



PROFESSIONAL DEVELOPMENT WORKSHOP

Comprehensive Behavioural Intervention for Tics Training (CBIT)

Two-Day Virtual Training for Certification for Licensed Practitioners in the U.S. and Canada

Friday, April 14, 2023 and Saturday, April 15, 2023
Virtually, via secure Zoom for Healthcare

TICS AND TIC DISORDERS

Tics are movements or sounds that are neurological and involuntary. They are a core symptom in a collection of neurodevelopmental conditions called Tic Disorders. Tourette Syndrome (TS) is a type of Tic Disorder characterized by the presence of both vocal and movement tics that have lasted for at least a year. Tic Disorders are not rare, estimated to occur in 1 in 5 children. Some tics decrease in adolescence while others persist into adulthood. Despite being neurological, tics can be very responsive to behavioural interventions like CBIT.

CBIT

Comprehensive Behavioural Intervention for Tics (CBIT) is an evidence-based treatment to help individuals manage tics they feel motivated to change. Specific behaviours, called Competing Responses, are crafted with the client that make targeted tics harder to do. Competing Responses form the Habit Reversal Training (HRT) component of CBIT. Competing Responses are not a form of tic suppression which is ineffective in changing tic frequency and expression. When successful, repeated practice of Competing Responses can reduce the physiological urge to perform specific tics, making those tics much less likely to happen in future. Other CBIT components create an integrated approach to tic management including a variety of relaxation strategies to help reduce stress. Functional assessments of various environments also allow clients to consider adjustments in daily life that may reduce the strength and frequency of tics.

CBIT, cont'd

The American Academy of Neurology recommends CBIT as a first-line treatment for individuals with Tourette Syndrome (TS). Among non-medication therapies used to treat TS, CBIT has the strongest evidence supporting its effectiveness. In a large-scale paediatric study published in the Journal of the American Medical Association in 2010, 52.5% of children who received CBIT showed significantly improved tic symptoms compared to only 18.5% who did not receive the therapy. In an adult study published in the Archives of General Psychiatry in 2012, 38% of participants receiving CBIT showed significant improvement compared to only 7% who did not receive CBIT. For many individuals with tics, CBIT is an effective, non-medication treatment that can reduce tic frequency and severity and produce sustainable improvements over time.

LEARNING OBJECTIVES OF THIS CERTIFICATION TRAINING

Learning Objectives:

1. Learn more about TS, general treatment strategies, and common comorbidities
2. Understand the behavioural model on which CBIT is based
3. Learn how to implement the primary components of Habit Reversal Training for various tics

TRAINING FORMAT

Through didactic presentation, participants will first learn about Tic Disorders and Tourette Syndrome (TS), common comorbidities, and the general strategy for treating tics. The behavioral model on which CBIT is based will also be reviewed. Discussion, demonstrations, and role play with active feedback will cover the primary components of Habit Reversal Training (HRT) for tics and how these components can be implemented with patients. Recommendations for delivering CBIT virtually will be discussed along with various assessment tools helpful for tracking treatment progress. Common pitfalls in implementing CBIT will be examined together with solutions for overcoming potential problems. This two-day training will be followed with three 15-minute phone calls to complete formal CBIT certification as clinicians work through CBIT with clients.

WHEN

Friday, April 14, 2023, 9:00 am to 4:00 pm, EST
Saturday, April 15, 2023, 9:00 am to 4:00 pm, EST

WHEN

Virtually, via secure Zoom for Healthcare

REGISTRANTS

This CBIT Training for Certification is open to licensed practitioners with clinical experience in mental health and behavioural therapy including physicians, psychologists, registered psychotherapists, occupational therapists, social workers, nurses, and other registered allied health professionals.

TRAINERS



Dr. James Brazeau is a Clinical and Health Psychologist registered in Ontario. He completed a BA in Psychology at St. Francis Xavier University in Antigonish, Nova Scotia, and an MA and PhD in Clinical Psychology at Lakehead University in Thunder Bay, Ontario. Since then he has worked in various clinical settings including a community-based treatment program for youths and adults with a variety of mental health challenges, a residential assessment and treatment program for adolescents, a residential substance abuse treatment program, and a classroom-based treatment program. Currently, Dr. Brazeau is a full-time clinician at the Center for Pediatric Excellence in Ottawa, Ontario. His clinical work focuses on psychoeducational assessments, psychotherapy, and providing supervision to students and early career psychologists. Dr. Brazeau works with children, adults, and families, treating a variety of mental health conditions including tic disorders, repetitive behaviour disorders, ADHD, anxiety, and depression. Dr. Brazeau is strongly committed to training professionals in approaches that produce meaningful and sustainable change for clients, including Acceptance and Commitment Therapy (ACT) and Comprehensive Behavioural Intervention for Tics (CBIT).

TRAINERS



Dr. Mariève Hurtubise is a bilingual Clinical and School Psychologist who has worked in a variety of settings including hospitals, schools, and community-based mental health settings with children, adolescents, and their families. She completed her Doctoral studies at the University of Ottawa and her Pre-Doctoral internship at London Health Sciences Centre. Dr. Hurtubise uses a Cognitive-Behavioural Therapy approach (CBT) primarily in her work and has received training in other approaches including Emotion-Focused Therapy (EFT), Dialectical Behavioural Therapy (DBT), and Acceptance and Commitment Therapy (ACT). Dr. Hurtubise is the Director of CBIT Services within the Tourette Syndrome program at the Possibilities Clinic. She also works at the Children's Hospital of Eastern Ontario (CHEO). Dr. Hurtubise provides supervision to residents in psychology and has offered training in collaboration with Tourette Canada on Comprehensive Behavioural Intervention for Tics (CBIT). Dr. Hurtubise brings a collaborative approach and authenticity to her work with clients of all ages.

COSTS

- Cost: \$700.00 plus textbooks
- Textbooks must be purchased by attendees, in time to use during the workshop
- All participants must purchase **[Managing Tourette Syndrome: A Behavioural Intervention for Children and Adults Therapist Guide](#)** plus at least one patient workbook listed below
- For practitioners who are licensed to provide therapy to children and teens, **[Managing Tourette Syndrome: A Behavioral Intervention Parent Workbook](#)** is required. For those working with adults, the **[Managing Tourette Syndrome: A Behavioral Intervention Adult Workbook](#)** is required. Both workbooks must be purchased if clinicians plan to provide CBIT Therapy to both children and adults
- Workshop fee includes outline, didactic teaching, and other resources

REGISTRATION

Register **[here](#)**. For further information please email Liz Gesicki at **admin@possibilitiesclinic.com**

Registration ends March 24, 2023