

Parent Tic Workshop

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Registered Psychologists

WHO THIS IS FOR...

- Parents or caregivers of children/ adolescents with tics (up to 3 caregivers per family)
- This workshop is not appropriate for children, teens, or siblings

WHAT IT IS...

- A 2.5 hour virtual workshop
- There will be education, resources and handouts provided and some time for group discussion and questions
- Currently offered via Zoom. A link will be sent out the week of the workshop.

WORKSHOP CONTENT:

- Information and education on tics, including how common they are, development over time, typical course, and causes
- When and how to seek treatment for tics, and when treatment is not necessary
- An introduction to *function-based intervention* for tics. This will involve identifying triggers for your child's tics, and beginning to brainstorm strategies to help manage these triggers.
- Information on web-based resources for helping support your child managing their tics
- A brief overview of Habit Reversal Training (HRT) and Comprehensive Behavioural Intervention for Tics (CBIT) and how to know if this may be helpful for your child

WHEN...

- This workshop is offered 3-4 times annually. Please visit <https://cornerstonepsychology.ca/> for date/time of the next workshop

COST...

- \$275 per family. You will receive a receipt and costs may be covered by extended health plans.

HOW TO REGISER...

- Please contact Cornerstone Child and Family Psychology Clinic at 604-808-5559 or email at info@cornerstonepsychology.ca to register or for questions.