

# CBIT

## Comprehensive Behavioral Intervention for Tics



### Comprehensive Behavioral Intervention for Tics (CBIT) is a non-pharmaceutical treatment consisting of three important components:

- Training your child to be more aware of their tics
- Training your child to use "competing" behavior when they feel the urge to tic
- Making changes to day-to-day activities in ways that can be helpful in reducing tics

#### How effective is CBIT for someone with Tourette Syndrome?

Results from a large, multi-site National Institute of Health funded study show that over half of those who undergo CBIT will have significant reductions in tic severity along with improved ability to function. Complete elimination of all tics and other Tourette Syndrome (TS) symptoms is seen occasionally with CBIT, but it is not to be expected. CBIT is not a "cure" for TS, but rather a tool that can help individuals better manage their tics and reduce the negative impact of tics upon their lives.

#### About our program

The program consists of at least three and up to 10 weekly sessions with a focus on embedding the tic strategies or "competing responses" into everyday life. The focus of the sessions is on the identification of the

frequency and severity of tics and teaching alternate strategies to your child. These new strategies help your child manage his or her tic disorder with discretion and confidence. Our program is highly dependent on the commitment of your child adhering to the practice sessions outside of clinic time.

An occupational therapist will work with your child to promote active participation in activities or occupations that are meaningful in his or her daily life. Our occupational therapist will work to help your child develop a competing response for their tics, thereby limiting the interruption of tics on their health, well-being, and development.

If you are interested in an evaluation for your child, please call our office for more information. A referral for OT for CBIT from a physician is required, preferably from your child's neurologist or from your child's pediatrician.

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