

Tics/Tourette Clinic



Tics/Tourette Clinic at Children's Hospital Los Angeles (CHLA)

Neurological Institute
4650 Sunset Blvd, #82
Los Angeles, CA 90027

Phone: (323) 361-2471
Fax: (323) 361-1109

New referrals:

Maricela Estrada
Patient Services Representative II, Neurological Institute,
Childrens Hospital of Los Angeles
4650 W. Sunset Blvd., Los Angeles, CA 90027.
Ph: (323) 361-2471
Fax: (323) 361-1109
mariestrada@chla.usc.edu

What we do

Our team at the Tics/Tourette Clinic specializes in diagnosing and managing tic disorders and Tourette syndrome. We work with our pediatric neurology, psychology, and behavioral health teams to make sure we can meet patient needs through different ways. This is the only collaborative care clinic of its kind within the Los Angeles area.

Who we treat

New patients accepted: 0 to 18 yearsold

Conditions We Treat:

- Motor tics
- Vocal tics
- Transient tics
- Chronic tics
- Tourette syndrome
- Associated comorbid conditions

Neurology/TIC Clinic

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org

Approved by PFE 05/17/24

You may need an additional referral to our behavioral health or neurodevelopmental programs for common comorbid conditions such as:

- Attention Deficit Hyperactivity Disorder
- Obsessive Compulsive Disorder
- Oppositional Defiant Disorder
- Generalized Anxiety Disorder
- Psychosis
- Autism Spectrum Disorder/ neurodiversity

Information on Tic disorders/ Tourette Syndrome

Tic disorders can often feel overwhelming for a child and their family. Thankfully, there are many helpful treatment options for tic management and well-being. Some of these options include medication, while others involve behavioral coping strategies.

Types of tics:

- Motor tics result in unwanted movements.
- Vocal/Phonic Tics result in unwanted sounds.

Tics can also be simple or complex:

- Simple tics are quick and use fewer body parts or sounds.
- Complex tics use more body parts, can have a pattern, or include words or phrases.

Tic disorders are diagnosed based on type, as well as how long tics have been present. To qualify as a disorder, tics must be present before the age of 18 and occur without drug use or another medical condition.

Types of tic disorders include:

Provisional Tic Disorder - One or more tics present for less than 12 months.

Persistent Tic Disorder - One or more motor tics OR one or more vocal tics present for greater than 12 months.

Tourette's Syndrome - Both motor tics and vocal tics present for more than 12 months.

Medical management

Several medicines help manage tics. The most common medicines are:

- Guanfacine
- Clonidine
- Topiramate
- Risperidone

Neurology/TIC Clinic

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org

Approved by PFE 05/17/24

Comprehensive Behavioral Intervention for Tics (CBIT)

CBIT is therapy that can help individuals better manage their tics. It usually lasts 8 sessions and focuses on 3 areas of training:

1. Awareness of the tics and the urge to tic.
2. Behaviors that can stop or prevent tics.
3. Making changes to routines, daily activities, or using coping strategies that can also help reduce tics.

Who we are

Neurology

Vijay Vishwanath MD PhD

Director, Tics/ Tourette Clinic

Dr. Vishwanath completed his pediatric residency at the University of Tennessee College of Medicine and his pediatric neurology fellowship training at New York University School of Medicine. He then joined the faculty of Albany Medical Center and was the director of the Tic Disorder Clinic before moving to CHLA. He is board-certified in pediatric neurology and epilepsy. He specializes in the medical management of tic disorders, Tourette syndrome and other neurological conditions. He supports programs from the Tourette Association of America.

Psychology/ CBIT (Comprehensive Behavioral Intervention for Tics)

Andrea Tabuenca PhD

Dr. Tabuenca completed her internship and postdoctoral fellowship training in pediatric health psychology at Yale University's Child Study Center. She holds a joint faculty position through Psychiatry and Neurology at CHLA. She provides cognitive and behavioral treatments (including CBIT) for various conditions. Dr. Tabuenca also focuses on treating pediatric anxiety disorders in children and adolescents with medical conditions and in gender-diverse youth.