

Tic Busters Group: Comprehensive Behavioural Intervention for Tics (CBIT) for Children

with Dr. Melanie McConnell and Dr. Tara Jukes

WHO SHOULD PARTICIPATE?

Children (ages 8-13) with tics and associated challenges

OVERVIEW

- An 8-week in-person CBIT group for managing tics and associated challenges
- 6 in-person 75 minute sessions for children and 2 virtual 60 minute sessions for parents (Parents will be included in aspects of the child sessions as well).
- All components of CBIT will be covered. This includes Habit Reversal Therapy (HRT) and Function-Based Assessment and Intervention

GROUP CONTENT

- Children and parents will learn HRT and practice Competing Responses (CR) for tics
- Common tic triggers will be reviewed, and resources for helping manage these provided
- Families will learn several strategies for managing stress (a common trigger for tics)
- Children will learn strategies for self-advocacy and information-sharing about tics
- Parent sessions will support families to help children with ongoing practice, develop CRs and familiarize with additional strategies/resources to help manage tic-related challenges

WHEN

Offered on an ongoing basis. Interested families will be offered an intake appointment ahead of the next group.

Please visit:

<https://cornerstonepsychology.ca/> for the dates/times of the next group.

COST

\$250 per session. You will receive a receipt and costs may be covered by extended health plans. Parent sessions can be billed in child or parents' names.

TO REGISTER:

If you are not a current client of Dr. Jukes or Dr. McConnell please email info@cornerstonepsychology.ca to register. Further information on the intake process will be provided.