

## Tic Management

### **The Starting Line Transcript**

[Male Speaker]

Welcome, in this particular toolbox we are going to be learning about the golden standard treatment for tourette syndrome and other tic disorders, which are leaky brakes over your movements and over your noises. Now, the formal term for this treatment is "The Comprehensive Behavioral Intervention For Tics". But, often to keep it simple in the Brake Shop we just call it Tic Management. Now, Tic Management is basically two components. One is that we are looking at managing different things in your life that can make tics worse and we're also looking to target specific tic symptoms that you might want to reduce or completely get rid of. Now, what isn't Tic Management? Tic Management isn't just suppression, it isn't simply substituting one tic for another and it's also nothing goofy like trying to punish your tics out of you or something like that. Now, before we get into this video series I think it would be wise, if you don't know a lot about tics, you should go learn as much as you can about them first. There are other areas of this website that are devoted to that, that are just jam packed with information about this particular leaky bake, so now, let's have our tic talk.

Actually, a lot of people think, they are kind of surprised this treatment will even work, they are thinking "how can some tool make a difference with an uncontrollable movement or noise. Well, the thing is, it ends up that it's actually not the movements or noises that are the uncontrollable part. What is actually uncontrollable is an urge to do those movements or noises. Think of it like having to scratch an itch. So, if you've got a mosquito bite on your arm, you may feel that urge build the more and more you hold off on not scratching it and it's starting to scream at you, "itch me, itch me" and it's harder to pay attention to anything else, you are gripping your teeth fighting this internal war and maybe if you get distracted, your hand reaches over and scratches it. But, that all being said, we still do have a little bit of loose slippery control over when and how we scratch that itch. What we don't have any control over at all is the fact that that itch is there in the first place. Now, this whole itch scratch cycle actually explains a few things. For one thing, it explains when someone asks you to stop doing your tics, we actually can, at least until they are not looking anymore. It also explains why we can often miss things during the day or be really burnt out by the end of the day. It is a lot of work not trying to scratch all those itches the entire day. So, the thing is, since that itch tells us when those movements and sounds are about to come out and since we do have some control over not doing those different movements or noises that means that we can develop a treatment where we can focus on the real problem, which is that itch that is driving those different movements and noises in the first place. So, do something about

the itch, and we've taken care of the twitch. I'm Dr. Dunk, sticking that tool in your toolbox.

[Text at end of video]

## Tic Management - The Starting Line

Tourette syndrome and other tic disorders:

-Leaky brakes over our MOVEMENTS and NOISES!

Tic Management:

-Gold standard treatment for tics!

-Change things in your life making tics worse!

-Decrease or get rid of specific tics!

-NOT suppression, tic substitution, or punishment!

The real problem is the URGE to tic!

- like an itch needing to be scratched!

- itch tells us when a tic is about to happen!

- to get rid of the TWITCH, we need to get rid of the ITCH!