



# Overcoming Functional Neurological Symptoms: A Five Areas Approach

*Christopher Williams, Alan Carson, Sharon Smith, Michael Sharpe, Jonathan Cavanagh, Catriona Kent*

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**Overcoming Functional Neurological Symptoms** uses the proven and trusted five areas model of Cognitive Behaviour Therapy (CBT) to help people experiencing a range of medically unexplained symptoms, including chronic headaches, fatigue, dizziness, loss of sensation, weakness and numbness.

Easy to use and practical, this CBT workbook:

- Presents the insights of award-winning authors who are experts in the field
- Contains therapeutic advice proven to work through years of research and practice
- Ensures patients success through specific plans leading to positive results
- Provides advice for friends and family of patients

This book is designed for CBT practitioners, psychiatrists, psychologists, neurologists, physiotherapists, occupational therapists and healthcare workers to share with their patients.

A linked and completely free online support course is located at [www.livinglifetothefull.com](http://www.livinglifetothefull.com) with additional resources at [www.fiveareas.com](http://www.fiveareas.com)

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