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## Managing Tourette Syndrome: A Behavioral Intervention

By Alan Peterson

Oxford University Press, USA. Paperback. Book Condition: New. Paperback. 96 pages. Dimensions: 10.8in. x 8.4in. x 0.3in. If your child has Tourette Syndrome (Ts), or any other chronic motor or vocal tic disorder, you know how important it is to get the best treatment available. Behavior therapy, as described in this workbook, is a treatment for tic disorders that is scientifically proven to help sufferers of Ts manage their symptoms. This 11-session program involves helping your child become aware of his tics and the situations that make them worse. In conjunction with visits to a qualified mental health professional, your family will learn to restructure your child's environment so tics occur less frequently. With your help, your child will create a list of tics to be addressed during treatment. Each week a new tic will be targeted and your child will be taught specific exercises for managing that tic. The program also includes relaxation techniques designed to help your child combat anxiety and stress. Relapse prevention strategies will help your family maintain progress and keep your child motivated long after treatment has ended. Complete with psychoeducational information, as well as child-friendly forms and worksheets, this workbook will help your family better...



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