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Art Display Created by People with Epilepsy Highlights Benefits of Complementary Therapy
Research Underway Exploring the Therapeutic Impact of Art Therapy for People with Epilepsy

San Diego, Calif. – For the second year, Lundbeck and the Epilepsy Foundation (EF) will exhibit artwork from *Studio E: The Epilepsy Art Therapy Program* at the American Epilepsy Society (AES) Annual Meeting. *Studio E* offers weekly group art therapy sessions for adults, teens and children with epilepsy where participants work with licensed art therapists using a variety of artistic media, including painting, sketching and sculpting over several sessions. Overwhelmingly positive feedback for the *Studio E* program has inspired upcoming research to further understand the potential benefits of art therapy for people with epilepsy.

Made possible through a partnership between Lundbeck, a pharmaceutical company committed to helping people with epilepsy, and the Epilepsy Foundation, *Studio E* is an ongoing program in more than 20 cities across the country. Art therapy is considered a complementary therapy, which is often defined as a therapeutic practice that supports or enhances conventional medicine.¹

“This powerful program embodies the Epilepsy Foundation’s mission to provide services that benefit people with epilepsy, and has been celebrated by our affiliate network and participants,” said Philip Gattone, president and CEO of the Epilepsy Foundation. “I have heard EF affiliates describe how participants open up more in a few weeks of doing art therapy than they did in many years of support groups. I’ve often been told that after the first session, the floodgates opened, and it was as if participants had been waiting for an opportunity like this.”

Program participants, art therapists, Epilepsy Foundation representatives and others have reported positive outcomes after each art therapy program. These accounts indicate the program has helped people with epilepsy express difficult feelings, gain comfort engaging with others and build confidence. In an effort to better validate these outcomes, plans are underway to use *Studio E* as a platform to conduct research that may provide us with a more rigorous understanding of the benefits the program.

The epilepsy community has been using complementary and alternative therapies to address seizure disorders for decades. For instance, the ketogenic diet was originally introduced in the 1920s², and the focus on complementary and alternative therapies and how they may help people with epilepsy continues to gain momentum. In the past year, literature reviews, books and additional research have explored how therapies that reduce stress may benefit people with epilepsy.^{3,4,5}

“Through the creative process, art therapy provides people a non-verbal way to identify, communicate and work towards resolving conflicts and problems, and consequently to reduce stress, increase self-esteem and restore an internal locus of control,” said Dr. Steven Schachter, professor of neurology, Harvard Medical School and chief academic officer, Center for Integration of Medicine and Innovative Technology. “Each of these outcomes can be helpful to persons with epilepsy, particularly those who are struggling with the effects of seizures, side effects, living with epilepsy and interpersonal relationships. The 2013 program will provide a unique opportunity to prospectively measure the impact of art therapy for people with epilepsy and help us understand how to optimize art therapy for their benefit.”

This year's display will be showcased at the Innovation Pavilion on Dec. 1-2 at the AES meeting, one of the prominent international meetings for healthcare professionals supporting people with epilepsy, and will include more than 25 prints of artwork created during 2012 programs from across the country. People can view artwork from the programs online, regularly updated with new work, by visiting www.yourpartnerinepilepsy.com.

"Lundbeck is privileged to partner with the Epilepsy Foundation. This program underscores our commitment to helping the epilepsy community in ways that go beyond traditional avenues," said Daniel Brennan, vice president and general manager-neurology, Lundbeck US. "To support a program that has an enduring benefit for people with epilepsy is truly special and we look forward to better understanding the depth of *Studio E's* impact."

About Studio E: The Epilepsy Art Therapy Program

In 2011, Lundbeck and the Epilepsy Foundation launched *Studio E: The Epilepsy Art Therapy Program* to offer group art therapy sessions to people with epilepsy. Hosted by more than 20 local Epilepsy Foundation affiliates across the country, in partnership with Lundbeck, *Studio E* gives people the opportunity to take part in multiple art therapy sessions with certified art therapists.

Studio E participants create art using a variety of mediums such as painting, sketching and sculpting. The process allows them to strengthen their voice, express emotions, and share their experiences. Subsequently, *Studio E* promotes confidence in participants to generate ideas, create new relationships and cultivate new interests moving forward. *Studio E* uses an open studio approach, which promotes freedom of expression and open discussion.

In 2013, Lundbeck and the Epilepsy Foundation will introduce a research component to the *Studio E* program, which will serve to better understand the qualitative benefits of art therapy. This will aim to be the largest study of patients with epilepsy and art therapy.

About the Epilepsy Foundation

The Epilepsy Foundation, a national nonprofit with affiliated organizations throughout the United States, has led the fight against epilepsy since 1968. The Foundation's mission is to stop seizures, find cures and overcome the challenges created by epilepsy. For additional information, please visit www.epilepsyfoundation.org.

About Lundbeck in the U.S.

A wholly-owned subsidiary of H. Lundbeck A/S, Lundbeck in the U.S. is headquartered in Deerfield, Illinois, and is committed to accelerating our work in central nervous system (CNS) disorders, including challenging seizure disorders. Additionally, Lundbeck employees actively support and participate in hundreds of epilepsy awareness events each year as part of their ongoing commitment to make a difference for those impacted by epilepsy. For more information, please visit lundbeckus.com.

About Lundbeck

H. Lundbeck A/S (LUN.CO, LUN DC, HLUYY) is an international pharmaceutical company highly committed to improving the quality of life for people suffering from psychiatric and neurological disorders. For this purpose, Lundbeck is engaged in the research, development, production, marketing and sale of pharmaceuticals across the world. The company's products are targeted at disorders such as depression and anxiety, psychotic disorders, epilepsy and Huntington's, Alzheimer's and Parkinson's diseases.

Lundbeck was founded in 1915 by Hans Lundbeck in Copenhagen, Denmark. Today Lundbeck employs approximately 6,000 people worldwide. Lundbeck is one of the world's leading pharmaceutical companies working with psychiatric and neurological disorders. In 2011, the company's revenue was DKK 16.0 billion (approximately EUR 2.2 billion or USD 3.0 billion). For more information, please visit www.lundbeck.com.

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Sources

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