Behavioural Therapy for advanced participants

Thursday 9 June 2022, 14:00-17:00

Clinical implications in Hungary

Group treatment for Tics and Tourette syndrome

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Vadaskert Child- and Adolescent Psychiatry, Budapest
Vadaskert in numbers

- Largest child psychiatry in Hungary
- 0-24 acute care: more than half of Hungary-regional care
- Clinicians: 7 child psychiatrists, 4 clinical psychologist
- Approx. 1600 new inpatient a year
- Approx. 10000 outpatient a year (3500 new)
Tic/Tourette Program

- Diagnostics
- Therapy
- Research
- Education
Global problem

*Lack of therapist*
Beehive program
The team

- One child psychiatrist
- Two resident doctors
- One clinical psychologist
- 2 occupational therapists
- 2 nurses

- Inpatient care for 12 children for one week
- CBT based program for homogenous groups (ADHD, TS, OCD, Anxiety, Social skill)
Tourette program BT in Behive

- 4-5 times a year
- Inpatient care 12-15 children
- One-week BT
- VIP groups in the summer
Purpose - help in carrying this weight

- Psychoeducation
- Basic BT techniques
- Art/Adventure therapy
- Specific effects
  - Social skills
  - Acceptance
  - Self confidence
Monday

**Morning 8:00-11:30**

- **Patient enrollment**
  - Questionnaires, interview
- **Parents psychoeducation**
  - Video, lecture, possibility to ask
- **1. session introduction**
  - Aims, rules, getting to know

**Afternoon 13:00-16:00**

- **2. session psychoeducation**
  - Lecture, video
  - PARENT/CHILD version
  - Status survey
  - Choci, ADHD-RS, YGTSS, PUTS, ASSQ, KINDL, Short Sensory Profile
I Have Tourette’s, But Tourette’s Doesn’t Have Me

HBO "I Have Tourettes But Tourette Do..."
Some examples of tics

**Blinking**
- Blinking
- Sniffing, sn, sn
- Hair flicking
- Clicking

**Shrugging**
- Shrugging

**Coughing**
- Coughing
- Touching
- Sniffing, sn, sn
- Sniffing
- Clicking
- Clearing your throat
- Saying the same word over and over

**Jumping**
- Jumping

**“tourettes” – what’s that?**
Tuesday—is the hard day

**Morning 8:00-11:30**
- Session 2.
  - Practising ERP
  - Practising HRT

**Afternoon 13:00-16:00**
- Session 3.
  - Practising ERP
  - Practising HRT
Tic types-flipchart/working sheets

Problem hierarchy-spider web game

Awareness-catch the tic game in pairs

Detection of urge-tolerate
Wednesday is the fun day

**Morning 9:00-10:00**

- Session 4.
  - Practising ERP
  - Practising HRT

**Afternoon 11:00-16:00**

- Session 5.
  - Art/adventure therapy
  - Quiz, kahoot
  - Excursion, bowling
  - Exit room
Thursday

Morning 8:00-11:30

- Session 6.
  - Practising ERP
  - Practising HRT
- Making an educational video clip on TS

Afternoon 13:00-16:00

- Session 7.
  - Practising ERP
  - Practising HRT
- Therapeutic dogs
Friday

Morning 8:00-11:30

Session 8.
  - Closing the group
  - Summary

Afternoon 13:00-16:00

Session 9.
  - Parents group
    - Reduce guilt
    - Provide support
  - Feedback
  - hospital final report
Between sessions

- Built in reward system
- Lots of play
- Mindfulness games
- Lots of fun
- Lots of sport
- Lots of art
- Movie nights with popcorn
Difficulties

- Motivation, comorbid conditions
  - Whose motivation is BT?
- Parallel diagnostic work, not only therapy
REALLY preliminary findings (n=8)

Parent questionnaires:
- Motor and vocal tics: 4-18% decrease
- Tic frequency: 25-30%-decrease
- Tic intensity: 20-25%-decrease

Child q.
- Motor and vocal tics: 10-15% decrease
- Tic frequency: 25%-decrease
- Tic intensity: no change
No change

In KINDL, PUTS after one week
Significant difficulty

“One week is too short!” comment from the kids
Thank you for your attention!

Thanks for the Beehive team

Especially Kristof Kollár, Anna Sterczer, and Bianka Brezoczki, Anna Turi