

# 14th European Conference on Tourette Syndrome & Tic Disorders

## LAUSANNE, SWITZERLAND 9-11 JUNE 2022

Behavioural Therapy for **advanced** participants

Thursday 9 June 2022, 14:00-17:00

Clinical implications in Hungary

Group treatment for Tics and Tourette syndrome

Zsanett Tarnok, PhD

Vadaskert Child and Adolescent Psychiatry  
Budapest, Hungary

[dr.tarnok.zsanett@vadaskert.hu](mailto:dr.tarnok.zsanett@vadaskert.hu)

# Vadaskert Child- and Adolescent Psychiatry, Budapest



## Vadaskert in numbers



Largest child psychiatry in Hungary

0-24 acute care :more than half of Hungary-regional care

Clinicians: 7 child psychiatrists, 4 clinical psychologist

Approx. 1600 new inpatient a year

Approx. 10000 outpatient a year (3500 new)

# Tic/Tourette Program

- ▮ Diagnostics
- ▮ Therapy
- ▮ Research
- ▮ Education



# Global problem

↳ Lack of therapist



# Beehive program



## The team

- ▮ One child psychiatrist
- ▮ Two resident doctors
- ▮ One clinical psychologist
- ▮ 2 occupational therapist
- ▮ 2 nurse

▮ Inpatient care for 12 children for one week

▮ CBT based program for homogenous groups (ADHD, TS, OCD, Anxiety, Social skill)



# Tourette program BT in Behive



4-5 times a year

Inpatient care 12-15 children

One-week BT

VIP groups in the summer

# Purpose-help in carrying this weight

- ▮ Psychoeducation
- ▮ Basic BT techniques
- ▮ Art/Adventure therapy
- ▮ Aspecific effects
  - ▮ Social skills
  - ▮ Acceptance
  - ▮ Self confidence



# Monday

## Morning 8:00-11:30

- ▮ Patient enrollment
  - ▮ Questionnaires, interview
- ▮ Parents psychoeducation
  - ▮ Video, lecture, possibility to ask
- ▮ 1. session introduction
  - ▮ Aims, rules, getting to know

## Afternoon 13:00-16:00

- ▮ 2. session psychoeducation
  - ▮ Lecture, video
- PARENT/CHILD version
- ▮ Status survey
- ▮ Choci, ADHD-RS, YGTSS, PUTS, ASSQ, KINDL, Short Sensory Profile

WHAT IS TOURETTE

- ▶ DIAGNOSIS
- FIND A PROVIDER
- TREATMENT
- FAQS
- ▶ LIVING WITH TOURETTE SYNDROME
- BRAIN BANK
- ▶ ESPAÑOL
- CONTACT US

ABOUT TOURETTE BLOG

# I Have Tourette's, But Tourette's Doesn't Have Me



"I have Tourette's, But Tourette's Doesn't Have Me"

“tourettes” – what’s that?

Tourettes  
*action*



JUMPING

# Some examples of tics

Blinking

Coughing

Shrugging

touching

sniffing, sn, sn

twirling

,, ,, ,,,

hair flicking

,,,,,,, clicking, <sup>AHEM</sup>clearing your throat <sup>AHEM</sup> saying the same word over and over over and over over and over over and over over and over over and over over and over over and over over and over over and over over and over AND OVER

n  
o  
d  
d  
i  
n  
g

AND OVER AND OVER AND OVER AND OVE

# Tuesday-is the hard day

## **Morning 8:00-11:30**

### Session 2.

-  Practising ERP
-  Practising HRT

## **Afternoon 13:00-16:00**

### Session 3.

-  Practising ERP
-  Practising HRT



Tic types-flipchart/working sheets

Problem hierarchy-spider web game

Awareness-catch the tic game in pairs

Detection of urge-tolerate

# Wednesday is the fun day

## **Morning 9:00-10:00**

### Session 4.

- Practising ERP
- Practising HRT

## **Afternoon 11:00-16:00**

### Session 5.

- Art/adventure therapy
- Quiz, kahoot
- Excursion, bowling
- Exit room





# Thursday

## Morning 8:00-11:30

### Session 6.

- Practising ERP

- Practising HRT

- Making an educational video clip on TS

## Afternoon 13:00-16:00

### Session 7.

- Practising ERP

- Practising HRT

- Therapeutic dogs



# Friday

## Morning 8:00-11:30

### Session 8.

- Closing the group
- Summary



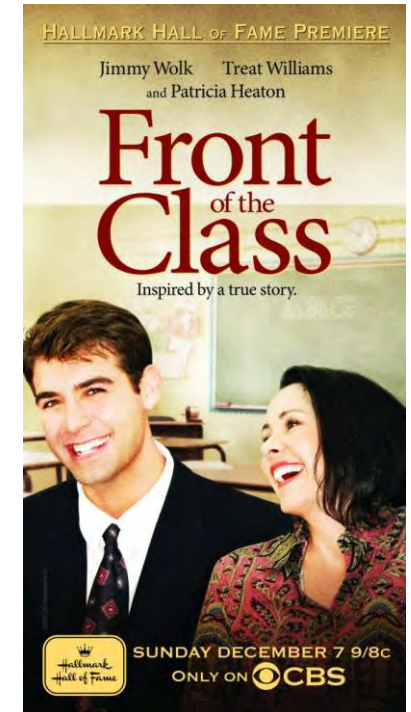
## Afternoon 13:00-16:00

### Session 9.

- Parents group
  - Reduce guilt
  - Provide support
- Feedback
- hospital final report

# Between sessions

- ▮ Built in reward system
- ▮ Lots of play
- ▮ Mindfulness games
- ▮ Lots of fun
- ▮ Lots of sport
- ▮ Lots of art
- ▮ Movie nights with popcorn



# Difficulties

- ▮ Motivation, comorbid conditions
  - ▮ Whose motivation is BT?
- ▮ Paralell diagnostic work, not only therapy

## REALLY preliminary findings (n=8)

### Parent questionnaires:

- Motor and vocal tics: 4-18% decrease
- Tic frequency: 25-30%-decrease
- Tic intensity: 20-25%-decrease

### Child q.

- Motor and vocal tics : 10-15% decrease
- Tic frequency : 25%-decrease
- Tic intensity: no change

No change

↳ In KINDL, PUTS after one week

# Significant difficulty

„One week is too short!”  
comment from the kids



Thank you for your attention!

Thanks for the Beehive team

Especially Kristof Kollár, Anna Sterczer, and Bianka Brezoczki,  
Anna Turi