

## Comprehensive Behavioral Intervention for Tics or CBIT

CBIT is a powerful technique that has been demonstrated to reduce tic severity. That a behavioural treatment helps reduce tic severity is a step forward and reflects modern understanding of how the brain can be shaped by the environment. The Tourette Association and the Association's Behavioral Science Consortium is committed to communicating clearly what this research means so the treatment will be used correctly and effectively.

Since the mid-1960s medication has been the only real treatment option for children and adults with Tic Disorders. However, while helpful for many people, its use is often limited by side effects. In 2001 the Tourette Association of America Behavioural Science Consortium began developing and testing a promising behavioral treatment option. This work has led to the publication of the first large scale study showing that a non-medication treatment can effectively reduce tic severity. This treatment is called the Comprehensive Behavioral Intervention for Tics or CBIT (see-bit).

### CBIT Training for Practitioners

Tested in two parallel multi-site randomized clinical trials, the Comprehensive Behavioural Intervention for Tics (CBIT) procedures combine elements of habit reversal training with psycho-education and function-based behavioural interventions. The results of the child study were published in 2010 in the Journal of the American Medical Association (JAMA) and showed that 52.5% of the children who received CBIT showed significant symptom improvement compared to 18.5% receiving the control treatment. The adult study was published in the journal Archives of General Psychiatry in 2012. In this study, 38% of those receiving CBIT showed significant improvement, compared to just 7% who did not receive CBIT treatment. In both studies improvement was sustained for at least 6 months after the end of the study.

#### *Who can benefit from learning CBIT?*

CBIT is most appropriate for practitioners with behavioural and clinical expertise, including physicians, psychologists, behavioural therapists, occupational therapists, social workers, and other allied health professionals.

Below is a list of Canadian Practitioners who have successfully completed the training.

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