



# Tic Busters



Tic Busters is a non-pharmacological structured and comprehensive evidence-based treatment for individuals with impairing tics

## Structure

- On average: 8 weekly sessions
- 2-3 booster/follow-up sessions

## Approach

- Compassionate and empowering manualized treatment adapted from Comprehensive Behavioural Intervention for Tics (CBIT), evidence-based behavioural treatment for managing tics
- Easy-to-use handouts, worksheets, and strategy lists provided weekly

## Topics Covered

- Education about tics (e.g., course, cause) and tic disorders
- Awareness training, competing response training, social support (Habit Reversal Therapy components)
- Identifying environmental triggers that impact tic severity
- Customized plan of action when faced with triggers that exacerbate tics (“function-based interventions”)
- Ways to accept/tolerate urges to tic without acting on urges
- Self-compassion/self-acceptance exercises
- Advocacy techniques (e.g., how to talk about tics)
- Other proven-effective skills for managing stress, urges to tic, and triggers including mindfulness and relaxation
- Toolbox of strategies to manage current and potential future bothersome tics

