



New Jersey Center for Tourette Syndrome
AND ASSOCIATED DISORDERS

*Collaborative Partnerships
for the Tourette Syndrome Community*

908.575.7350

50 Division Street • Somerville, NJ 08876 • www.njcts.org • info@njcts.org • FOR IMMEDIATE RELEASE

Creative Treatments for Tourette Syndrome is Wednesday Webinar on January 21

Wednesday Webinar series presents topics of interest to families and professionals

SOMERVILLE, NJ-- The New Jersey Center for Tourette Syndrome and Associated Disorders will continue its Wednesday Webinar series on January 21 with a look at "Creative Applications of Exposure Therapy and Habit Reversal Therapy" presented by Hilary Dingfelder, Ph.D. The presentation is free, but preregistration is required at njcts.org.

Tourette Syndrome (TS) is a neurological disorder characterized by involuntary movements or sounds known as tics. People with TS frequently experience accompanying mental health or learning disorders including obsessive-compulsive disorder, attention deficit issues and anxiety. Cognitive-behavioral therapy is used for a number of psychiatric disorders among children and adolescents. It includes several treatment modalities, including exposure therapy for pediatric anxiety and habit reversal training for tic disorders and trichotillomania. Despite the strong evidence for these treatments, they can be difficult for children and families to implement for a number of reasons, including logistical barriers, motivation issues, and difficulties with follow-through in out-of-session work. In this presentation, Dr. Hilary Dingfelder will briefly describe these treatment modalities and discuss some of the practical issues associated with implementing these treatments with children and adolescents. Dr. Dingfelder will then discuss some creative applications of these strategies to enhance these treatments for children and adolescents. Examples of areas that will be covered include: how technology can be used to supplement treatment (e.g., using the smart phone to monitor progress or supplement exposures), how to strengthen reward plans to improvement motivation, and creative ways to enhance exposures with young children (e.g., through the use of games and puppets).

The Wednesday Webinar series brings expert speakers to parents, educators and healthcare professionals around the world. These presentations come at no-cost to viewers and are a service of NJCTS to give families and professionals the tools needed to improve the lives of people with neurological, mental health and learning challenges.

Registration is free by visiting www.njcts.org. Professional development credits and certificates of attendance are available for a nominal fee by pre-registering at NJCTS.org.

January 21, 2015 7:30-8:30 PM ET

Creative Applications of Exposure Therapy and Habit Reversal Therapy

Presenter: Hilary Dingfelder, Ph.D.

Dr. Dingfelder is a Postdoctoral Fellow at the Child and Adolescent OCD, Tic, Trich and Anxiety Group (COTTAGE) in the Department of Psychiatry at the University of Pennsylvania School of Medicine. Dr. Dingfelder received her bachelor's degree at Cornell University, her doctorate in clinical psychology at the University of Pennsylvania and completed her clinical internship at Children's Memorial Hospital (currently Ann and Robert H. Lurie Children's Hospital of Chicago).

For more information about the Wednesday Webinar series and a full archive of each presentation visit [www. NJCTS.org](http://www.NJCTS.org).

###

*New Jersey Center for Tourette Syndrome and Associated Disorders, Inc.
Collaborative partnerships for the TS community.*