

Publications and references

Network update and research

MND Smart - <https://www.mnd-smart.org> - Self refer.

MND Register <https://www.mndassociation.org/research/get-involved-in-research/mnd-register>

Genetics and MND

B1: Inherited MND: Introduction - <https://www.mndassociation.org/sites/default/files/2022-12/B1-Introduction-to-inherited-MND.pdf>

B2: Inherited MND: Genetic testing and insurance <https://www.mndassociation.org/sites/default/files/2022-12/B2-Genetic-testing-and-insurance.pdf>

B3: Inherited MND: Options when starting a family https://www.mndassociation.org/sites/default/files/2023-01/B3%20-%20Options%20when%20starting%20a%20family_3.pdf

MND Research information sheets - <https://www.mndassociation.org/research/research-news/information-sheets>

MND education webinar recording presented by Professor Martin Turner – Familial MND: what do genetics tell us? <https://www.youtube.com/watch?v=-PeEu5FJ3SY>

MND Association update - Support and information

Our services - <https://www.mndassociation.org/support-and-information/our-services>

Local Support - <https://www.mndassociation.org/support-and-information/local-support>

Benefits advice service - <https://www.mndassociation.org/support-and-information/our-services/benefits-advice>

Living with MND - <https://www.mndassociation.org/support-and-information/living-with-mnd>

Health and social care - <https://www.mndassociation.org/support-and-information/health-and-social-care-services>

Carers and family - <https://www.mndassociation.org/support-and-information/for-carers>

Children & young people - <https://www.mndassociation.org/support-and-information/children-and-young-people>

Information resources - <https://www.mndassociation.org/support-and-information/information-resources>

Self-care

[Compassion fatigue](#)

[Emotional labour \(Brotheridge and Lee\)](#)

[Affect regulator system \(cft\)](#)

[Karpman's drama triangle](#)

Delusion – I'm noticing I'm having the thought <https://www.youtube.com/watch?v=kwlYXupjoal>

Demystifying ACT - Committed Action <https://www.youtube.com/watch?v=6Lly0ihl6oM&list=PLKsfeJE8V1oD4F-3IZFHxvKBPmhjso7XK&index=7>

[Free meditations from Mindfulness - Mindfulness: Finding Peace in a Frantic World | Mindfulness: Finding Peace in a Frantic World](#)

[Free Videos | ACT Mindfully](#)

[60-Minute Compassion Circles | Compassion Practices](#)