

Behavior Therapy

ASSOCIATES

ESTABLISHED 1979

Let's Talk about Tics!

Do you or your child have bothersome motor or vocal movements?
Do you or your child have Tourette syndrome or a chronic tic disorder?
If so, the Tics and Trichotillomania Service at Behavior Therapy Associates can help!

Announcing the

Child, Adolescent, and Adult Group Therapy Program

Tic Group for Children and Adolescents

The child and adolescent tic treatment groups are designed to help youth *learn strategies to better manage their tics* across settings. As parents play an integral role in the treatment process and are often impacted by their children's tic disorders, the program also includes two parent sessions.

Tic Group for Adults

The adult tic treatment group is designed to help individuals *learn strategies to better manage their tics*. In addition to behavioral treatment, the group will provide a mutually supportive environment for participants as they learn to implement tic management strategies into their everyday life.

About the Treatment Approach

The cornerstone of the 10-week treatment program is *habit reversal therapy*, an evidence-based behavioral therapy for reducing tics. Additional treatment components include education about tics, identifying and reducing situations which worsen tics, accessing and utilizing social support, and relaxation training. Emphasis is placed on teaching skills to be self-sufficient following therapy, with parents or friends serving as coaches, as needed.

Location, Hours & Eligibility

Groups are conveniently held during *after-school/work hours* at Behavior Therapy Associates in Somerset, NJ. Prior to beginning the group, each participant is *carefully screened* to ensure that the designated group is an appropriate fit for his/her needs.

Information

For additional information about these and other programs, including fees, please call 732-873-1212. We would be delighted to answer any questions you have.

The Tics and Trichotillomania Service at Behavior Therapy Associates provides evaluations and individual and group cognitive-behavioral therapy for individuals with tic disorders, including Tourette syndrome, and co-occurring anxiety, obsessive compulsive, and attention-deficit / hyperactivity disorders, as well as trichotillomania (hair pulling). Staff members also provide school consultation and training workshops for parents, educators, and mental health professionals.

Behavior Therapy Associates, P.A.

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BTA provides clinical services, consultation, and training using evidence-based approaches within the context of sensitivity and compassion, while recognizing the uniqueness of each individual and setting.