



New Jersey Center for Tourette Syndrome
AND ASSOCIATED DISORDERS

*Collaborative Partnerships
for the Tourette Syndrome Community*

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Social workers, school nurses delve into treatment approaches for TS and anxiety at Monmouth workshop

WEST LONG BRANCH – The New Jersey Center for Tourette Syndrome & Associated Disorders (NJCTS) hosted a continuing education workshop for professional social workers and nurses on November 30 at Monmouth University. More the two dozen school nurses and clinical social workers attended the seven-hour “Tourette Syndrome and the Prevalence of Co-Morbid Diagnosis: Therapeutic Approaches in the Treatment of Children and Adolescents” workshop presented by Dr. Richard Zakreski.

The workshop, which was co-sponsored by the Monmouth University School of Social Work and the Marjorie K. Unterberg School of Nursing and Health Studies, discussed how Tourette Syndrome – a misunderstood, misdiagnosed, inherited neurological disorder that affects 1 in 100 people – often is accompanied by other associated disorders such as OCD, ADHD, anxiety disorders and Asperger’s Syndrome.

Dr. Zakreski analyzed the intersection of TS and its associated disorders and explored treatment approaches that can be used by social workers, nurses and school staff to effectively manage anxiety in children. Diagnosis, developmental courses, medication management and intervention and treatment approaches specifically used in controlling tics – including cognitive behavioral therapy and habit reversal therapy – also were discussed.

NJCTS partners with state colleges to provide continuing education for medical professional who work with children and families affected by TS and associated disorders. Attending school nurses and social workers each received 6 clinical hours of continuing education credits.

NJCTS also offers workshops to community professionals who educate children with TS and associated disorders. The workshops last for three hours and provide practice-based strategies and accommodations appropriate for students of varying ages and grade levels. These presentations enable educators to create a learning environment that supports the social, emotional and intellectual development of all students, and facilitates a partnership between parents and educators.

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