



Tourette Association of America

Awareness. Research. Support.

Behavior Therapy Institute (BTI)

In partnership with

Palm Beach County Youth Services and the United Way of Palm Beach County



**United Way
of Palm Beach County**

**February 17th – 18th, 2018
Highridge Family Center
4200 N. Australian Avenue
West Palm Beach, FL 33407**

Faculty

Douglas W. Woods, Ph.D.

Vice Provost for Graduate & Professional Studies
Dean of the Graduate School
Professor of the Graduate School, Psychology
Marquette University
Milwaukee, WI

Kenneth W. Phelps, Ph.D.

Associate Professor of Clinical Neuropsychiatry and Behavioral Science
University Specialty Clinics
Columbia, SC

Background/General Information

The TS-BTI was created to expand the number of healthcare professionals competently trained in behavior therapy for Tourette Syndrome and other tic disorders. The TS-BTI is supported by the Tourette Association of America Inc. and its contents are guided by a Tourette Association-appointed board of clinical-research experts in TS, including Lawrence Scahill, M.S.N., Ph.D., John Walkup, M.D. and licensed clinical psychologists Alan Peterson, Ph.D., ABPP, Douglas Woods, Ph.D., John Piacentini, Ph.D., ABPP and Sabine Wilhelm, Ph.D.

Participant Qualifications

Individuals participating in the TS-BTI should be health or mental health practitioners licensed or certified to practice in their state. Participants must have access to a patient with TS or Tic Disorders who is willing to serve as a training case. Preference is for participants to have experience with the principles of behavior analysis or cognitive behavior therapy.

Attendance Requirements

In order to qualify for a CERTIFICATE OF COMPLETION, trainees must attend the entire two-day training program and complete three follow-up phone calls with a designated TS-BTI faculty member. No exceptions will be made to these requirements.

Registration

This particular BTI-training in Palm Beach was made possible through a generous donation and will cover registration costs for selected applicants. An application must be submitted to be considered for this special training. Preference will be given to medical professionals in the Palm Beach area and to those who can demonstrate a financial and/or logistical need for this special training. Please review and fill out the application form and submit your brief application via email to Denise Walker at denise.walker@tourette.org by **February 2, 2018** to be considered. Applicants will be notified of their acceptance by **February 9, 2018** and prompted to a special link to register.

Please note lodging, meals and transportation are the responsibility of the applicant.

Participant Memorandum of Understanding

Since this form is generally overlooked when registering, I have included it on the following page. Upon completion of registration, please fill out the form, date, sign it and send it back to me, Denise Walker, with a copy of your license to denise.walker@tourette.org or by fax to 718-279-9596.



**Tourette Association of America Inc.
Behavior Therapy Institute (BTI)
Participant Memorandum of Understanding**

NAME OF BTI PARTICIPANT (please print): _____

- 1) I am licensed/certified as a _____ in the state(s)/country of _____.
- 2) My license/certification allows me to practice independently (i.e., without supervision).
- 3) My license/certification is in good standing.
- 4) I have included a copy of my current license with this memorandum of understanding.
- 5) My professional work includes direct provision of Behavioral Therapy (Habit Reversal Therapy) and I plan on using the knowledge and skills I obtain in the BTI to provide Comprehensive Behavioral Intervention for Tics (CBIT) to people with Tourette Syndrome (TS) or other tic disorders.
- 6) I understand that participation in the BTI includes the assessment, case formulation, and treatment in my state of license/certification of an individual with TS.
- 7) I have identified a patient with TS that I can use as my training case or I believe I will be able to obtain a training case before the BTI training begins.
- 8) I understand that the role of the BTI faculty includes teaching and consultation, but does not include supervision. I am legally responsible for the quality of care I provide for my training case.
- 9) I understand that this program has been accredited for continuing education by the American Psychological Association (APA).
- 10) I understand that if I am accepted for this program, I can cancel my registration by submitting a request in writing to the Tourette Association of America up to 14 days prior to the start of the program. A \$100.00 processing fee will be charged for cancellation and the remainder of my registration fee will be refunded to me. Cancellations made less than 14 days prior to the commencement of the program are non-refundable. There will be no exceptions for medical, travel, or professional emergencies.

I HAVE READ THE STATEMENTS OUTLINED ABOVE. I ATTEST THAT ALL OF THE STATEMENTS ARE TRUE.

Signature of BTI Participant

Date



Behavior Therapy Institute (BTI)

February 17th – 18th, 2018

Accreditation Information*

Satisfactory Completion

Participants must complete an attendance/evaluation form in order to receive a certificate of completion/attendance. You must attend the BTI in its entirety. Partial credit is not available. **You will have thirty (30) days to access your certificate/credits.**

Psychologists

Psychologists who complete this course will earn 13.75 hours of continuing education credit as approved by the Florida Board of Psychology (Provider Number 50-1428).

Social Workers, Mental Health Counselors and Marriage & Family Therapists

Those who complete this course will earn 13.75 hours of continuing education credit as approved by the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling (Provider Number 50-1428).

Other Licensed Professionals

Licensed professionals other than psychologists, social workers, mental health counselors and marriage and family therapists will need to self-submit to your respective boards, providing information such as a certificate of completion and course summary.

For ADA accommodations, to file a grievance, complaint or for questions, please contact Blia Xiong at blia@AmedcoEmail.com or 651-789-3722.

SOCIAL WORKERS

MFT's in these states can submit ASWB = AK, AR, AZ, CA, CO, FL, IA, ID, IN, KS, ME, MO, NC, NE, NH, NM, NV, OK, PA, TN, TX, UT, VA, WI, WY

PSYCHOLOGISTS

MFT's in these states can submit APA = AK, AR, AZ, CA, CO, CT, DE, FL, IA, ID, IN, KS, ME, MO, NE, NC, NH, NM, NJ, NV, OK, OR, PA, SC, SD, TN, TX, UT, VA, WI, WY

*Please note that there is a minimum requirement of ten (10) attendees in order for the TAA to offer CE credits.

Program and Learning Objectives

Saturday, February 17, 2018

Summary

Through didactic presentation, participants will first learn about TS, common comorbidities and the general strategy for treating TS. In addition, the behavioral model on which CBIT is based will be reviewed. The various assessment tools used to gauge treatment progress will be described. In the afternoon, using didactic instruction, video, and live demonstration, participants will learn many of the core components of the CBIT treatment.

8:30-8:40 Welcome

8:40-11:00 Background on TS, Treatment, and Behavioral Theory

Objectives - Participants will be able to:

1. Identify TS and other tic disorders.
2. Differentially diagnose TS from other common psychiatric and neurologic conditions including ADHD, OCD, Sydenham's Chorea, and Dystonia.
3. Discuss the epidemiology and phenomenology pertaining to TS.
4. Describe the biological underpinnings and behavioral model of tic disorders
5. Assess the scope and efficacy of pharmacological, surgical, and non-pharmacological treatment options for TS

11:00-11:15 Break

11:15-12:15 Review of TS Assessment Instruments and Strategies

Objectives - Participants will be able to:

1. Administer, score, and interpret TS-specific assessments including the YGTSS, PTQ, and PUTS scales.

12:15-1:00 Lunch Break

1:00-3:00 Training in Core Components of CBIT - Part 1

Objectives - Participants will be able to:

1. Outline the overall structure of CBIT
2. State a rationale for Comprehensive Behavioral Intervention for Tics
3. Create Tic Hierarchy
4. Create Inconvenience Review
5. State the rationale for the behavioral reward program

3:00-3:15 *Break*

3:15-5:00 **Training in Core Components of CBIT - Part 2**

Objectives - Participants will be able to:

1. Conduct Functional Assessment
2. Practice function-based treatment implementation
3. Practice abbreviated relaxation training

Sunday, February 18, 2018

Training in Core Treatment Components and Case Conceptualization

Summary

At the beginning of the day, participants will learn through didactic presentation, live demonstration and role play with active feedback, how to implement the primary components of habit reversal training (HRT) for various tics. In the afternoon, each participant will be asked to present a patient to the group together with a plan for implementing treatment and assessing improvement. Feedback will be given by other participants and trainers. Finally, common pitfalls in implementing CBIT will be discussed together with solutions for overcoming these potential problems.

8:30 – 9:00 **Welcome and Questions from Previous Day**

9:00 - 11:30 **Training in Core Components of CBIT**

Objectives - Participants will be able to:

- 1) Practice Habit Reversal Therapy (HRT)
 - a) Conduct Awareness Training
 - i. Describing the Tic
 - ii. Describing preceding sensations and behaviors
 - iii. Acknowledging Self tics
 - b) Conduct Competing Response Training
 - i. Choosing the Competing Response
 - ii. Therapist Simulation of Competing Response
 - iii. Teaching the Child the Competing Response
 - c) Conduct Social Support
 - i. Identifying a Support Person
 - ii. Training the Praising and Prompting of Correct Implementation

11:30-12:15 **Lunch Break**

12:15-2:45 Case Discussion-Case Formulation (Break-Out Groups)

Objectives - Participants will be able to:

1. Plan the assessment and treatment strategy for a current TS case

2:45-3:00 Break

3:00-4:00 Practice Issues

Objectives - Participants will be able to:

1. Discuss effective ways of seeking reimbursement for CBIT
2. Cite strategies for developing a referral network
3. Describe alternative ways of effective treatment delivery
4. Demonstrate how to communicate effectively with TS patients

4:00 Adjourn

The Tourette Association of America Inc. would like to thank the International OCD Foundation (IOCDF) for providing the template for the TS-BTI program.