Tourette Syndrome Association
Behavior Therapy Institute (BTI)

March 9 & 10, 2014
Feinstein Institute for Medical Research
Goldman International Conference Center
250 Community Drive, Manhasset, NY 11030

Faculty

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Background 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 Syndrome Association and its contents are guided by a TSA-appointed board of clinical-research experts in TS, including Drs. Lawrence Scahill, John Walkup and licensed clinical psychologists Alan Peterson, Douglas Woods, John Piacentini, and Sabine Wilhelm.

Goals of the TS-BTI

Based on the best existing evidence for training non-pharmacological treatments, the TS-BTI utilizes a didactic plus follow-up consultation model in conjunction with multi-modal competency based assessments to insure that professionals who complete the training can...

- Adequately recognize TS and differentiate it from other neurological and psychiatric conditions
- Demonstrate adequate knowledge about the disorder (e.g., epidemiology, phenomenology, functional impact)
- Adequately assess TS severity and related symptoms
- Understand common medical interventions for TS
- Conceptualize TS from a behavioral perspective
- Implement the Comprehensive Behavioral Intervention for Tics
- Understand how comorbidities impact treatment planning and implementation

Participant Qualifications

Individuals participating in the TS-BTI must be health or mental health practitioners licensed (or certified) to practice in their state. Participants need to have access to a patient with TS 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.

Instructional Description

The material will be covered primarily through primarily didactic lecture, video clips and PowerPoint presentations. Specific skills will be taught and practiced using role plays between participants and between participants and training staff.

Preparation For the Institute

Prior to the Institute participants will be required to read the mandatory reading material that will be mailed to them. In addition participants are required to have identified a patient with TS who is willing to serve as a training case. Participants will be asked to assess this patient prior to the Institute using assessment materials sent to them and to bring de-identified documentation to the program for discussion. Participants may not use their own children as a training case.

Mandatory Reading List


OR


**Recommended Reading List**


**Post-Institute Consultation Requirement**

Upon completion of the 2 day training, participants will be required to treat their training case in 8 sessions over 10 weeks. During this period each trainee will be required to participate in three consultation calls with training staff. Upon completion of the third consultation session, the trainer will notify the TSA that the consultation requirement has been completed and the TSA will issue a “CERTIFICATE OF COMPLETION” and contact details for that person will be placed on the TSA CBIT Therapist Referral List.

**Continuing Education**

Satisfactory Completion: Participants must have paid tuition fee and completed an online Attendance/Evaluation form in order to receive a continuing education certificate. Participants not fulfilling
these requirements will not receive a certificate. Failure to complete the online Attendance/Evaluation form will result in forfeiture of credit for the entire activity. No exceptions will be made. Partial credit is not available. Certificates are available immediately after completing the online form.

Psychologists
This course is co-sponsored by Amedco and the Tourette Syndrome Association, Inc. Amedco is approved by the American Psychological Association to sponsor continuing education for psychologists. Amedco maintains responsibility for this program and its content. Maximum of 13.75 hours.

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.

Training Cost

The cost of registration for the TS-BTI is $500 (USD), payable upon registration. This fee does not include meals.

Registration

To register for this program go to: http://tsa-usa.org/forms/BTIReg.html. Registration for this program will close on February 23, 2014. At registration, attendees will be asked to sign a Memo of Understanding. All attendees must send a copy of their license to the TSA office.

Cancellation/Refund Policy

A $100 (USD) processing fee will be charged for cancellations made before February 28, 2014. After this date, no refunds whatsoever will be made. To cancel a registration, please submit your request in writing to Denise Walker at Denise.Walker@tsa-usa.org

Transportation

Air: Attendees flying to New York for the TS-BTI Program should fly to either La Guardia (LGA) or J.F.Kennedy (JFK) airports. LGA is approximately 10 miles (25-45 minutes) and JFK is approximately 15 miles (40-60 minutes) from the Feinstein Institute and the Great Neck hotels.

Train: Attendees travelling from Manhattan who plan to use public transportation, should take the Long Island Railroad (LIRR) from Penn Station to Great Neck (Port Washington line; $11 one way, peak ticket). From the station they can walk to the Andrew Hotel for the shuttle bus (let Heather know – see below), catch the N25 bus (Metrocard or $2.25 in coins) or use a cab (a taxi rank is located on the South side of the station)

Car: From New York/Long Island
Take the Long Island Expressway (Route 495) to Exit 33 (Lakeville Road Community Drive). From the west, go to the second traffic light and make a left turn onto Community Drive. From the east make a right onto Community Drive. The hospital entrance is approximately 1/2 mile down on the right side. Use entrance number 3. You can park in the visitors’ parking garage. The entrance is on the right-hand side. The daily cost for parking is $6.
The Research Institute may also be reached via Northern Boulevard (Route 25A). Turn south off Northern Boulevard onto Community Drive. The Hospital's main entrance (entrance #3) is approximately ¾ mile down on the left-hand side.

From New Jersey
Take the George Washington Bridge to the Cross Bronx Expressway. Follow signs to the Throgs Neck Bridge. Cross the bridge and exit onto the Cross Island Parkway. Take the Cross Island Parkway to the Long Island Expressway and follow directions above.

Parking:

On Sunday, attendees may use the small parking lot adjacent to the Feinstein Institute. Parking is on a first come, first serve basis. If the parking lot is full, additional parking is available at the Hospital Visitors Parking garage. **On Monday all attendees must use the Hospital Parking lot.** The daily cost for parking is $6.

**Taxi from Airport to Hotel**

Because the meeting venue and suggested hotels are located on Long Island, NY and are not in the New York City area, participants flying to New York for the meeting are advised to pre-arrange for a cab to meet them at the airport and transport them to the hotel (Call Ollies Transportation at 516-487-3420). The cab fare for Ollies Transportation is $39 from LGA and $45 from JFK.

**Hotel**

Attendees needing hotel accommodation are responsible for making their own reservations.

The North Shore Long Island Jewish Hospital has special room rates with two hotels located in Great Neck, NY which is approximately 2 miles from the Feinstein Institute.

- **Inn at Great Neck**: 30 Cutter Mill Road, Great Neck, NY 11021, T: 1-516-665-1911 $180 plus tax per night (does not include breakfast)
- **The Andrew Hotel**: 75N Station Plaza, Great Neck, NY 11021, T: 1-866-906-6771 $165 plus tax per night (includes breakfast)

To take advantage of these special room rates you need to call the hotel and mention that you will be attending a meeting at North Shore Long Island Jewish Hospital and ask for the special room rate. Parking is available at both hotels at an additional charge of $13 per night. Because both of these hotels are relatively small, attendees are advised to make hotel reservations early as accommodation at the above mentioned rate is not guaranteed.

**Shuttle Bus:** A shuttle bus will be arranged to transport attendees from Great Neck (the Andrew Hotel) to the Feinstein Institute and back (Sunday evening only). Attendees staying at the Inn at Great Neck should walk to the Andrew Hotel for the shuttle bus. Taxi fare from the Great Neck hotels/LIRR train station to the Feinstein Institute is approximately $12 each way. The N25 bus (Metrocard or $2.25 in coins) leaves from the Great Neck Railroad station and passes the Feinstein Institute (ask driver to stop at the North Shore University Hospital on Community Drive).
Program and Learning Objectives

Sunday, March 9, 2014

Summary

Through didactic presentation participants will first learn about TS, common co-morbidities 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 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 nonpharmacological 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
Monday, March 10, 2014

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
      (1) Describing the Tic
      (2) Describing preceding sensations and behaviors
      (3) Acknowledging Self tics
   b) Conduct Competing Response Training
      (1) Choosing the Competing Response
      (2) Therapist Simulation of Competing Response
      (3) Teaching the Child the Competing Response
   c) Conduct Social Support
      (1) Identifying a Support Person
      (2) 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 TSA-BTI would like to thank the International Obsessive Compulsive Foundation for providing the template for the BTI