Cognitive–Behavioral Management of Tic Disorders

Description: Tics can be very distressing and severely disabling for sufferers. Cognitive–Behavioral Management of Tic Disorders uses cognitive behavioral approaches and related psychoeducational and psychophysiological methods to aid management of tics in people with Gilles de la Tourette’s syndrome and chronic tic disorder.

Kieron O’Connor undertakes a review of relevant literature and research in this area, and presents a cognitive psychophysiological model of tics, together with an outline of empirical studies testing the model. A comprehensive and original treatment program for use in tic management is included, with case studies and appendices to illustrate the approach. The program focuses on preventing tic onset and addresses wider aspects of the person’s functioning. Both client and therapist manuals are provided.

Cognitive–Behavioral Management of Tic Disorders provides a much needed, effective reference for the psychological treatment of tic and habit disorders. It will be a valuable resource for clinical psychologists, cognitive–behavioral therapists, psychiatrists and other mental health professionals.

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