

European Society for the Study of Tourette Syndrome

13th European Conference on Tourette Syndrome & tic disorders

ESSTS Virtual Meeting II

1-2 October 2021

Friday, 1 October 2021

10.00-13.00

Behavioural Therapy Workshop 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 Jakobovski** from Hannover Medical School, Germany, and PhD candidate **Per Andrén** from Karolinska Institutet, Sweden.

(programme continues below)



Workshop programme

- 📄 Opening message by the board
- 📄 Summary of the 2021 ESSTS guidelines for psychological interventions
(Ewgeni Jakubovski and Per Andrén)
- 📄 Psychoeducation Ewgeni Jakubovski
- 📄 Break
- 📄 Habit reversal training (HRT) / Comprehensive behavioural intervention for
tics (CBIT) Ewgeni Jakubovski
- 📄 Break
- 📄 Exposure and response prevention (ERP) Per Andrén
- 📄 Break