

- 8:00am Registration
- 8:45am Welcome & Opening Remarks
- 9:00am What Is Epilepsy

MORNING BREAK

- 10:00am
- 10:15am The Physiology Of Epilepsy & Seizures
- 11:00 am Advancements In the Diagnosis of Epilepsy

LUNCH BREAK

AFTERNOON SESSION

- 12:45pm Medications: Indications
- 2:00pm Alternative Treatments for Epilepsy
- 3:00pm **AFTERNOON BREAK**
- 3:15pm Psychological Coping
- 4:15pm Questions & Answers

CONFERENCE ENDS!



Lubbock Memorial Civic Center
1501 Mac Davis Lane Lubbock, TX 79401

WHO SHOULD ATTEND

The 2008 Regional Epilepsy Conference has been tailored to meet the needs of EVERYONE affected by epilepsy in the Panhandle area of West Texas. Physicians, nurses, teachers, social workers, counselors, persons with epilepsy, and family members of persons with epilepsy will all benefit from this enlightening and educational event. Consumers, family members, and all attendees will find answers, gain solutions, and meet others affected by epilepsy. Sessions have been designed to meet the needs of this diverse audience.



S.E.E. Program

The Seizures & Epilepsy Education (S.E.E) Program's goal is to empower those individuals and their families affected by epilepsy to take control of their lives! The program objective is "No Seizures - No Side Effects, & No More Worry About Seizures" which includes four main topics:

- To allow participants to discover the best possible seizure control methods through medications or adjunctive therapies.
- To improve quality of life for those living with epilepsy by helping them to overcome co-morbidities, such as depression and anxiety.
- To improve overall understanding of epilepsy and seizures so individuals will be informed, and thus better equipped to cope with their condition.
- To provide accurate and relevant epilepsy education to related educators and medical professionals in the targeted participant area.

The participants will learn what epilepsy is, how it is diagnosed, and also the latest research information available for treatment. The program also illustrates how to get rid of fears and deal with others in relation to epilepsy and seizures. It will also aid in dispelling the many myths and misperceptions that lead to stigma and discrimination surrounding seizures. The S.E.E Program has received numerous awards for its efficacy in the treatment of those most impacted by epilepsy. This program was a recipient of the Epilepsy Foundation of America's Program Excellence Award for its "outstanding contribution to patient and family education throughout the U.S."



Dr. Robert J. Mittan, PhD



For 25 years, Robert J. Mittan, Ph.D. has been helping people with epilepsy and their families. He is recognized as one of the foremost epilepsy educators in the world. His work helping others has earned many awards and his research on epilepsy has resulted in new and important discoveries.

Dr. Mittan is a clinical neuropsychologist. He received a Ph.D. with

Distinction at the University of Tennessee at Knoxville in 1981. He served his internship at Langley Porter Neuropsychiatric Institute, University of California at San Francisco School of Medicine. Dr. Mittan began his research of epilepsy after being appointed to the Neurology Department at UCLA School of Medicine in 1980.

Dr. Mittan received one of the largest psychosocial research grants for epilepsy awarded by the National Institutes of Health. That study became the basis of the S.E.E. program. Dr. Mittan spent ten years at UCLA, first as a Research Neurologist, and then as an Assistant Professor of Neurology. He also had faculty appointments at the Drew Postgraduate Medical School, the California School of Professional Psychology, and the Fuller Graduate School of Psychology. He served as an outside faculty member in the Graduate Department of Psychology at the University of Otago in Dunedin, New Zealand

In 1988 Dr. Mittan became Director of Neuropsychology & Psychology at the Carolinas HealthCare System in Charlotte, NC. There he built a Medical Psychology Department from two people to 36 professional staff serving a 2,000 bed multihospital system. In 1994 he became Director of Patient & Family Education, authoring many patient education programs. These include a Patient and Family Guide for Stroke, selected as the best new patient education program in the U.S.

Throughout this all, Dr. Mittan continued to develop and present the S.E.E. program. He founded a new company, **techKNOW-video**. The mission of this company is to develop effective (and entertaining) patient and family education on videotape for a price that is affordable. Producing epilepsy self-management aids, handouts, booklets, and the S.E.E. program on video and DVD are among his first projects.

www.theseeprogram.com

CONTINUING EDUCATION

The University of Texas Health Science Center at San Antonio, School of Nursing, is an approved provider of **Continuing Nursing Education** by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

The University of Texas Health Science Center at San Antonio, School of Nursing, is an approved provider of **Social Work** continuing education by the Texas State Board of Social Worker Examiners.

This education program offers up to **6.75** contact hours for nurses & social workers.

FINANCIAL AID

The Epilepsy Foundation Central & South Texas is committed to educating families affected by epilepsy. If you are a parent or person with epilepsy and are unable to attend due to financial difficulties, we have conference scholarships available. For more information, regarding financial aid, contact us at (210) 653-5353 or toll free at (888) 606-5353.

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Conference Registration

Online registration available at www.efcst.org

Name _____

Address _____

City _____ Zip _____

Phone _____

Email _____

- Physician, Physician Assistant \$50.00
- Nurse, Nurse Practitioner, Clinical Nurse Specialist, Social Worker \$50.00
- Consumer \$10.00
(person with epilepsy, family, or friend)
- Medical Student, Resident \$10.00
- I would like to apply for financial aid

Method of Payment

- Check Payable to EFCST Visa
- Money Order MasterCard
- Online at www.efcst.org
- I would like to make an additional contribution to the Epilepsy Foundation Central & South Texas

Registration is due by

AUGUST 19, 2008

Registration Fee \$ _____ Donation \$ _____

Total \$ _____

Credit Card # _____ Exp. date _____

Card Holder Name _____

Signature _____ Date _____