

Tourette Syndrome and Tic Disorder

What is Tourette Syndrome?

Tourette syndrome (TS) is a neurological disorder that may cause sudden unwanted and uncontrolled rapid and repeated movements or vocal sounds called tics. Tics of TS, both motor (body movements) and vocal (sounds), come and go over time and vary in type, frequency, location and severity. You may first notice symptoms in child occurring between the ages of 5 and 10 years and will most commonly be seen in the head and neck area. Motor tics will generally occur before vocal tics.

Tourette syndrome is more common among boys than girls and the intensity of tic symptoms will typically be seen in their early teens. By late teens/early 20s, tics will commonly lessen but for some, it may last into adulthood. TS is not a degenerative condition; it will not worsen over time.

Types of Tics

Motor Tics: movements of the body

Vocal Tics: sounds that a person makes with his or her voice

Simple Tics: involve just a few parts of the body

Complex Tics: usually involve several different parts of the body and can have a pattern

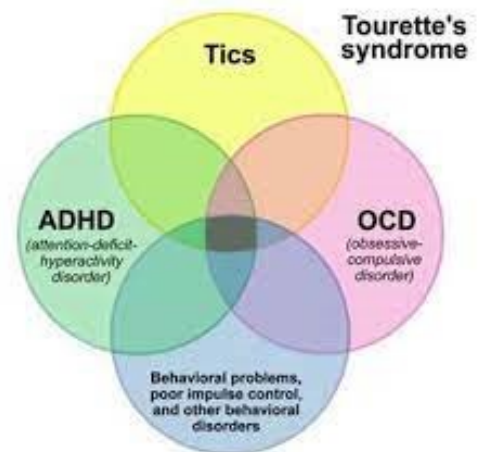
	Motor Tics	Vocal Tics
Simple Tics	Eye blinking Head jerking Shoulder shrugging Eye darting Finger flexing Sticking the tongue out	Touching the nose Touching other people Smelling objects Obscene gestures Flapping the arms Hopping
Complex Tics	Hiccupping Yelling Throat clearing Barking	Using different voice intonations Repeating one's own words or phrases Repeating others' words or phrases Obscene language

Tic Triggers

There are emotional and environmental triggers that can worsen a person's tics. Tics tend to worsen with excitement and/or anxiety and will improve in more calm situations. Tics can also be triggered by senses, such as feeling clothing on the body or hearing someone make a sound that may trigger similar sounds. It may appear that tics due to environmental triggers are intentional, but it is important to remember they are involuntary movements. Although involuntary, some people can manage their tics enough to minimize its impact on their functioning. It is best to speak with someone regarding tics and triggers to assess for the appropriate treatment, as often people with TS report a buildup in tension when suppressing their tics where they feel the tic will need to be expressed even when trying not to.

Treatment Options

Most children diagnosed with TS will also have another related condition, such as ADHD, anxiety, OCD and conduct disorders. This may cause those with TS and related conditions to be at higher risk for learning, behavioral, and social problems. It is important to have the child evaluated by a medical/mental health provider for any co-occurring disorders and receive the appropriate treatment.



Habit Reversal: Involves awareness training (announcing each tic out loud) and competing response training (using a replacement behavior that will interfere with the tic). An example of a replacement behavior would be if the tic is rubbing the nose, the new behavior would be to fold the arms and then sit on hands.

Comprehensive Behavioral Intervention for Tics (CBIT): Involves working with the child and their system (family, school) to better understand the types of tics the child is experiencing and which situations tend to intensify them. This can include making changes to the environment when possible (changing a seat in class) and working with a therapist to learn/practice habit reversal.

Parent Training: Parent training can assist in helping parents better understand the child's behaviors and learn specific skills to address them. This may include learning about and practicing positive reinforcement and discipline that is most effective for their child.

Educating Others: In educating others about TS, it can help the child's community (school, neighbors, coaches) to be more understanding, helpful and accommodating.

Medication: Although medications will not rid of tics completely, there are options to help people with TS in their every day lives. It is best to speak with your child's medical provider for an evaluation and options that may be effective.

Recommended Readings for Parents:

- <https://tourette.org/resource/patient-tool-kit/>
- "Tics and Tourette Syndrome: A Handbook for Parents and Professionals" by Uttom Chowdhury (2004)
- "Tourette Syndrome in Children: A Parent's Guide to Understanding Tourette Syndrome and Tic Disorder Management" by Theresa Morris (2023)

Recommended Readings for Children:

- "ME AND MY TOURETTE'S" by Siânna Stodd (2020)
- "Tic & Twitch: A Story About Tourette Syndrome" by Melissa Mederos (2022)
- "Coping with Tourette Syndrome: A Workbook for Kids with Tic Disorders" by Sandra Buffolano MA (2008)

Recommended Apps:

- BT-Coaching (<https://www.bt-tics.com/bt-coach>)

A CAREGIVER'S GUIDE TO: *Tic Disorders*

DID YOU KNOW?

**1 OUT OF
EVERY 100**
has a tic disorder

KIDS OR TEENS



WHAT ARE TIC DISORDERS?

GENETIC AND NEURODEVELOPMENTAL DISORDERS
CHARACTERIZED BY REPETITIVE, SUDDEN, INVOLUNTARY OR
SEMI-INVOLUNTARY MOVEMENTS OR SOUNDS CALLED TICS



While they can run in families,
parents and children/teens did
NOTHING to lead tics to occur

WHAT ARE TICS?

INVOLUNTARY MOVEMENTS OR SOUNDS THAT
USUALLY BEGIN WITH THE EYES, FACE AND/OR NECK



USUALLY RAPID AND HAVE NO PURPOSE



USUALLY **BETTER** WHEN SOMEONE IS
CALM OR FOCUSED

USUALLY **WORSE** WHEN SOMEONE IS TIRED, FEELING A STRONG
EMOTION OR WHEN ATTENTION IS PLACED ON TICS

COMMON COURSE OF TICS

- 1** TICS TEND TO APPEAR AROUND AGES 5-7
- 2** TICS TEND TO BE AT THERE WORST AROUND AGES 10-12
- 3** TICS OFTEN IMPROVE IN LATE ADOLESCENCE OR ADULTHOOD

TO LEARN MORE, VISIT:

- TOURETTE ASSOCIATION OF AMERICA (TAA)
[HTTP://WWW.TOURETTE.ORG](http://www.tourette.org)
- THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)
[HTTPS://WWW.CDC.GOV/NCBDDD/TOURETTE/INDEX.HTML](https://www.cdc.gov/ncbddd/tourette/index.html)
- OUR PROGRAM, THE CHILD & FAMILY WELL-BEING CLINIC
[HTTPS://GO.FIU.EDU/CFWCBIT](https://go.fiu.edu/cfwcbit)



References:

- Adapted from: National Institute of Neurological Disorders and Stroke (n.d.)
- Adapted from: Center for Disease Control and Prevention (2023)