

Functional Neurological Disorder: From Symptoms to Solutions

On-Demand Access: Oct. 1 to Dec. 31, 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 On-demand, participants will need to complete the self-study work, view all recordings, complete an assessment and complete an evaluation after the course through the Academy Learning Portal by **Tuesday, Dec. 31, 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 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

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

On-demand Agenda

	Required Self-study
Self-study Work Available Oct. 1, 2024 Self-study Must be completed by Dec. 31, 2024	To Do: <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Read or listen to an article <input checked="" type="checkbox"/> Complete Self-assessment exercise Total Time = 1 hour *You may read any of the articles available but will only receive Contact Hours/CEUs for one.

15 Minutes	Welcome: Review of Course Outcomes & Expectations
30 Minutes 45 Minutes	What's in a Name? Hysteria to Conversion to FND <i>Laura Lenhart, PT, DPT, NCS</i> The Intricacies of Making a Diagnosis of FND <i>Daniel Goodman, MD, MS</i>
45 Minutes 45 Minutes 30 Minutes	Treatment of FND <i>J.D. Dragna, Psy.D.</i> Under the Umbrella: The Role of the Interprofessional Team and Treatment Specific Breakouts (See full descriptions below) *You will only receive Contact Hours/CEUs for one breakout session. Interprofessional Team Panel 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 & Stephanie Zuba-Bates, OTD, MS, OTR/L</i>
60 Minutes	Clinical Presentations: A case review <i>Tertia "Abby" Jeppson, M.A., CCC-SLP, CBIS, Rachel Lee, PT, DPT, Hannah Redd, PT, DPT, NCS and Jenna Zander, MOT, OTR/L</i>

45 Minutes	Psychological Mechanisms and Interventions in FND <i>Beth K. Rush, Ph.D., ABPP</i>
60 Minutes	Is Recovery Possible? Managing Clinician and Patient Expectations and Symptoms <i>Sarah Lidstone, MD, PhD</i>
15 Minutes	Course Wrap-Up & Debrief

***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.

Functional Sensory Symptoms

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

Functional Sensory Symptoms describe sensory symptoms anywhere in the body that are due to the nervous system not working properly, leading to many individuals with FND reporting hypersensitivity to touch, light, sound and movement. Specific terms have been used to describe these problems, including sensory modulation difficulties, sensory defensiveness and sensory over-responsiveness. This session aims to examine functional sensory symptoms as it can result in avoidant behaviors, limiting participation in rehabilitation, functional activities and exacerbating other symptoms and disability. We will discuss potential triggers for individuals with FND, introduce self-management techniques 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-independent 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 7.5 self-study 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 7.5 self-study on 2/23/2024.

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 enduring activity for a maximum of 7.5 *AMA PRA Category 1 Credit(s)*[™]. 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.



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. 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.

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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

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, 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 _____