



The **Tourette Association of America** is currently scheduling **FREE** introductory workshops exploring Comprehensive Behavioral Intervention for Tics (**CBIT**) through its partnership with the U.S. Centers for Disease Control and Prevention (CDC).

**What is CBIT?** CBIT is a behavioral approach for managing **Tourette Syndrome (TS)** and other **Tic Disorders (TD)**. CBIT is a non-medicated treatment consisting of three important components:

- a) Training the patient to be more aware of his or her tics and the urge to tic.
- b) Training patients to do a competing behavior when they feel the urge to tic.
- c) Making changes to day to day activities in ways that can be helpful in reducing tics.

**CBIT** has been tested in two parallel multi-site randomized clinical trials. The results showed **CBIT** to be an effective method to reduce the severity and frequency of tics in children and adults.

### **Who Should Attend a Workshop?**

Workshops benefit practitioners with behavioral and clinical experience, physicians, psychologists, occupational therapists, social workers, and other allied professionals.

### **What do the Workshops Entail?**

- **CBIT** workshops are given by one of the TAA's Medical or Scientific Advisory Board members. The programs offer an overview of the **CBIT** protocol and current research supporting this treatment.
- Programs are 3 to 4 hours in length and provide attendees with a free copy of the Oxford University Press CBIT treatment manual, as well as additional educational resources.
- Participants have the opportunity to be added to the Tourette Association's physician or allied health professional referral list.

**For more information, or if your institution  
or organization is interested in hosting a  
CDC CBIT workshop, please email  
Programs@tourette.org**

### **The Tourette Association of America**

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