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Managing Tourette Syndrome

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A Behavioral Intervention for Children and Adults

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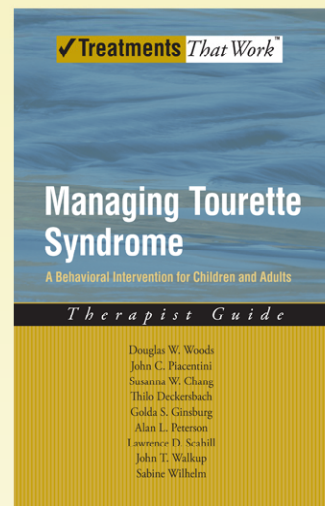
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In 2002, the Tourette Syndrome Association formed the TS Behavioral Sciences Consortium (BSC). The charge of the BSC was to develop and test nonpharmacological treatment options for individuals, both children and adults, with Tourette syndrome (TS). This manual is the result of their work, and represents the most scientifically effective behavioral treatment for TS available today. This safe and scientifically proven treatment can help people with TS and other tic disorders effectively manage their tics and improve their quality of life. The treatment described is an 11-session package for adults and children (ages 9 and older).

Psychoeducation about tic disorders is blended with multiple components of behavior therapy, including habit reversal training (HRT), relaxation training, and function-based treatments. The primary goal of this program is to teach the patient effective tic management skills rather than to cure the tic disorder.

At the start of the program, patients create a hierarchy of tics to be addressed in treatment. Each week, a new tic will be targeted and an appropriate function-based intervention implemented. Tic management skills are supplemented with relaxed breathing and progressive muscle relaxation exercises to help the patient combat anxiety. Relapse prevention and booster sessions help reinforce the skills taught in therapy and give the patient a positive outlook for the future.

Complete with step-by-step instructions for conducting sessions, as well as lists of materials needed and copies of necessary forms, the therapist guide provides clinicians with all the information necessary for administering effective treatment. Individual workbooks for parents, as well as adolescent and adult sufferers of TS are also available. They contain psychoeducational information, as well as forms and worksheets for completing in-session and at-home exercises.



Therapist Guide

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Parent Workbook

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