

Behavioral health services for Tourette's Syndrome at AIBDT focus on providing comprehensive psychological support for individuals of all ages who have vocal and/or motor tics. Common symptoms that may respond positively to behavioral interventions include involuntary movements of the face, body, or legs as well as grunting, snorting, coughing, throat clearing, and gasping along with breath holding and other repetitive speech vocalizations.

Comprehensive Behavioral Interventions for Tics (CBIT) includes Habit Reversal Therapy, which helps individuals to

- Increase self-awareness of symptoms
- Improve understanding of environmental triggers to increased symptom severity
- Learn how to suppress unwanted motor and vocal tics

Behavioral therapy also provides support for conditions that commonly co-occur with Tourette's to include ADHD, general anxiety, and Obsessive Compulsive Disorder. The therapist will work with child and adolescents individually as well as provide parent support and training to assist with symptom management and improvement of daily functioning. Educational consultation can assist with planning for interventions to manage impact symptoms may have on school functioning. The therapist will work collaboratively with treating psychiatrists and neurologists as needed. Behavioral therapy for tics is solution focused, based in CBT principals, and generally short term in duration.