



***The Functional  
Neurological Disorder  
(FND) Group  
A group for people with FND***

***Information for participants***

**Department of Clinical Neuropsychology**

## ***Who is the group for?***

The FND Group is for people who have been living with or who have recently received a diagnosis of FND.

The aim of the group is to help people understand more about FND and how the body and brain interact as well as finding out about helpful and unhelpful coping strategies.

The group is also a chance to meet others who have been through similar experiences and get information on resources that are available.

## ***How can the group help me with my FND?***

FND can affect many different parts of a person's life; this includes their mood, physical functioning, how they see themselves, their ability to work and their social life.

Many people with FND report feeling alone and isolated. We hope that attending the group will help to take away the feeling of being alone after your diagnosis and give you a chance to connect with other people who also live with FND.

## ***Where is the group held?***

We have both face to face groups and online groups. The face to face group is held in Aberdeen Royal Infirmary on a Wednesday afternoon.

The online group is held virtually through our video platform called Near Me on a Tuesday morning. You can access the online group from your own home.

If you have a preference, for face to face or online groups, let us know when you get in touch.

When you have booked into a group we will send you an appointment letter with more details.

### ***How many sessions are there?***

For the face to face group, there will be two group sessions, each lasting around two and a half hours and they will be a week apart. There will be two face to face groups held; one in September 2024 and one in March 2025.

For the online group, there will be four group sessions (to allow for more breaks), each lasting around 2 hours and there will be a week between each session. There will be two online groups held in August/September 2024 and February/March 2025.

The content is the same for both the face to face and online group.

## ***Who else will be at the group?***

The group is for people with FND only and will be facilitated by clinical psychologists.

All those attending will be adults, with a maximum of 12 people in the face to face group and 18 in the online group.

You don't need to speak about or share your experiences in the group or with others attending.

## ***I have FND, so why is the group run by clinical psychologists?***

We know that sometimes people can feel confused when they are asked to see a psychologist or psychiatrist about their FND when this is a neurological disorder.

Sometimes people with FND have felt that their symptoms were not being taken seriously or they were not being believed if it was suggested that they see a psychologist. It is important to make clear that clinical psychologists and neurologists want to support people with FND.

It is common for clinical psychologists to work with people that live with long-term health conditions to help them adjust to life after diagnosis, manage their symptoms and help them achieve their goals.

## ***How do I book myself into the group?***

To find out more or to book a place, contact us on

✉ **gram.neuropsych@nhs.scot**

☎ **01224 559352**

We will get back to you with details of the dates and times and can answer any questions you may have.

You'll need to give us the following information:

- a contact number or email address where we can get in touch
- your name
- date of birth
- your address

## ***Contact details***

If you would like more information about the group, to sign up for one of the groups or to cancel your attendance, you can contact us on the details below.

✉ **gram.neuropsych@nhs.scot**

☎ **01224 559352 (voicemail)**

### **Postal address:**

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## What did people taking part in the first groups think?



**This leaflet is also available in large print.  
Other formats and languages can be  
supplied on request. Please call Quality  
Development on 01224 554149 for a copy.  
Ask for leaflet 1938.**

Feedback from the public helped us to develop this leaflet. If you have any comments on how we can improve it, please call 01224 554149 to let us know.