



Living Well with FND: 2026 Fall Series

Virtual Group Therapy for Functional Neurological Disorder

Join a supportive virtual therapy group for individuals living with FND. This group offers education, coping strategies, and support for managing symptoms and improving daily functioning.

Thursdays
11:00 AM-12:00 PM

Begins
Thursday, November 5, 2026

Meets
6-session series

Session dates: November 5, November 12, November 19, December 3, December 10, December 17

Attendance: Clients may attend without committing to all 6 sessions. Please provide at least 24 hours' notice when possible if unable to attend a session. No-shows and late cancellations may be billed the full session fee.

Fee: \$185 per session

Insurance / Eligibility: Private-pay participants are welcome. Kaiser commercial members (non-Medicare, non-Medi-Cal) may participate on a self-pay basis. Kaiser will not reimburse the group fee. Kaiser Medicare Advantage and Medi-Cal members are not eligible to participate due to insurance restrictions.

Topics may include:

- Understanding FND
- Stress and symptom awareness
- Coping strategies
- Nervous system regulation
- Daily functioning and routines
- Support and connection
- Building agency and autonomy

To schedule or learn more:

consult@lockmanmd.com

or send a message through the secure portal