

Tic

Dylan Peters

Cognitive-Behavioral Management of Tic Disorders Kieron O'Connor, 2005-08-05 Tics affect more than 10% of the population, and can be an unpleasant and disruptive problem. They include chronic tic disorder, Tourette's syndrome and habit disorders such as hair pulling, nail biting and scratching. Treatment is either by medication (without convincing evidence) or psychological means. Before the introduction of habit reversal psychologists had no real alternatives to offer, and even this method lacks evidence for its efficacy and is not widely used. Illustrated throughout with case study examples and containing detailed guidelines for patient and therapist on the use of CBT, this book provides a comprehensive review of what is known about the occurrence and diagnosis of tics. Kieron O'Connor explores the various theories currently available to explain the causes and progression of these disorders, and discusses the assessment and treatment options available. Finally he takes the most widely accepted psychological therapy - cognitive behaviour therapy - and applies it for the first time to the treatment of tics.

Treating Tourette Syndrome and Tic Disorders Douglas W. Woods, John Piacentini, John T. Walkup, 2007-01-01 Grounded in a comprehensive model of Tourette syndrome (TS) and related disorders, this state-of-the-art volume provides a multidisciplinary framework for assessment and treatment. Leading authorities present the latest knowledge on the neurobehavioral underpinnings of TS, its clinical presentation, and how to distinguish it from frequently encountered co-occurring disorders, such as obsessive-compulsive disorder and attention-deficit/hyperactivity disorder. Strategies for managing symptoms and providing effective support to children and families are thoroughly detailed, with an emphasis on integrating medication and psychosocial therapies. Several chapters also address clinical work with adults with TS. User friendly and practical, the book includes three reproducible assessment tools.

Tourette's Syndrome and TIC Disorders Donald J. Cohen, Ruth D. Bruun, James F. Leckman, 1988-05-10 Tourette's Syndrome is now recognized as a common, lifelong condition and a "model" disorder reflecting the interaction of genetic vulnerability and environmental factors. Along with progress in research on Tourette's and other tic disorders, new approaches to treating this neuropsychiatric disturbance are now attracting wide interest among mental health workers. This book provides the broadest, most up-to-date account of this group of disorders, their features, symptoms, etiology and diagnosis, and various psychosocial disorders with similar symptoms. It also presents a variety of environmental and pharmacological therapeutic approaches that underscore areas of disagreement in the field, as well as new genetic, neurochemical and pharmacologic knowledge. Contributors to this work are all leading researchers or clinicians.

Coping with Tourette Syndrome Sandra Buffolano, 2008 40 simple, fun activities to teach kids to cope with school & relate to friends, manage behavior in public places and strengthen self-esteem.

Managing Tic and Habit Disorders Kieron P. O'Connor, Marc E. Lavoie, Benjamin Schoendorff, 2018-03-19 A pioneering guide for the management of tics and habit disorders *Managing Tic and Habit Disorders: A Cognitive Psychophysiological Approach with Acceptance Strategies* is a complete client and therapist program for dealing with tics and habit disorders. Groundbreaking and evidence-based, it considers tics and habit disorders as part of the same spectrum and focuses on the personal processes that are activated prior to a tic and habit rather than the tic or habit itself. By drawing on acceptance and mindfulness strategies to achieve mental and physical flexibility in preparing action, individuals can release unnecessary tension, expend less effort and ultimately establish control over their tic or habit. The authors explain how to identify the contexts of thoughts, feelings and activities that precede tic or habit onset, understand how self-talk and language can trigger tic onset, and move beyond unhelpful ways of dealing with emotions - particularly in taking thoughts about emotions literally. They also explore how individuals can plan action more smoothly by drawing on existing skills and strengths, and overcome shame by becoming less self-critical and more self-compassionate. They conclude with material on maintaining gains, developing new goals, and creating a more confident and controlled lifestyle. *Managing Tic and Habit Disorders* is a thoughtful and timely guide for those suffering from this sometimes all-consuming disorder, and the professionals who set out to help them.

Gabbard's Treatments of Psychiatric Disorders Glen O. Gabbard, 2014-05-05 The definitive treatment textbook in psychiatry, this fifth edition of *Gabbard's Treatments of Psychiatric Disorders* has been thoroughly restructured to reflect the new DSM-5® categories, preserving its value as a state-of-the-art resource and increasing its utility in the field. The editors have produced a volume that is both comprehensive and concise, meeting the needs of clinicians who prefer a single, user-friendly volume. In the service of brevity, the book focuses on treatment over diagnostic considerations, and addresses both empirically-validated treatments and accumulated clinical wisdom where research is lacking. Noteworthy features include the following: Content is organized according to DSM-5® categories to make for rapid retrieval of relevant treatment information for the busy clinician. Outcome studies and expert opinion are presented in an accessible way to help the clinician know what treatment to use for which disorder, and how to tailor the treatment to the patient. Content is restricted to the major psychiatric conditions seen in clinical practice while leaving out less common conditions and those that have limited outcome research related to the disorder, resulting in a more streamlined and affordable text. Chapters are meticulously referenced and include dozens of tables, figures, and other illustrative features that enhance comprehension and recall. An authoritative resource for psychiatrists, psychologists, and psychiatric nurses, and an outstanding reference for students in the mental health professions, *Gabbard's Treatments of Psychiatric Disorders, Fifth Edition*, will prove indispensable to clinicians seeking to provide excellent care while transitioning to a DSM-5® world.

Managing Tourette Syndrome Douglas W. Woods, John Piacentini, Susanna Chang, Thilo Deckersbach, Golda Ginsburg, Alan Peterson, Lawrence D. Scahill, John T. Walkup, Sabine Wilhelm, 2008-08-20 If you suffer from Tourette Syndrome (TS), or any other chronic motor or vocal tic disorder, you know how difficult it can be to manage your symptoms. You may be taking medication or working with a medical doctor to control your tics. If you are seeking an alternative or adjunctive treatment, you may wish to try the scientifically proven behavior therapy program described in this workbook. Behavior therapy can teach you skills for effectively managing your tics. Designed to be used in conjunction with visits to a qualified mental health professional, this workbook outlines an 11-session treatment package for adults and children with tic disorders. Behavior therapy can teach you skills for effectively managing your tics. Designed to be used in conjunction with visits to a qualified mental health professional, this workbook outlines an 11-session treatment package for adults and children with tic disorders. The goal of this program is not to cure your disorder, but to teach you the best ways to manage it so that you can improve your quality of life and look to the future with optimism. *TreatmentsThatWork™* represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

Managing Tourette Syndrome Douglas W. Woods, John Piacentini, Susanna Chang, Thilo Deckersbach, Alan Peterson, Golda Ginsburg, 2008-08-21 Tourette syndrome (TS) is a chronic, neurobehavioral disorder of childhood that has traditionally been treated with medication. Although available, many mental health professionals are not familiar with an effective behavioral therapy for tic disorders. This therapist guide outlines a safe and scientifically proven treatment that can help sufferers of TS and other tic disorders

effectively manage their tics and improve their quality of life. The treatment described is an 11-session package for children and adults (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, you will work with your patient to 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, this guide provides you with all the information you need to effectively administer treatment. Treatments That Work™ represents the gold standard of behavioral healthcare interventions! DT All programs have been rigorously tested in clinical trials and are backed by years of research DT A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date DT Our books are reliable and effective and make it easy for you to provide your clients with the best care available DT Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated DT A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources DT Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

Tourette's Syndrome -- Tics, Obsessions, Compulsions James F. Leckman, Donald J. Cohen, 1998-11-09 Früher wurde das Tourette-Syndrom (TS) als seltene Störung betrachtet; mittlerweile jedoch wurde erkannt, daß TS häufig in der Kindheit beginnt. Man weiß jetzt auch, daß die Anfälligkeit für TS über Generationen hinweg vererbt wird. Diagnose, Genetik, Phänomenologie, Geschichte und Behandlung von TS werden hier dargestellt, ausgehend von einem einmaligen Ansatz, der Beziehungen zwischen der Störung und dem normalen Entwicklungsweg herstellt. (8/98)

Natural Treatments for Tics and Tourette's Sheila Rogers DeMare, 2011-07-26 This welcome guide explains how to treat tics and Tourette syndrome using natural and alternative therapies, with a focus on environmental medicine and nutritional and dietary therapy. The status of behavioral and counseling therapies, EEG biofeedback, homeopathy, bodywork, energy medicine, and Chinese medicine as approaches are explored. Author Sheila Rogers DeMare discusses a range of categories of tics including spasmodic facial movements, eye blinking, mild sounds and vocalizations. She persuasively counters the medical establishment's standard claim that such disorders are "mysterious" and based only in genetics. The dramatic spike in cases, she argues, belies this explanation. Natural Treatments for Tics and Tourette's takes a closer look at the environmental factors and underlying physical imbalances that trigger these conditions' symptoms. In this second edition to Tics and Tourette's: Breakthrough Discoveries in Natural Treatments, DeMare offers a detailed natural treatment plan. No more will patients have to rely on traditional, drug-based treatments that often carry multiple side effects. In eight sections, the book offers advice from medical experts, the latest reports in medical research, a checklist of common tic triggers, inspirational stories from families who have successfully conquered tics and Tourette's, and practical worksheets for readers to use in their treatment and research. Each of the 23 chapters includes a place for notes and "Takeaway Tips" summarizing key points.

ADHD, Tics & Me! Susan Ozer, Inyang Takon, 2022-01-21 Meet Jamie, a young boy with ADHD and a tic disorder called Tourette Syndrome. He's not being fidgety or naughty - he really can't help it! Jamie explains how he was diagnosed and what having tics and ADHD is like for him. He also shares how he has learnt to relieve his ADHD symptoms, minimise his tics, and how friends and adults can help at home and school. This illustrated book comes in two parts - one with interactive activities and heaps of useful information about having both ADHD and tics. Jamie explains how it can be really tricky to tell whether your fidgeting comes from having ADHD, tics, or both! The second part tells the story of how Jamie's Grandfather encouraged him to learn more about his tics. Jamie and his friends who attend the after-school tic club learn about each other by sharing their experiences of ADHD and tics at home and at school. This book is ideal for children aged 7+ as well as friends, teachers and professionals working with children with ADHD and tic disorders, and a great starting point for family and classroom discussions too!

Tic Talk Dylan Peters, 2009 In Tic Talk: Living with Tourette Syndrome, Dylan Peters shares what he learned of tolerance and acceptance during the first five years with Tourette Syndrome. In a style that is often humorous and always insightful, Dylan helps others, young and old, understand TS and the enormous pressures this little-understood affliction places on those who have it and on those who love them. Dylan Peters was only four years old when he was diagnosed with Tourette Syndrome. Over the five years since, he's battled the fears and insecurities that come from having this often misunderstood affliction. Dylan is both an inquisitive young man and a gifted writer. What he shares with readers will help us all understand not only Tourette Syndrome, but also to be more accepting of all people. Dylan has given the world a most valuable look into his world. We are all the wiser and more compassionate for it. Tourette Syndrome is a neurological disorder that affects approximately one in 1,000 children, most often between the ages of six and nine. It's a gift to have such a youngster as Dylan be willing and able to convey to the rest of us just what his life is like. Whether he intended to or not, Dylan's message of acceptance for those with Tourette Syndrome is equally applicable to others we encounter who may be facing entirely different problems. Such is the wisdom of this young man. Dylan chose his friend, Zachary Wendland, to be the illustrator for his book. Zachary's drawings convey a similarly deep understanding of acceptance and tolerance for others. Articles by Dylan Peters One Tic At a Time Growing up with Tourette Syndrome by Dylan Peters for PARENTGUIDE. One Tic At a Time Growing up with Tourette Syndrome by Dylan Peters for www.siparent.com One Tic At a Time Growing up with Tourette Syndrome by Dylan Peters for ParentLife for ParentLife May 2008 Simple, colorful illustrations by Dylan's best friend Zachary Wendland drive home this straightforward, tell-it-like-it-is story... A set of ten successful strategies for working with children with Tourette Syndrome and a list of additional resources round out this highly recommended picture book for school libraries and for teaching young people everywhere about Tourette Syndrome. - Hornbook Guide to Children

Tic Disorders, Trichotillomania, and Other Repetitive Behavior Disorders Douglas W. Woods, Raymond G. Miltenberger, 2001-04-30 This edited text outlines a comprehensive behavioral approach to the assessment, analysis, and treatment of tic disorders, trichotillomania, and repetitive behavior disorders, such as thumb sucking, nail biting, pica, bruxism, and other habits. Increasingly practitioners are turning to non-pharmacological approaches to the assessment and treatment of a variety of such disorders. This book will include three detailed and empirically validated treatment manuals for use by practicing clinicians. The inclusion of empirically supported treatment manuals reflects a popular trend in the field of mental health practice.

The Clinician's Guide to Treatment and Management of Youth with Tourette Syndrome and Tic Disorders Joseph F. McGuire, Tanya K. Murphy, John Piacentini, Eric A. Storch, 2018-06-13 The Clinician's Guide to Treatment and Management of Youth with Tourette Syndrome and Tic Disorders provides clinicians with cognitive behavioral therapy concepts and skills to manage young patients dealing with Tourette Syndrome (TS) and tic disorders. This book focuses on improving the quality of life, patient resiliency, habit reversal techniques, talking about tics with peers, and overcoming tic-related avoidance. Each chapter looks at the nature and background of common challenges for youth with TS experience, reviews empirically-informed rationale for using specific cognitive-behavioral strategies, discusses the nature and implementation of these strategies, and concludes with a case that illustrates a

particular strategy. Medication management is covered in its own chapter, and clinical excerpts are used throughout the book to illustrate key techniques that can be incorporated into immediate practice. Explores behavioral treatments for improving Tourette Syndrome (TS) and tic disorders Addresses emotion regulation, anger management and disruptive behaviors Presents material in a practical, ready-to-use format for immediate clinical use Highlights how to improve self-esteem, social interactions and coping in school environments Details case examples for better understanding of treatment practices Identifies empirical evidence for best practices in clinical treatment

Tics and Tourette Syndrome Uttom Chowdhury,2004-06-15 This essential guide to tic disorders and Tourette Syndrome tackles problems faced both at home and at school, such as adjusting to the diagnosis, the effect on siblings and classroom difficulties. Dr Chowdhury offers advice on how to manage symptoms, describing practical techniques such as habit reversal and massed practice and reviewing available medical treatments. In clear, accessible language, this book explains the clinical signs and symptoms of Tourette and related conditions, and their possible causes. Presenting strategies for dealing with associated difficulties, including low self-esteem, anger-management and bullying, this book will be invaluable to parents, teachers, social workers and other professionals.

Handbook of Tourette's Syndrome and Related Tic and Behavioral Disorders, Second Edition Roger Kurlan,2004-10-27 Relating breakthroughs in phenomenology and neurobiology and current strategies for diagnosis, assessment, and clinical care, this long-anticipated Second Edition provides expanded descriptions of clinical features, further evidence linking heritability to etiology, and revised epidemiological estimates as observed in the most recent research on Tourette's syndrome (TS) and associated disorders. The latest information about the controversial poststreptococcal hypothesis is also presented and discussed.

Managing Tourette Syndrome : A Behavioral Intervention for Children and Adults Therapist Guide Douglas W. Woods,John Piacentini,Susanna Chang,Thilo Deckersbach,Golda Ginsburg,Alan Peterson,Lawrence D Scahill,John T Walkup,Sabine Wilhelm,2008-09-03 Tourette syndrome (TS) is a chronic, neurobehavioral disorder of childhood that has traditionally been treated with medication. Although available, many mental health professionals are not familiar with an effective behavioral therapy for tic disorders. This therapist guide outlines a safe and scientifically proven treatment that can help sufferers of TS and other tic disorders effectively manage their tics and improve their quality of life. The treatment described is an 11-session package for children and adults (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, you will work with your patient to 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, this guide provides you with all the information you need to effectively administer treatment. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! DT All programs have been rigorously tested in clinical trials and are backed by years of research DT A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date DT Our books are reliable and effective and make it easy for you to provide your clients with the best care available DT Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated DT A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources DT Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

Tics and Related Disorders Andrew Lees,1985

Nix Your Tics! B. Duncan McKinlay,2008

Tic Disorders, Trichotillomania, and Other Repetitive Behavior Disorders Douglas Woods,Raymond Miltenberger,2007-02-15 Tics, trichotillomania, and habits such as thumb-sucking and nail-biting tend to resist traditional forms of therapy. Their repetitiveness, however, makes these dissimilar disorders particularly receptive to behavioral treatment. Now in soft cover for the first time, this is the most comprehensive guide to behavioral treatment for these common yet understudied disorders. Tic Disorders is geared to researchers but accessible to patients and their families as well.

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