

The CPRI Brake Shop Tic Management:

Tic Awareness – Enhancing Insight!!!

To develop awareness of the premonitory urge and to assist with improved insight, work through the exercises, **in brief periods of time weekly**, until insight builds.



Response Description –

- intentionally model the Tic: do so slowly/deliberately while describing each part aloud. Have the youth do the same



Response Detection –

- take the youth to watch him/herself in **mirror or model the tic**
- **Play “Catch the Tic”** – see if the youth can “catch” the Tic in themselves by letting you know each time it happens by raising their finger, or say now each time the tic is demonstrated. **(catching the scratch)**



“Early Warning” –

- Determine whether or not the youth can “feel/identify” a premonitory urge. **(catching the itch)**
- If the warning sign cannot be modelled (i.e. it is an internal sensation being described), instead go straight to playing “Catch the Tic” but this time have the youth “catch” the early warning sign/premonitory urge rather than the Tic itself **(catching the itch)**