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.
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