

# Functional Neurological Disorder: From Symptoms to Solutions

Live: Virtual Aug. 14, 2024



# Functional Neurological Disorder: From Symptoms to Solutions

The Academy is the educational arm of Shirley Ryan AbilityLab (formerly RIC), a non-profit rehabilitation hospital in Chicago that has been ranked number one by *US News and World Report* since 1991. The Academy offers a wide range of accredited programs with the common goal of improving patient outcomes through clinical excellence. Our commitment to sharing the best evidence and rehabilitation practice with clinicians around the globe has always been an integral part of our mission.

The Academy is committed to creating an inclusive, authentic and comfortable learning environment that celebrates and supports all learners. We are dedicated to providing the highest-quality teaching regardless of race, age, ethnicity, nationality, gender, sexual orientation/identity, ability, religion, language or culture. Above all, we believe that everyone should feel safe, respected and welcomed when attending our programs at the hospital or online. We encourage the sharing of experiences and perspectives so we can learn from one another, and from our varied points of view.

## Course Description

Functional Neurological Disorder (FND) has evolved over decades and continued research highlights the improved perception and changes in attitude toward treatment of this disorder. It is certain that specifically tailored rehabilitation programs can lead to improvements and potential reversibility of FND.

This course focuses on an interprofessional approach to rehabilitation services for patients with Functional Neurologic Disorder (FND), including Functional Movement Disorder (FMD). The evidence-based content provided through this course will help clinicians develop the skills utilized within the rehabilitation setting to provide collaborative, comprehensive and skilled evaluation, and care planning for patients with FND. This course will provide an overview of positive clinical signs leading to a diagnosis of FND, dispel common misconceptions about FND and emphasize communication skills and interprofessional teamwork while working with patients in the rehabilitation setting. Finally, this course will provide tools to assist in the management of expectations for patients with FND.

## Location and Delivery Method

Virtual: This course is taught virtually using an online meeting platform and the Academy Learning Portal. Other online learning materials may also be utilized.

## Successful Completion

To successfully complete this course Live, participants will need to complete the self-study work, attend the live activity, attest to their attendance and complete an evaluation after the course through the Academy Learning Portal by **Wednesday, Aug. 21, 2024**.

## Who Should Attend

Advanced Practice Nurses, Nurses, Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, Physical Therapist Assistants, Physician Assistants, Physicians, Social Work and Speech Language Pathologists. Please see the section Continuing Education for accreditation details.

## Learner Outcomes

Upon completion of this course, participants will be able to:

- Identify positive clinical signs leading to a diagnosis of FND
- Summarize evidence to refute common misconceptions commonly associated with patients with FND
- List similarities and differences in assessment and intervention between patients with confirmed diagnosis of FND vs. patients with suspected positive clinical signs
- Describe interprofessional roles in the rehabilitation setting (both inpatient and outpatient) for comprehensive care planning for patients with FND
- Identify appropriate patient-provider and interprofessional communication skills and strategies when providing care for patients with FND
- Select appropriate patient education resources and clinician professional resources for plan of care development

## Course Faculty (Listed Alphabetically)



### **J.D. Dragna, Psy.D.**

*Licensed Clinical Psychologist, Department of Psychology and Patient Family Counseling, Shirely Ryan AbilityLab*

J.D. Dragna, PsyD is a Licensed Clinical Psychologist in the Psychology and Patient Family Counseling department at Shirley Ryan AbilityLab. He holds an academic appointment in the Department of PM&R at

Northwestern University's Feinberg School of Medicine. Dr. Dragna graduated with his Master of Arts degree in 2019 and Doctor of Psychology degree in 2021, both from Alliant International University (California School of Professional Psychology).

Dr. Dragna currently treats patients with functional neurological disorder, burns, limb loss, transplants and spinal cord injuries. He additionally specializes in the treatment of severe mental illness and suicidal ideation. Dr. Dragna is skilled in conducting depth-oriented, insight-focused individual psychotherapy and psychoeducational groups. He also serves as one of the primary supervisors for psychology externs.



**Sara A. Finkelstein, MD, MSc, FRCPC**

***Attending Physician, Functional Neurological Disorder Unit,  
Massachusetts General Hospital Instructor in Neurology,  
Harvard Medical School***

Sara A. Finkelstein MD, MSc, FRCPC received her MD from the University of Calgary. Dr. Finkelstein completed her Residency and Neurology Residency in the Department of Clinical Neurosciences through the University of Calgary Faculty of Medicine. She completed a Fellowship in

Functional Neurological Disorders through the NHS Lothian in Scotland in 2020. Dr. Finkelstein is a faculty member in the Department of Neurology at Massachusetts General Hospital. She works primarily in the Functional Neurological Disorder (FND) Unit, based within the Cognitive Behavioral Neurology Division. In the FND clinic, Dr. Finkelstein provides specialized consultations for patients experiencing functional limb weakness, functional movement disorders, functional seizures, functional speech disorder, functional cognitive disorder and persistent postural perceptual dizziness (PPPD). Dr. Finkelstein is a board-certified neurologist and is a Fellow of the Royal College of Physicians and Surgeons of Canada (FRCPC) in neurology.



**Jennifer Freeburn, MS, CCC-SLP**

***Co-Investigator & Speech-Language Pathologist,  
Massachusetts General Hospital***



**Daniel Goodman, MD, MS**

***Attending Physician, Shirley Ryan AbilityLab,  
Medical Director of PM&R Consultation, Northwestern Memorial Hospital  
Associate Professor, Northwestern Feinberg School of Medicine***

Dr. Goodman graduated with his medical degree from The Chicago Medical School in 2012 and completed his residency through the McGaw Medical Center of Northwestern University/Shirley Ryan AbilityLab in

2016. Dr. Goodman serves as a member of the inpatient consultation service, providing input to the management of a variety of conditions. In addition, he has expertise in spasticity management, electrodiagnostic evaluations, and neurologic rehabilitation. Prior to his career in medicine, Dr. Goodman gained expertise in kinesiology, biomechanics, exercise physiology, and thermoregulation with applications in enhancing human performance in sports and military settings. Dr. Goodman earned an advanced degree in applied anatomy and physiology and has numerous peer-reviewed articles and national research presentations to his name.



**Julie Hershberg, PT, DPT, NCS**

***Clinical Associate Professor of Physical Therapy, University of Southern California Founder & CEO, re+active***

Dr. Julie Hershberg is an associate professor of physical therapy at the University of Southern California, Department of Biokinesiology and Physical Therapy. In clinical practice, Dr. Hershberg enjoys working with adults with neurologic diagnoses with a special interest in walking recovery and prevention and balance and falls. She is the founder and owner of [re+active] physical therapy & wellness in Los Angeles, a unique outpatient neurology clinical practice. She completed the neurologic residency program at USC and Rancho Los Amigos National Rehabilitation Center and is a board certified neurologic clinical specialist. She has practiced in outpatient, inpatient and home health neurologic rehabilitation settings in Southern California and was the site team leader for the NIH-sponsored Locomotor Experience Applied Post Stroke (LEAPS) clinical research trial at USC and Centinela Freeman Regional Medical Center. She started the first in the world neurologic fellowship program from physical therapists—the Schmidt Movement Disorders Fellowship at re+active and enjoys teaching and mentoring clinicians from all over the world.



**Laura Lenhart, PT, DPT, NCS**

***Senior II Physical Therapist at Homewood DayRehab, Shirley Ryan AbilityLab Neurologic Certified Specialist***

Laura Lenhart graduated from Creighton University with her Doctorate in Physical Therapy in 2011 and went on to complete a Neuro Residency in 2012 through the University of Utah. She is currently a Senior II Physical Therapist working at Shirley Ryan AbilityLab Homewood DayRehab. Laura's current clinical and research interests include developing programming and intervention for individuals with Functional Movement Disorder and individuals with brain injury who are in Disorder of Consciousness. Laura is also an avid supporter of Disability rights/advocacy and recently completed her Master's in Disability Studies in 2020.



**Sarah Lidstone, MD, PhD**

***Director, Integrated Movement Disorders Program Toronto Rehabilitation Institute, University Health Network, Toronto, Canada***

***Assistant Professor, Division of Neurology, Department of Medicine, University of Toronto, Toronto, Ontario, Canada***

Dr. Lidstone is the Director of the Integrated Movement Disorders Program, an interdisciplinary precision rehabilitation program at the Toronto Rehabilitation Institute. She is a movement disorders neurologist and an Assistant Professor at the University of Toronto. Dr. Lidstone completed her residency in neurology and her fellowship in movement disorders at the University of Toronto. Prior to this, she completed her PhD in Neuroscience at the University of British Columbia studying the placebo effect in Parkinson's Disease. During her training she also spent time in the United Kingdom, Switzerland and The Netherlands learning about diverse models used in the care of movement disorders. Her research focuses on developing and testing novel therapy approaches with an emphasis on rehabilitation that targets the integration of physical and mental health, and the development of self-management skills. Dr. Lidstone is passionate about the integration of the

brain, mind and body, empowering patients with education, and partnering with patients in all elements of her work.



**Beth K. Rush, Ph.D., ABPP**

*Assistant Professor, Department of Psychiatry & Psychology Mayo Clinic, Jacksonville, Florida*

Dr. Rush is board certified by the American Board of Professional Psychology in both clinical neuropsychology and rehabilitation psychology. Her clinical and research work centers on helping individuals understand and adjust to brain conditions. She is involved in clinical practice and research of functional neurological disorder subtypes. Dr. Rush enjoys cognitive and behavioral phenotyping of complicated genetic and medical diseases. Most recently she works in functional neurological disorder, CSFIR-related leukoencephalopathy, motor neuron disease, primary neurodegenerative disease and neuro-autoimmune disease.



**Stephanie Zuba-Bates, OTD, MS, OTR/L**

*Associate Professor of Occupational Therapy, Chicago State University*

Stephanie Zuba-Bates is an associate professor of occupational therapy at Chicago State University in Chicago, IL where she is also the director of the Diversifying the Occupational Therapy Workforce Scholarship for Disadvantaged Students grant (funded through the Health Resources and Services Administration (HRSA)). Dr. Zuba-Bates earned her Occupational Therapy Doctorate (OTD) from the University of Illinois at Chicago in 2008. She has 10 years of clinical experience in adult rehabilitation, neurological rehabilitation, and functional cognition. These clinical experiences stimulated her interest in community reintegration and participation. Her research has focused on the lived experience of people living with functional neurological disorder (FND), interprofessional education, and the health and spiritual benefits of gardening.

**Shirley Ryan AbilityLab Course Faculty**

**Tertia “Abby” Jeppson, M.A., CCC-SLP, CBIS**

Research Speech Language Pathologist, Center for Aphasia Research and Treatment, Think+Speak Lab

**Rachel Lee, PT, DPT**

Inpatient Pediatrics Senior Physical Therapist II, Pediatric Clinical Educator, Board-Certified Clinical Specialist in Oncologic Physical Therapy

**Hannah Redd, PT, DPT, NCS**

Senior II Physical Therapist, Outpatient Neuro Clinical Supervisor

**Jenna Zander, MOT, OTR/L**

Senior I Occupational Therapist, Outpatient Neuro Department



## Live Agenda (in CST)

Required Self- Study	
<p>Self-study Work Available Jul. 1, 2024</p> <p>Self-study Must be completed by Aug. 21, 2024</p>	<p>To Do:</p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Read or listen to an article</li> <li><input checked="" type="checkbox"/> Complete Self-assessment exercise</li> </ul> <p>Total Time = 1 hour</p> <p>*You may read any of the articles available but will only receive Contact Hours/CEUs for one.</p>

### Wednesday, August 14, 2024 (all times in CT)

<b>8:30-8:45 am CT</b>	<b>Welcome: Review of Course Outcomes &amp; Expectations</b>
<p>8:45-9:15 am</p> <p>9:15-10:00 am</p>	<p><b>What's in a Name? Hysteria to Conversion to FND</b> <i>Laura Lenhart, PT, DPT, NCS</i></p> <p><b>The Intricacies of Making a Diagnosis of FND</b> <i>Daniel Goodman, MD, MS</i></p>
<b>10-10:15 am</b>	<b>Break</b>
<p>10:15-11:00 am</p> <p>11-11:45 am</p> <p>11:45 am-12:15 pm</p>	<p><b>Treatment of FND</b> <i>J.D. Dragna, Psy.D.</i></p> <p><b>Under the Umbrella: The Role of the Interprofessional Team &amp; Treatment Specific Breakouts</b> *Choose One Breakout Session (See full descriptions below)</p> <p><b>Interprofessional Team Panel</b> Moderator: <i>Julie Lenkiewicz, MS, CCC-SLP</i> Panelists: <i>Sara A. Finkelstein, MD, MSc, FRCPC, Jennifer Freeburn, MS, CCC-SLP, Julie Hershberg PT, DPT, NCS &amp; Stephanie Zuba-Bates, OTD, MS, OTR/L</i></p>
<b>12:15-1 pm</b>	<b>Lunch on your own</b>

1-2 pm	<b>Clinical Presentations: A Case Review</b> <i>Tertia “Abby” Jeppson, M.A., CCC-SLP, CBIS, Rachel Lee, PT, DPT, Hannah Redd, PT, DPT, NCS &amp; Jenna Zander, MOT, OTR/L</i>
2-2:45 pm	
2:45-3 pm	<b>Psychological Mechanisms and Interventions in FND</b> <i>Beth K. Rush, Ph.D., ABPP</i>
3-4 pm	<b>Break</b>
4-4:15 pm	<b>Is Recovery Possible? Managing Clinician &amp; Patient Expectations &amp; Symptoms</b> <i>Sarah Lidstone, MD, PhD</i>
4:15 pm	<b>Course Wrap-Up &amp; Debrief</b> <b>End of Course</b>

**\*Breakout Session Options:**

**Functional Movement Disorders**

*Julie Hershberg PT, DPT, NCS*

Functional movement disorder (FMD) is a subtype of FND in which abnormalities of movement, such as tremor, dystonia or gait disorder can be altered by distraction or nonphysiologic maneuvers and are clinically incompatible with movement disorders associated with neurologic disease. This breakout session will examine the core principle of physical therapy interventions for FMD in order for healthcare professionals to gain a deeper understanding of this diagnosis as well as increased confidence in assessment and intervention.

**Managing FND Symptoms in Daily Life**

*Stephanie Zuba-Bates, OTD, MS, OTR/L*

Individuals living with Functional Neurological Disorder (FND) report various symptoms including tremors, abnormal gait, paresis, pain and dystonia that significantly impact their participation in daily activities and life roles. These symptoms may be triggered by sensory stimuli in their environments resulting in maladaptive sensory motor responses that impact their ability to perform daily activities. This session aims to examine the impact these triggers have on participation and how to address them in practice. We will discuss identification of potential triggers, introduce self-management strategies and explore practical solutions for your practice.

**Functional Speech Disorders: Perspectives on Diagnosis, Prognosis & Treatment**

*Jennifer Freeburn, MS, CCC-SLP*

Functional Neurologic Disorder (FND) is a common and treatable condition seen widely in neurology clinics. Motor speech symptoms arising from FND are classified as Functional Speech Disorders and may include disruptions to any speech subsystem. Neurorehabilitation professionals across settings are likely to encounter FND in their practice. This session aims to support healthcare professionals to first understand what is known about the underlying



mechanisms relevant to FND, and second to develop an increased level of comfort with the recognition and treatment of Functional Speech Disorders.

### **Ruling In, Not Ruling Out**

*Sara A. Finkelstein, MD, MSc, FRCPC*

There is not one single test that can conclusively diagnosis Functional Neurologic Disorder (FND). This session aims to take a deeper examination of the diagnostic process for FND. We will explore the concepts of positive signs or patterns of the diagnosis and taking an approach of ruling in with symptoms and not ruling out. Case studies will be presented to problem solve, analyze and discuss the decision-making process. Finally, strategies will be provided on diagnosis discussions with patients and families.

### **Continuing Education Credit**

#### **Occupational Therapy**



American  
Occupational Therapy  
Association

**Approved Provider**

Shirley Ryan AbilityLab is an AOTA Approved Provider of professional development. Course approval ID 9175. This distance learning-interactive course is offered at 7.5 contact hours, 7.5 CEUs

[intermediate level, foundational knowledge/OT service delivery]. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

#### **Physical Therapy**

This online course has been approved by the Illinois Physical Therapy Board for 1.0 self-study, 6.5 live Contact Hours. Approval #216-000069

The Shirley Ryan AbilityLab is recognized by the California and New York State Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. This course has been approved for 1.0 self-study, 6.5 live on 2/13/2024.

The following states require continuing education units or contact hours with no state specific approval: CT, IA, and WA

#### **Physician**



Illinois  
State  
Medical  
Society

The Rehabilitation Institute of Chicago DBA Shirley Ryan AbilityLab is accredited by the Illinois State Medical Society (ISMS) to provide continuing medical education for physicians.

The Rehabilitation Institute of Chicago DBA Shirley Ryan AbilityLab designates this live activity for a maximum of 7.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with

the extent of their participation in the activity.

## Social Work

Shirley Ryan AbilityLab is registered by the State of Illinois to sponsor continuing education programs for social workers.

This program will award 7.5 Continuing Education Credit Hours.

Sponsor License #159001466.

## Speech-Language Pathology



**ASHA CE**  
**APPROVED PROVIDER**

**Rehabilitation Institute of Chicago  
dba Shirley Ryan AbilityLab**

Introductory Level

0.75 ASHA CEUs

## Cancellation Policy

All cancellations must be requested by email at [academy@sralab.org](mailto:academy@sralab.org). Refunds less a 20% administrative charge will be given until 30 days before the start date of the course. If the cancellation notice is received less than 30 days from the start date of the course, a credit towards a future continuing education program would be applied for 1 year from the start date of the canceled course. The Academy reserves the right to cancel or change any programs for due cause. The cancellation of a program by the Academy will result in a full refund of tuition.

## Important Registration Information

Registrations will be taken in the order in which tuition checks or credit card information is received. We highly encourage you to register online as these are processed more quickly than mailed registrations. Full tuition must accompany the registration form in order to confirm your place in this course. Until you receive your confirmation letter, you are not officially registered for the course. For online registrations, you will receive email confirmation on the same day that you register. For registrations received by standard mail, the confirmation may take up to three weeks to process. If you do not receive confirmation within this period, please call 312.238.6042. One week prior to the course, only internet registrations that include an email will be accepted. Please note that once the course has reached its maximum enrollment, no additional spots will become available.

## Technology Requirements

To participate, you will need access to a computer with an internet connection. High-speed broadband access (LAN, Cable or DSL) is highly recommended.

- Internet connection: broadband wired or wireless (3G or better)
- Web browser with latest stable version. Recommended browsers are Apple Safari, Google Chrome, Mozilla Firefox and Microsoft Edge
- JavaScript and Cookies enabled
- Speaker or headset to listen to audio files and participate in Zoom calls
- Do NOT use Internet Explorer, as it is not supported.

## Accessibility

Please contact the Academy if you require any special accommodation for this course.

## Faculty Disclosures

### CME Leadership and Staff:

Ben Friedman, Director of CME

Has nothing to disclose.

Rebecca Bagdy, Executive Director, Academy

Has nothing to disclose.

### Course Director's and Planning Committee Members' Disclosure Information:

Julie Lenkiewicz, MS, CCC-SLP

Has nothing to disclose.

Melissa Kolski, PT, OCS, Dip MDT

Has nothing to disclose.

Leslie Marriott, OT

Has nothing to disclose.

Melissa Legreid, MS, RN, CRRN, NPD-BC

Has nothing to disclose.

**Course Faculty Disclosure Information:**

J.D. Dragna, Psy.D.

Has nothing to disclose.

Sara A. Finkelstein, MD, MSc, FRCPC

Has nothing to disclose.

Daniel Goodman, MD, MS

Has nothing to disclose.

Julie Hershberg, PT, DPT, NCS

Has nothing to disclose.

Tertia "Abby" Jeppson, M.A., CCC-SLP, CBIS

Has nothing to disclose.

Rachel Lee, PT, DPT

Has nothing to disclose.

Laura Lenhart, PT, DPT, NCS

Has nothing to disclose.

Sarah Lidstone, MD, PhD

Has nothing to disclose.

Hannah Redd, PT, DPT, NCS

Has nothing to disclose.

Beth K. Rush, Ph.D., ABPP

Has nothing to disclose.

Jenna Zander, MOT, OTR/L

Has nothing to disclose.


Stephanie Zuba-Bates, OTD, MS, OTR/L

Has nothing to disclose.

Jennifer Freeburn, MS, CCC-SLP

*Financial Disclosure: Receives honoraria from Encompass Health and Med SLP Collective*

*Non-Financial Disclosure: Founding member of the Functional Neurological Disorders Society (FNDS)*



The Academy would like to extend a special **THANK YOU** to **MERZ** for their educational grant which supports the Academy at the Shirley Ryan AbilityLab and helps us pull together programs such as this.

**\*Please Note:** This organization does not have input in the planning or delivery of this course.

# Functional Neurological Disorder: From Symptoms to Solutions

Register online at <https://www.sralab.org/academy> or complete the form below and return with payment.

**Mail to: Academy**  
**Shirley Ryan AbilityLab**  
**355 E. Erie Street, Suite 12-West**  
**Chicago, Illinois 60611**

## Select One Workshop:

\_\_\_\_ Functional Movement Disorders    \_\_\_\_ Functional Sensory Symptoms    \_\_\_\_ Ruling In, Not Ruling Out

\_\_\_\_ Functional Speech Disorders: Perspectives on Diagnosis, Prognosis & Treatment

Early Bird Registration Fee for Live or On-demand by May 22, 2024	\$300
Registration Fee After May 22, 2024	\$350

Questions? Contact Julie Lenkiewicz, [jlenkiewic@sralab.org](mailto:jlenkiewic@sralab.org), 312-238-3107.

Please TYPE or PRINT your name and professional initials (MD, OT, PT, RN, etc.) as you would like them to appear on your continuing education certificate.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
Home Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Prof. Initials \_\_\_\_\_  
Home Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Organization/Facility \_\_\_\_\_  
Work Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Work Phone ( \_\_\_\_\_ ) \_\_\_\_\_  
Position \_\_\_\_\_  
E-mail (required) \_\_\_\_\_

Please note: registration will not be processed without full payment.

Method of Payment:     Check enclosed (Payable to: Shirley Ryan AbilityLab)     Credit Card

Credit Card Users Must Complete the Following Information:

MasterCard     VISA     American Express

Credit Card # \_\_\_\_\_

Expiration Date \_\_\_\_/\_\_\_\_/\_\_\_\_ CVV \_\_\_\_ (security code on back of card)

Name on Card \_\_\_\_\_

Billing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_