

Use of the Tree of Life as a Narrative Intervention with a Young Person with Tourette Syndrome

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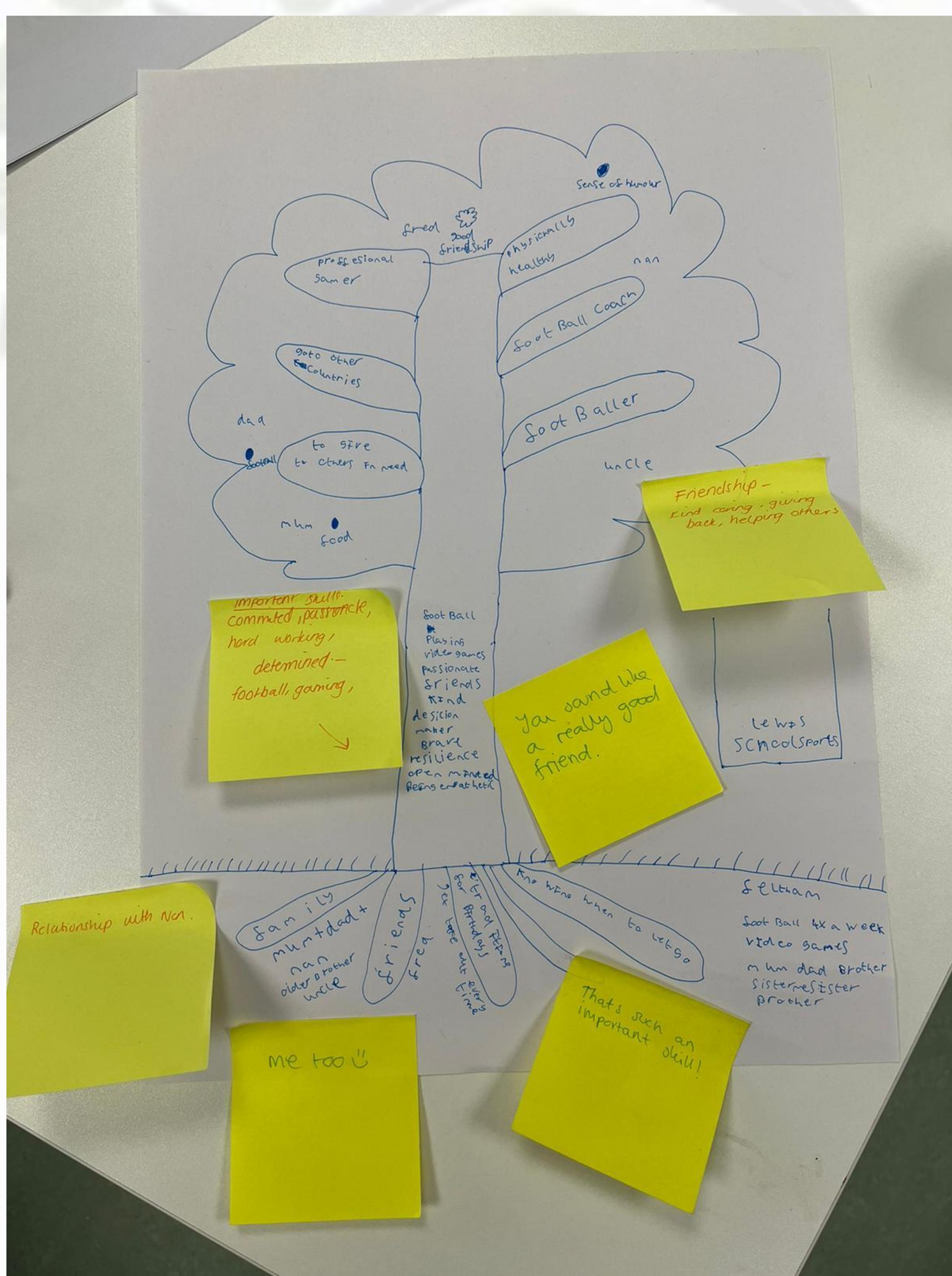
Background

- **The Tree of Life (ToL)** is a strength-based narrative intervention that supports young people who have experienced hard times and/or are struggling with parts of their identity (e.g., tics) (REPSSI, 2016).
- The Tic Service's ToL group's **objectives**:
1) improve and widen concept of self,
2) promote acceptance of tics,
3) improve quality of life, and
4) increase sense of connection.
- **Background**: The group was adapted to an individual intervention. The young person (male, age 14 years) had found it difficult to engage in behavioural tic treatment due to anxiety and previous negative tic-related experiences (e.g., bullying).

Methods

- **Eligibility considerations**: 13-17 years of age, presenting with difficulties with accepting tics, worsening relationships to tics and/or themes of loneliness and being 'different'/'othered' because of tics.
- **Preparation**: Screening call with the family. Formulation meeting between clinicians to discuss the ecological and social context of the young person.
- **Intervention**: In-person, 5hrs, 2 facilitators.
- Four sections:
 - Tree of Life
 - Forest of Life
 - Storms of Life
 - Outsider Witness, Endings and Certificate
- **Outcome measures**: Goal Based Outcome (GBO), Outcome Rating Scale (ORS), ToL Feedback Form
- **2 weeks follow-up**: Call to collect quantitative and qualitative feedback and outcome measures.

Results

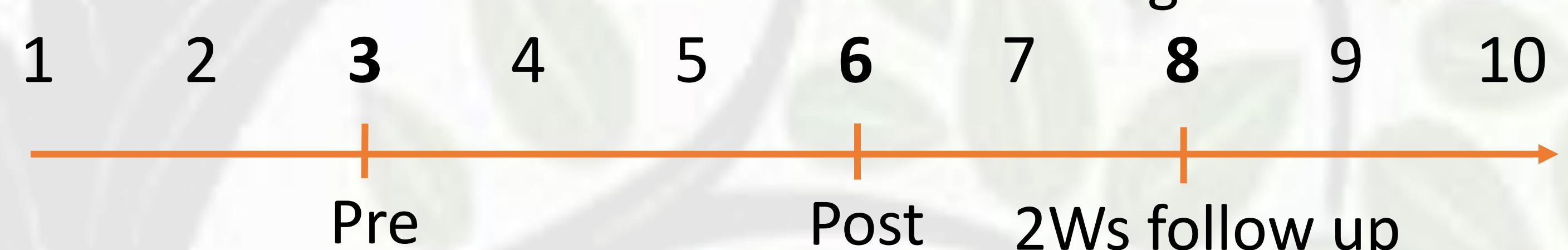


Scored 10/10 on how worthwhile the day was to them

"It was fun, it helped me talk about things more!"

Goal rated out of 10 (= full achievement of goal):

"To feel more confident talking about tics"



ORS: improvements in Family score (i.e., how are things in my family, 9/10-10/10). No change in Me (9/10), School (2/10) and General Wellbeing (9/10) scores.

Qualitative feedback & observations:

- Reduced anxiety in relation to tics
- Increased confidence and willingness in talking about tics

Conclusions

- Promising quantitative & qualitative outcomes
- Insights into the usefulness and process of delivering ToL interventions
- Challenge with measuring and sustaining strength-based narrative across system post-treatment