Behavioural Therapy for beginner participants

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Tic treatment – Learn how to become a tic therapist or enhance your skills: Habit Reversal Training

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Habit Reversal Training

- Tic Description
- Awareness Training
- Competing Response Training
- Social Support
- Functional analyses
- Motivational strategies
Key elements

Purpose

• Help client be aware of, identify and act on the tic

Three techniques

• Tic Description
• Tic Detection
• Make a competing response / tic blocker
Make a Tic Hierarchy

Use the YGTSS list of tics

Select the most bothersome tic from the list

Understand why it bothers the patient
Tic Description

Purpose
• Ensure therapist and client get all the detail of the tic
• Process
Get the patient to describe the tic in a high level of detail
Where is the urge?
What happens first?
Then what happens?
Have we missed anything?
Complete set of videos can be found on Youtube
https://www.youtube.com/watch?v=SVHBiABpxjc
Let’s make a tic description ...
Tic Detection

Therapist demonstrates catching tics (if necessary, not usually)

Client practice
• Client tics client acknowledges Praise client
• Client tics client doesn’t acknowledge prompt
• Continue until client identified majority of tics (>80%)

Have client simulate tics if s/he is not ticcing
YouTube https://www.youtube.com/watch?v=SVHBiABpxjc
Let’s practice detecting tics

Get into pairs
Competing Response Training

Purpose
• A behaviour that is incompatible with the tic or that allows the person to do something while they do not tic

Three techniques
• Choosing the tic blocker
• Therapist practices the tic blocker
• Patient practices tic blocker to mastery
Choosing the Tic Blocker

5 Rules -
1. Incompatible w/ tic
2. Less socially noticeable than the tic
3. Patient can do CR almost anywhere
4. Maintain CR for longer than one minute
5. Use no props (‘naked in the desert’)

Choosing a TB should be a decision b/w patient and therapist
video of making a tic blocker

Youtube https://www.youtube.com/watch?v=SVHBiABpxjc
Tic Blocker for Motor tics

Adapted from Azrin & Nunn, 1973)
Vocal tics

Sounds
Breath in and out through the nose without a pause
Whistle
Swallow

Sniffing
Breath in and out through the mouth without a pause

Cursing
Breath in and out through the nose without a pause; hold lips tight
Youtube https://www.youtube.com/watch?v=SVHBiABpxjc
Make a tic blocker based on the tic you wrote down earlier
Therapist demonstrates tic blocker

Therapist demonstrates tic blocker to patient

Patient correctly uses to mastery

• Contingent on tic urge or warning sign
• Held for 1 min or until urge goes away.....whichever is longer
Patient Practices

Have patient demonstrate tic blocker and provide corrective feedback

Have patient practice using tic blocker on feeling of actual tic (or simulated tic, if needed)

Therapist should prompt and praise as appropriate
video of using a tic blocker
Practice using the tic blocker you chose earlier with your colleague
Helpful tips

Work towards generalisation: go to park; visit a shop; play games in session; read a book; look at the computer

Build a hierarchy of places where the child is motivated to control their tics.

Start with the easiest places and work through the hierarchy

Train the parent as you train the child

List to the patient and hear what they find works well for them

Eye tics are hard to treat
Adaptations for Young Children

First session – parents alone, then both parents & children. Emphasis on functional analyses.

Taught “The Opposite Game” (TOG)

- Enhance awareness
- Ability to control bodily sensations
- Readiness for HRT

Used play cards with “command” & “response” cards to practice awareness and use of competing responses

Then practiced the CRs

Used of rewards

(Bennett et al, 2021)
Thank you for listening

Comments, questions, queries