



Project UPLIFT

Using Practice and Learning
To Increase Favorable Thoughts



What is Project UPLIFT?

Project UPLIFT combines cognitive behavioral therapy with mindfulness training to assist people with epilepsy in becoming more aware of negative thoughts so they can work through them in a healthy way. These learned skills will help participants deal with challenging situations in daily life.

UPLIFT is offered through Atrium Health at no cost for adults with epilepsy.

If you are interested in the program, please reach out to your epilepsy provider to inquire about eligibility.

Program Structure:

- Group sessions with up to 8 other participants.
- Virtual Platform used will allow face-to-face interaction.
- One session every week (one after the other) for 8 weeks.
- Each session will last about 45 to 60 minutes and include weekly independent activities.
- Sessions include:
 - Discussion
 - Teaching
 - Group Exercise
 - Skill Building
- The program is most helpful for participants when they can attend all sessions and do their weekly activities on their own.



Research has shown that cognitive-based therapy and mindfulness are very effective at helping mood, and therefore quality-of-life, among people with epilepsy.

Contact Information

Epilepsy Nurse Navigator and Program Coordinator:

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