

## **TIC MANAGEMENT**

### **Brake Shop Service Package: Virtual Treatment**

Sometimes people just want to be able to stop better – they want their brakes to work like everyone else's do!

**In this Service Package, we provide evidence-based treatment via online videos and downloadable worksheets for the treatment of tics.**

#### **Who Is This Toolbox For?**

- **Children and adolescents feeling distressed or impaired by tic symptoms:**
  - those looking for an alternative or enhancement to pharmaceutical treatment of tic symptoms
  - problems with tic symptoms at least in part related to symptom presentation itself (e.g. difficulty reading, headaches, scratched corneas, muscle pain, self-injurious behaviour) and not solely due to people's reactions to tics or an individual's acceptance of tics
  - have at least some symptom insight, and a motivation to change
  - can commit to scheduling specific times for practicing assignments each week
  - currently in a reasonably stable life situation
  - a mental age of at least eight years with overall cognitive functioning within the broad range of Average (IQ score > 80)
- **Symptoms Targeted For Treatment:**
  - tics (what we call, "leaky brakes over movements and sounds") & the premonitory urges that cause them
- Treatment of any ADHD symptomatology has already been optimized. **It is best if any medications remain stable for the duration of treatment.**

#### **How This Toolbox Can Help:**

- "Full Beakers" are how we describe feelings of being overloaded with too many pressures, demands or stresses unique to having leaky brakes. When a beaker overflows this can take the form of unmanageable anxiety, tearful "meltdowns", or rage.
- Tics that are embarrassing, inconvenient, disruptive, or painful are beaker-fillers. Fighting to 'hold in' these tics, or dealing with the reactions of others to these tics, also contributes to a full beaker.
- Learning to manage, decrease, and eliminate bothersome tic symptoms can decrease beaker levels by decreasing negative reactions to, or negative consequences of, tics.
- Evidence suggests that treatment responders also enjoy decreased anxiety, disruptive behaviours, and family strain, as well as improved social functioning six months post-treatment (Woods et al., 2011).
- Through various "T(r)IC(k)S" (**relaxation techniques, competing responses, symptom analysis, social support**), clients are able to choose the tic symptoms most bothersome to themselves and decide whether they wish to decrease these symptoms, change them, or eliminate them altogether.