



FUNCTIONAL NEUROLOGICAL DISORDERS (FND) CLINIC

PRINCIPLES AND AIMS

UNDERLYING PRINCIPLES

- FND is common, understandable and real
- The disability associated with FND is real and distressing for people living with FND and their families
- FND is a disorder of the functioning of the nervous system
- People living with FND can influence and manage the symptoms of FND
- The nervous system can re-learn due to neuroplasticity
- Attentional processes play a role in FND and can influence FND symptoms
- Our thinking influences how we feel and what we do and vice versa
- Change can be hard but it is possible
- Setbacks are normal and we can learn how to manage them
- Progress occurs through a paced, graded and stepped approach
- Function matters more than perfection

AIMS OF THE CLINIC

- Promote a sense of hope for people living with FND
- Increase knowledge and understanding of FND
- Reduce stigma experienced by people with FND in the healthcare system and community
- Promote a sense of trust with the health care system
- Assist people living with FND to do what matters to them
- Promote empowerment and confidence in managing FND symptoms