

Multiple sclerosis (MS) is a condition of the central nervous system, interfering with nerve impulses within the brain, spinal cord and optic nerves. It is characterised by sclerosis a Greek word meaning scars. These scars occur within the central nervous system and depending on where they develop, manifest into various symptoms.

MS affects over 23,000 in Australia and more than two million diagnosed worldwide. Most people are diagnosed between the ages of 20-40, but it can affect younger and older people too. Roughly three times as many women have MS as men.

I have been diagnosed with Multiple Sclerosis since 1991, having my first attack in 1989. During this time, I have been lucky enough to remain relatively functional, with mainly left sided body weakness but my cognitive functions remain intact. On many occasions through-out the years (almost 30 – I'm getting old), I have been asked to speak to many newly diagnosed people through relatives and friends, where I found my psychological skills and knowledge of MS of an advantage. With the introduction of the NDIS I have been registered as a prescriber for and wish to offer this service to other people with this diagnosis.

This service will include, initially, the Identification of individual goals and list interventions required to achieve these

- Assist the individual's families and carers in understanding and assistance in the vital provision of care and support
- Provide psychological education on areas that may affect the individual i.e. Anxiety, stress
- Provide counselling and psychological interventions
- Hypnotherapy, Timeline therapy, NLP coaching as required