

13th European Conference on Tourette Syndrome & tic disorders

ESSTS Virtual Meeting II

1-2 October 2021

Friday, 01.10.2021

10.00-13.00

Behavioural Therapy Workshop for **beginner** participants

[Per Andrén](#) and [Ewgeni Jakubovski](#)

Workshop programme

An introduction to behavioural therapy for therapists interested in treating patients with tic disorders. The workshop includes a brief introduction to tic disorders and a step-by-step instruction to the currently recommended evidence-based behavioural treatments: habit reversal training (HRT) and exposure and response prevention (ERP). Presenters are Dr. Ewgeni Jakubovski from Hannover Medical School, Germany, and PhD candidate Per Andrén from Karolinska Institutet, Sweden.

10:00: Summary of the 2021 ESSTS guidelines for psychological interventions (Ewgeni Jakubovski and Per Andrén)

10:15: Psychoeducation (Ewgeni Jakubovski)

10:35: Break

10:45: Habit reversal training (HRT) / Comprehensive behavioural intervention for tics (CBIT) (Ewgeni Jakubovski)

11:30: Break

11:40: Exposure and response prevention (ERP) (Per Andrén)

12:20: Break

12:30: Functional interventions and Q&A session (Per Andrén)