

14th European Conference on Tourette Syndrome & Tic Disorders

LAUSANNE, SWITZERLAND 9-11 JUNE 2022

Behavioural Therapy for **beginner** participants

Thursday 9 June 2022, 10:00-13:00

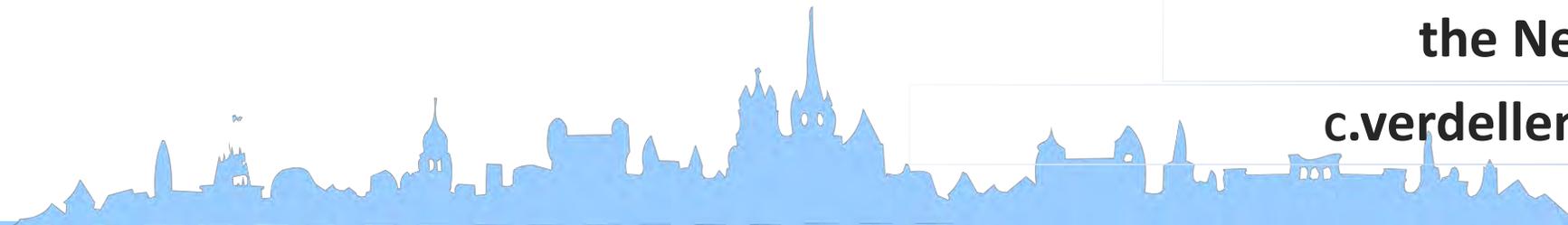
Tic treatment – Learn how to become a tic therapist or enhance your skills

Exposure and Response Prevention

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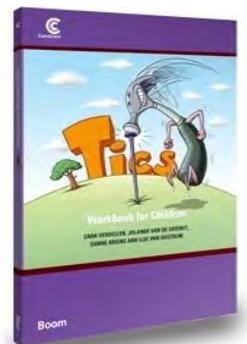
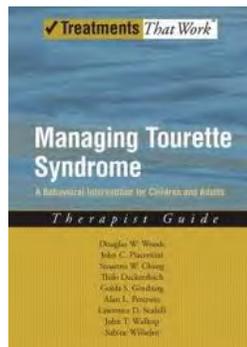


Behavioural model of tics

Negative reinforcement

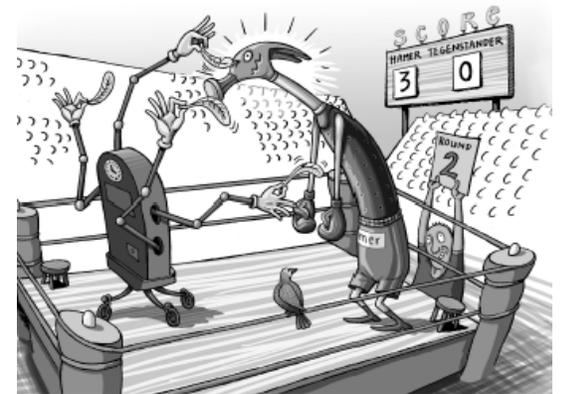


- **Habit reversal training (HRT; Azrin & Nunn, 1973; CBIT Woods ea, 2008)**
 - Treats tics one by one
 - Awareness training
 - Competing response training
- **Exposure and response prevention (ERP; Hoogduin, Verdellen & Cath, 1997; Verdellen, vd Griendt ea, 2011)**
 - Targets all tics at once
 - Resisting tics for a long period of time
 - Exposure to premonitory urges
 - Habituation?



Exposure & response prevention

- 2 practice sessions: training response prevention
- 10 sessions: exposure is “added” to response prevention
- Weekly sessions
- Homework



Explain the rationale

- Is it possible to habituate to the urge?
 - Probably not..



- **Can you learn to endure / tolerate the urge?**



- Intervention: prolonged exposure to the sensations while controlling tics

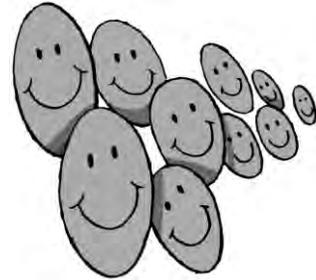
Start: practice sessions

- Train to control tics
 - Act like a coach: motivate, encourage, praise!
 - Like a goalkeeper/ learning to run the marathon
 - Stop the time as soon as a tic is expressed
 - Set new records! Longer times – Less tics
-
- At this stage, everything is allowed to prevent the tics from occurring



Practice session

- Same tic 3 times in a row?
 - Focus on that specific tic!
 - control for 5 minutes? Then control all again
- Homework assignments: when/ how long?
 - Registration
- Consider a reward system for good practicing



Worksheets practice sessions

Appendix 2 • Record form practice sessions

Date: _____ Practice session 1 – 2

Client: _____

Time	Expressed tic

Appendix 2.1 Worksheet suppressing tics

Record time suppressing tics	<input checked="" type="checkbox"/> What tic came through?

Video

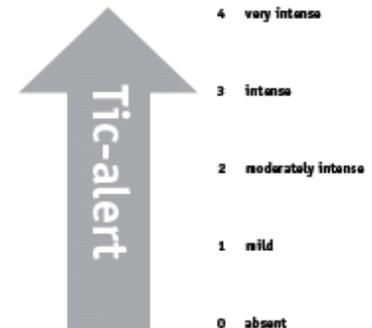
Next – exposure sessions

- Repeat the rationale
- Strive for complete tic control
- No pause – if a tic is expressed, control again!
- Identify tic-alerts (sensations)



- Focus on tic-alerts!
 - Location
 - Use metaphors ('running mice', 'kiwi', 'onions')
 - Ask for (changes in) severity (0-4)

- Provoke tic-alerts



Optimizing exposure

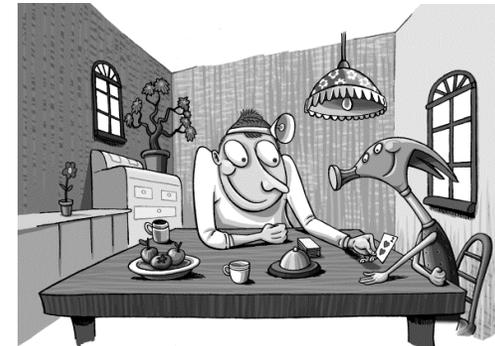
- Try to provoke urges, without doing tics!
 - Talk about tics and tic-alerts
 - Describe tics and tic-alerts
 - Take a tic posture
 - Watch video of (own) tics
 - Mimic the tic
 - Do the tic in imagination
 - Do the beginning of a tic and then stop
 - Imagine situations, use objects, play games!

 - Watch out: focus on the tic-alerts!
 - Watch out: response prevention!
- Give compliments and encourage!



Optimizing exposure

- If no tic-alerts are present:
 - Imagine a situation in which the patient has many tics
 - Let the patient bring tic-eliciting objects in the session
 - Go outside!
- Remember:
 - High urges
 - No tics!



Worksheets exposure sessions

Appendix 2.3 Worksheet suppressing tics and observing tic-alerts

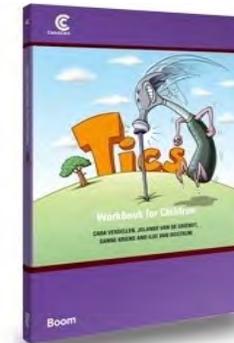
Name:

Week: from (date) to (date)

Follow-up to session:

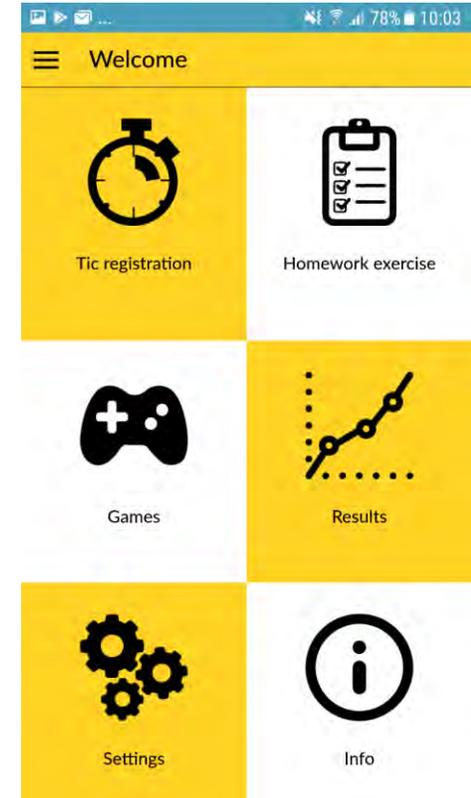
In this worksheet you can keep track of how your practice went.

Day	How long did you practice	How many tics did you let slip through?	In general how strong were the tic alerts? Check this for yourself at the start of your practice (= 0) and every five minutes after				
			0	5	10	15	total
Example: Monday	15 minutes	6	3	4	3	2	12
Monday							
Tuesday							



ERP@Home: BT-Coach

- For Apple (iOS)/Android
- Tic registration
- **Homework exercise**
- Record times
- Tic frequency/ urge severity
- Minigames for new record times



- *BT-Coach 2.0!*



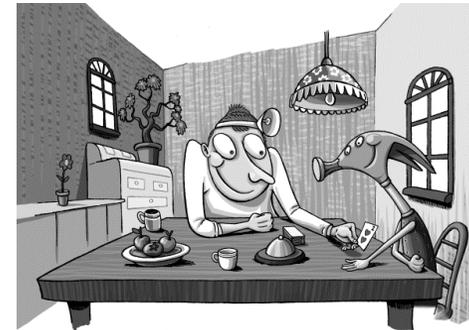
BT-Tics

van Limpt, 2015

Generalization

- Practice ERP in many different situations/ contexts
- Only start this if tics are controlled in the presence of high urges
- For example during reading, walking, eating
- Make a hierarchy

- Are tics still being controlled?
- What about the tic-alerts?



- Make compliments and encourage!



Video

TIC CERTIFICATE

has done really well!

Congratulations!



Therapist

Date:

Thank you for your attention!

