

# 13<sup>th</sup> European Conference on Tourette Syndrome & tic disorders

ESSTS Virtual Meeting II

1-2 October 2021

## PROGRAMME

Friday, 01.10.2021

10.00-13.00 (parallel sessions)

### Behavioural Therapy Workshops (II)

I. Workshop for **beginner** participants:  
[Per Andrén](#) and [Ewgeni Jakubovski](#)

II. Workshop for **advanced** participants: [Tara Murphy](#), [Charlotte Sanderson](#), [Zsanett Tárnok](#), [Jolande van de Griendt](#) and [Cara Verdellen](#)

(Alphabetical order)

### Workshop programmes

#### I. Programme for **beginner** participants

An introduction to behavioural therapy for therapists interested in treating patients with tic disorders. The workshop includes a brief introduction to tic disorders and a step-by-step instruction to the currently recommended evidence-based behavioural treatments: habit reversal training (HRT) and exposure and response prevention (ERP). Presenters are Dr. Ewgeni Jakubovski from Hannover Medical School, Germany, and PhD candidate Per Andrén from Karolinska Institutet, Sweden.

**10:00:** Summary of the 2021 ESSTS guidelines for psychological interventions (Ewgeni Jakubovski and Per Andrén)

**10:15:** **Psychoeducation** Ewgeni Jakubovski

**10:35:** Break

**10:45:** **Habit reversal training (HRT) / Comprehensive behavioural intervention for tics (CBIT)** Ewgeni Jakubovski

**11:30:** Break

**11:40:** **Exposure and response prevention (ERP)** Per Andrén

**12:20:** Break

**12:30:** Functional interventions and Q&A session Per Andrén



## II. Programme for **advanced** participants

In this advanced behaviour therapy workshop, we will update you on the soon-to-be-published new European Guidelines. We will explore a range of other topics which the more experienced practitioner may come across, such as adapting tic treatment for individuals with commonly co-occurring comorbidities. In addition, we also focus on functional tics- their presentation and treatment options. Furthermore, several invited speakers will talk about the latest development in behaviour therapy.

Previous experience in the delivery of behavioural therapy for tics is necessary to profit the most from this advanced workshop.

**10:00:** Summary of the 2021 ESSTS Guidelines for psychological interventions (pre-recorded)

Ewgeni Jakubovski and Per Andrén

**10:15-11:15:** **Comorbidities/ complex cases**

**Introduction** – Charlotte Sanderson (UK)

**ADHD** – Zsanett Tárnok (Hungary)

**OCD** – Jolande van de Griendt (The Netherlands)

**ASD** – Charlotte Sanderson & Tara Murphy (UK)

**11:15-11:25:** Break

**11:25-12:25:** **Functional Tics**

**Diagnostics** – Cara Verdellen (The Netherlands)

**Group Work** - Tara Murphy (UK)

**Treatment by hypnosis/ Catalepsia** – Cara Verdellen & Jolande van de Griendt (the Netherlands)

**12:25-13:00:** Invited speakers



14.00-16.00

**Plenary session on behavioural interventions in tics**

moderated by [Cara Verdellen](#)

[Martina Haas, Kirsten R. Müller-Vahl](#) – Presentation of results of a randomized observer blind clinical trial to demonstrate the efficacy and safety of internet-delivered behavioural treatment for adults with tic disorders (ONLINE-TICS)

[Chris Hollis, Charlotte Hall](#) – presentation of preliminary results of the ORBIT Trial

Discussion, Q & A

16.15-18.15

**Tics and Tourette across the Globe (TTAG) session-Patient associations meeting**



Saturday, 02.10.2021

10.00-12.30

**Plenary session on functional, “Tourette-like” behaviours exacerbated by COVID-19 pandemic**

moderated by [Andrea Cavanna](#)

Case reports and discussion about underlying pathophysiology: TBA (Europe & North America)

12.30-13.30

**Break**

13.30-14.00

**Cannabis-based treatment in Tourette-Syndrome**

moderated by [Natalia Szejko](#)

[Kirsten R. Müller-Vahl](#) - Results of the randomized double-blind placebo-controlled trial to demonstrate the efficacy and safety of nabiximols (Sativex®) in the treatment of adults with chronic tic disorders (CANNA-TICS)

14.00-14.30

**Epidemiological studies in Tourette syndrome**

expert: [Lorena Fernández de la Cruz](#)

discussion moderated by [Danielle Cath](#)

14.30-15.30

**Oral presentations of selected abstracts (session 1)**

moderated by [Nanette Mol Debes](#)

15.30-16.00

**Break**

16.00-16.45

**EMTICS: Results from the large European Multicentre Tics in Children Study**

expert: [Pieter Hoekstra](#), moderated by [Davide Martino](#)

16.45-17.45

**Oral presentations of selected abstracts (session 2)**

moderated by [Renata Rizzo](#)

17.45-18.30

**Best papers on tics and TS 2020**

expert: [Kevin Black](#), moderated by [Andreas Hartmann](#)

18.30-18.45

**Closing remarks by the Board**