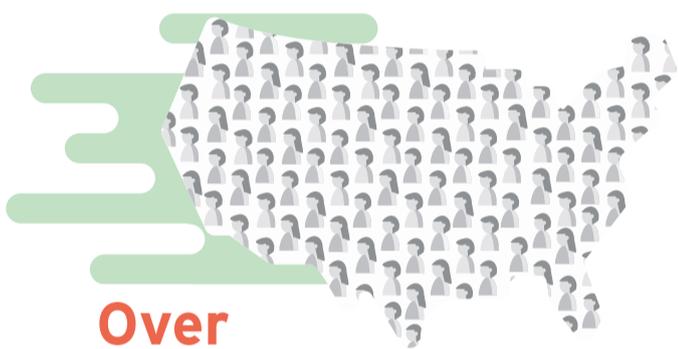


# ART THERAPY Positively Affects People Living with Epilepsy

*Studio E: The Epilepsy Art Therapy Program* is for people with various types of epilepsy and at different stages of their epilepsy journey. The program is made possible through a partnership between the Epilepsy Foundation and Lundbeck. Participants include those with daily seizures, those with less frequent seizures, and some whose seizures are well controlled. Some are confident, others struggle with stigma. *Studio E* offers a unique way for people with epilepsy to socialize with others and open up honestly about daily challenges in a trusting, expressive environment.

## THE CHALLENGES OF EPILEPSY

SOME PEOPLE LIVING WITH EPILEPSY THRIVE, WHILE OTHERS FACE DAILY STRUGGLES.



Over **2,000,000**

people in the U.S. have epilepsy, but stigma leads to lack of understanding and connection.<sup>1</sup>

According to a survey among 212 young people worldwide with epilepsy (74% were over the age of 12)

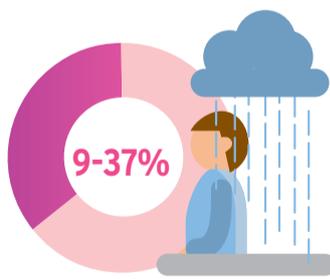


36% have kept their epilepsy a secret from other people at some time for fear of being treated differently<sup>2</sup>

IN RECENT EPIDEMIOLOGICAL STUDIES



As many as 25% experience anxiety<sup>3</sup>



As many as 37% experience depression<sup>3</sup>

IN A STUDY OF MORE THAN 1,000 PEOPLE WITH EPILEPSY



Almost 25% of those surveyed describe social stigma as a result of their epilepsy<sup>4</sup>

## WHY DOES *STUDIO E* BREAK THROUGH?

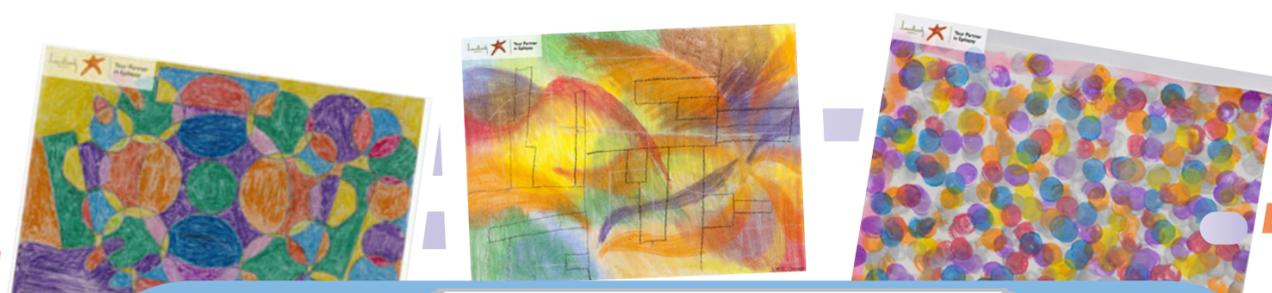
Art therapy helps people express themselves, build confidence, connect and engage with others living with epilepsy.

*Studio E* is a multi-week program led by a professional art therapist using an open studio model, which promotes freedom of expression and open sharing. Participation in *Studio E* does not require previous art making or artistic talent.



# FIRST NATIONWIDE PROGRAM OF ITS KIND

The partnership between the Epilepsy Foundation and Lundbeck has made *Studio E* the first nationwide program of its kind. It is offered at no cost to participants in nearly 50 locations across the U.S. with more than 1,000 people participating each year.



A STUDY PRESENTED AT THE

## AMERICAN EPILEPSY SOCIETY 2014 ANNUAL MEETING

Evaluated the impact of *Studio E* on participant's quality of life and self-esteem.

***Studio E* participants showed significant improvements in self-esteem, as measured by the Rosenberg Self-Esteem Scale ( $t=1.796, p=0.03$ ).<sup>5</sup>**

- ✓ Feelings of self-worth
- ✓ Feelings of self-respect
- ✓ Ability to do things as well as most other people

### STUDY PARTICIPANTS

**MEN**  
25

**WOMEN**  
42

AGES 20-80

9 *Studio E* programs participated

8 participants dropped from the study<sup>5</sup>



**LACY VITKO**  
Studio E Program Manager  
and Art Therapist

*"Studio E allows people to uncover and transform difficult emotions involving their experience of epilepsy through the use of symbol and metaphor. The safety and containment of the creative process engages the whole person and provides the opportunity for integration of previously disconnected parts of self."*

*"My original Studio E classmates were a diverse group of extroverts and introverts with different confidence levels. Through the process, I discovered a lot of talent and passion in myself that I didn't even know existed. By the end of the sessions, I felt not only like I was accepted, but I understood what Studio E was designed for."*



**ERICK**  
Studio E participant



For more information or to locate a *Studio E* program near you,  
VISIT [WWW.EPILEPSY.COM](http://WWW.EPILEPSY.COM).

View *Studio E* art at [www.yourpartnerinepilepsy.com](http://www.yourpartnerinepilepsy.com).



1. The Epilepsy Foundation. Epilepsy Statistics. Available at: <http://www.epilepsy.com/learn/epilepsy-statistics>. 2. Elsevier. Perceived impact of epilepsy in teenagers and young adults: An international survey. <http://www.elsevier.com/locate/yebeh> 3. Kwon O-Y, et al. Depression and Anxiety in People with Epilepsy. <http://dx.doi.org/10.3988/jcn.2014.10.3.175>. 4. Bandstra NF, Camfield CS, Camfield PR. Stigma of Epilepsy. *Can. J. Neurol. Sci.* 2008; 35:436-440. 5. Buelow JM, Vitko LR, Gattone JM. The Impact of an Art Therapy Program on Self-Esteem and Quality of Life in People with Epilepsy. Poster session presented at: American Epilepsy Society. 68th Annual Meeting. 2014 Dec 5-9; Seattle, WA.