

Online behaviour therapy for Tics and Tourette Syndrome

- Habit Reversal Therapy for Tics/Tourette's
- Comprehensive Behavioural Intervention for Tics (CBITs)
- Exposure and Response Prevention for Tics & Tourette's
- Group CBITs training for parents of children with Tourette's
- Diagnostic assessments for Tics, Tourette's and other neurodevelopmental conditions including ADHD and ASD
- Differential diagnosis and therapy for Functional Neurological Disorder
- CBT for co-occurring mental health difficulties such as anxiety

About us

We are a team of psychologists and CBT therapists specialising in neurodevelopmental conditions. We have specialist training in Tics/Tourette Syndrome including Comprehensive Behavioural Therapy (CBITs), Habit Reversal Therapy and Exposure and Response Prevention (ERP).

Location

Most assessments and therapy are online via video call, but where an in-person assessment is advised, we have colleagues working in West Sussex, Kent and Surrey and can travel to within 1.5 hours of these locations if necessary for diagnostic assessments. If you would like to know more diagnostic process for Tics/Tourette's please ask us for our separate leaflet. We are unable to offer ongoing in-person therapy.

To read more about what therapy for tics is like see [this page](#) and the brief description below

Typical format of individual CBITs for Tics/Tourette's (suitable for adults, older children and adolescents)

- One assessment session
- Eight weekly treatment sessions
- Three follow up booster session spaced out over the following months
- Sessions last 1 to 1.5 hrs

Elements of therapy include:

- Psychoeducation
- Functional interventions
- Habit reversal therapy
- Social support and social reward system
- Relaxation training

Group CBIT training for adults or parents of children with Tics/Tourette's

- The goal of the CBIT training is to equip families with the skills and strategies to treat their child's tics at home. The training is especially suitable for parents of younger children, or any parent wanting to understand how to support their child before they start individual CBITs. It is also appropriate for adults with Tics who would like to learn these skills.
- Six weekly sessions lasting 75-90 minutes each and include a maximum of 8 families.
- Groups are run by two psychologists and take place on Zoom.

How to book in a session

1). Email us at admin@neurodiverseonline.com. One of us will contact you to explore further what you are looking for, to explain what we are able to offer and to discuss our mutual availability. If we can't find a mutually agreeable time, or we feel there is a better suited psychologist to help, then we will introduce you to a well-matched and available member of our team.

2) Once a date to start has been agreed, an invoice will be sent out. Payment is due at the time of booking. We normally take payment in British Pounds. If you would like to pay in another currency, we can arrange that although there may be a small bank fee in addition.

3) As soon as payment is received your appointment slot is confirmed and your file set up. Some questionnaires and forms will be sent to you to complete in good time before your first appointment. These are necessary both for your care and to ensure smooth administration.

Fees

Please see our prices [here](#)