

ERN CRANIO creates series of educational videos on psychological topics for patients and families

[ERN CRANIO](#), one of the two European Reference Networks coordinated by Erasmus MC, has developed a series of informative, educational videos for patients with a rare and/or complex craniofacial anomaly and their families. This series provides helpful information on different psychological topics in an accessible format. With the creation of this series, patients and their families across the world have access to a range of practical techniques that can help support psychological wellbeing at challenging times.

Patients with a rare and/or complex craniofacial anomaly, such as a cleft lip or craniosynostosis, and their families may face challenging situations. The visibility of these conditions means that they often have to deal with other people staring or asking unwanted questions. This can have a negative impact on the psychological well-being of patients, their parents and their family.

With financial support from the European Union, ERN CRANIO created a series of videos to provide patients and their families with practical techniques to support their psychological wellbeing. The videos were developed in consultation with ERN CRANIO patient representatives and experienced ERN CRANIO psychologists throughout Europe. Video topics include, amongst others, techniques for dealing with unwanted comments and techniques for managing worries and challenging thoughts. The videos are presented by Marije van Dalen, a PhD student and research psychologist at Erasmus MC Sophia Children's Hospital with experience in researching the psychological effects of living with a visible difference.

All videos are published for free on the [ERN CRANIO YouTube channel](#). Subtitles are provided in different languages, to promote optimal accessibility to patients and families across Europe. Healthcare professionals can also signpost their patients to the videos as an educational tool. As other educational tools on these topics are very scarce, we are very happy that the newly created videos can easily be accessed by anyone interested in watching them. The videos can also be helpful to patients and families with other visible conditions not represented by the ERN CRANIO.

ERN CRANIO is coordinated by Prof. dr. Irene Mathijssen, Head of the Department of Plastic and Reconstructive Surgery at Erasmus MC. Prof. dr. Irene Mathijssen is enthusiastic about the videos: *"The accessibility of these videos means that they have the potential to reach all patients and family members in need of this psychological support. This includes those without easy access to psychological care locally"*.

ERN CRANIO is the European Reference Network for rare and/or complex craniofacial anomalies and Ear, Nose and Throat (ENT) disorders. It is a network of multidisciplinary expert healthcare professionals from specialised healthcare providers across Europe. The network provides a unique opportunity for clinicians from across Europe to pool and disseminate their expert knowledge. The patient community is represented by appointed patient representatives.

Not to be published:



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More information about ERN CRANIO can be found here: <https://ern-cranio.eu/>

The YouTube channel can be found here:

<https://www.youtube.com/channel/UCqJ3R7w9lg5I7GaHm3nMi0A/featured>