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## NJCTS offers a solution



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## Creation of the TS Program



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9

## Tourette Syndrome Program

### Who we work with:

Children, adolescents and adults with TS and their family members

### What we do:

- CBT for TS and associated difficulties
- Coordinate with other professionals
- Training and supervision to graduate student clinicians
- Research and publication

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10

## Therapeutic Treatments at the TS Program

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11

## Therapeutic Treatments at the TS Program – CBT

Cognitive-behavioral therapy (CBT) increases awareness and teaches skills to manage negative thoughts, difficult emotions, and challenging behaviors.

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## Therapeutic Treatments at the TS Program – CBIT

- ⌘ Comprehensive Behavioral Intervention for Tics (CBIT) is also known as Habit Reversal Therapy (HRT)
- ⌘ Core skills are Awareness Training, Stimulus Control and Competing Response Training
- ⌘ Secondary skills are Relaxation, Acceptance, management of negative thoughts, and management of OCD.

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13

## Therapeutic Treatments at the TS Program – ERP for OCD

Exposure and Response Prevention (ERP)  
teaches children, adolescents and adults  
skills that help them tolerate OCD-related  
anxiety while defying OCD rituals.

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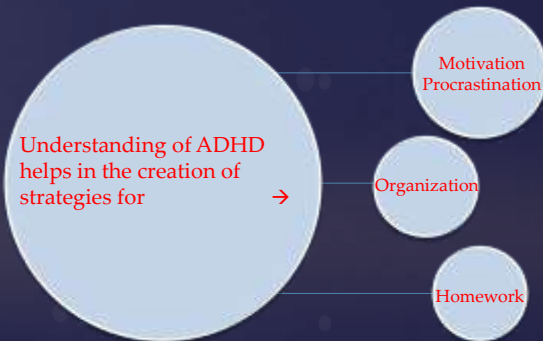
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## Therapeutic Treatments at the TS Program – CBT for ADHD



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15

## Therapy Treatments @ TS Program– Parent Management Training

- ↳ Designed for children with challenging behaviors  
and difficulties following directions
- ↳ Focuses on teaching skills to parents
- ↳ Provides insight and practice into how to make  
parenting strategies effective through precise use of  
directions, praise, ignoring, rewards, time-outs and  
other strategies

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16

## Therapy Treatments @ TS Program– Collaborative Problem Solving

- ↳ Ideal approach for children with tantrum behaviors, explosive outbursts or rage attacks
- ↳ Predicts rage behaviors in terms of lagging skills that result in meltdowns
- ↳ Teaches parents and children to learn how to anticipate problems and communicate effectively about agreed-upon solutions

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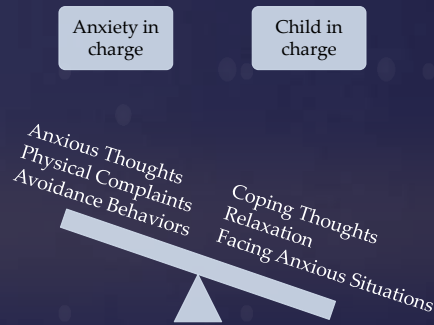
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## Therapeutic Treatments at the TS Program – CBT for Anxiety



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18

## Therapeutic Treatments at the TS Program – CBT for BFRBs

- ↳ Body-Focused Repetitive Behaviors (BFRBs) include hair pulling, skin picking, nail biting, thumb sucking, etc.
- ↳ CBT or HRT for BFRBs is similar to CBIT for tics
- ↳ Main treatment components of awareness training, stimulus control and competing response training

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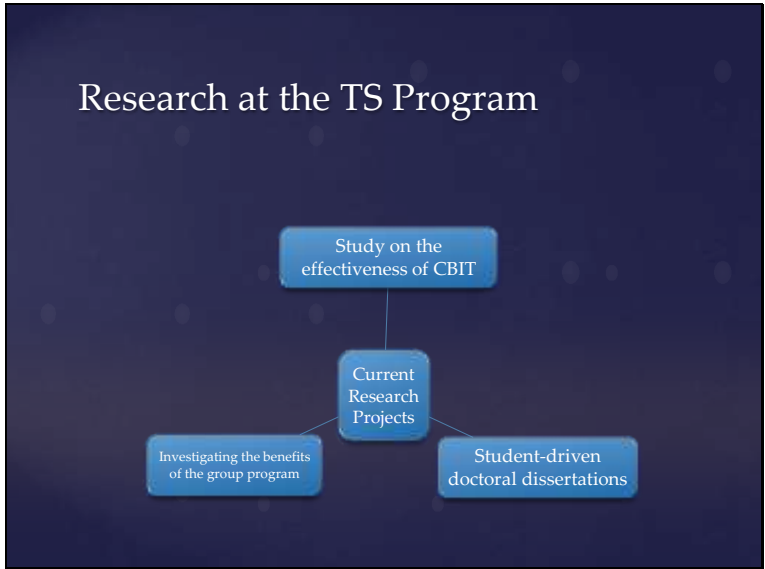
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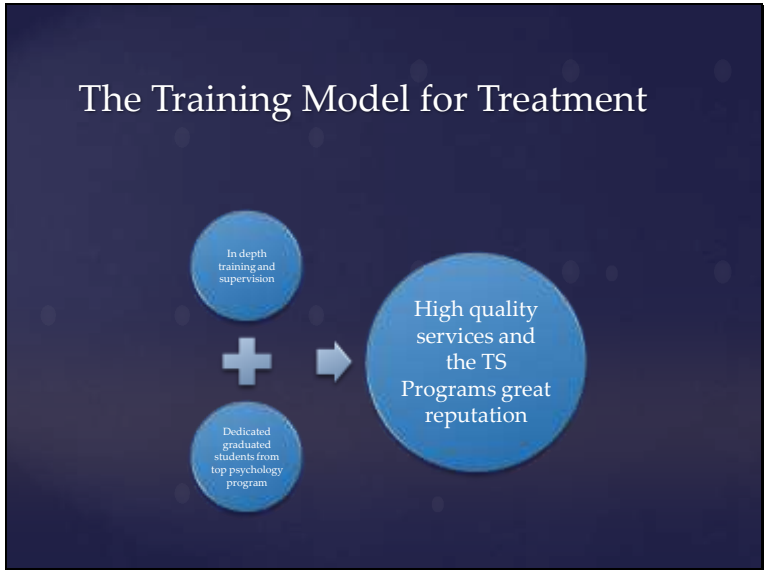
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## Contacting the TS Program

- ⌘ Call (848) 445-6111 ext 40150 and leave us a voicemail
- ⌘ Our phone coordinator will call to gather a little information and answer questions
- ⌘ You will be assigned to a clinician who will contact you to set up an evaluation
- ⌘ Evaluations for therapy take place 2-4 sessions to allow us to get detailed information for giving the best recommendations possible
- ⌘ Evaluations for the groups will take place in one meeting

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