



Tourette Association of America

Awareness. Research. Support.

Behavior Therapy Institute (BTI)

July 29th & 30th, 2016

University of California, Los Angeles (UCLA)

Marisa Leif Conference Room 3200

300 Medical Plaza

Los Angeles, CA 90095

Faculty

John C. Piacentini, Ph.D.

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UCLA Semel Institute for Neuroscience and Human Behavior
Los Angeles, CA

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Vice Provost for Graduate & Professional Studies
Dean of the Graduate School
Professor of the Graduate School, Psychology
Marquette University
Milwaukee, WI

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 \$600 (USD), payable upon registration. This fee does not include meals or lodging.

Registration

To register for this program go to <https://tsbti-la.eventbrite.com>. Registration for this program will close on **July 20, 2016**. At registration, attendees will be asked to sign a Participant Memorandum of Understanding (PMU). All attendees must send a copy of their license to the Tourette Association of America office to the attention of Denise Walker if by fax to 718-279-9596 or if by email to denise@tourette.org.

Cancellation/Refund Policy

A \$100 (USD) processing fee will be charged for cancellations made on or before **July 20, 2016**. After this date, **no refunds** whatsoever will be made. To cancel a registration, please submit your request **in writing** to Denise Walker at denise@tourette.org

Transportation

Driving Directions:

From the San Diego Freeway (405):

From the north, exit Wilshire East; or from the south, exit Wilshire Westwood. At the third traffic light, turn left on Westwood Blvd. Proceed across Le Conte Avenue and at the next light, Medical Plaza Drive, turn left and follow the ramp down to the parking lot below. Additional entrance is found north of Le Conte Avenue on Gayley Avenue, two blocks west of Westwood Plaza.

From Los Angeles International Airport (LAX):

Take the San Diego Freeway northbound to Wilshire Boulevard east, and continue as described above.

From the East via the 10 (Santa Monica Freeway):

Take 10 (Santa Monica Fwy) East to 405 (San Diego Fwy) North, and exit on Wilshire Boulevard east. Continue as described above.

Public Transportation Options:

For public transportation options, please copy and paste the link below in your web browser for instructions.

<https://www.uclahealth.org/Pages/patients/directions-and-parking/public-transportation.aspx>

Parking:

SHORT-TERM PARKING

Daily Single Entry: Parking at Medical Plaza is available for patients visiting the outpatient clinics. Parking fee is a flat rate of \$12. Please pay at the pay stations located near garage elevators. (**Rates subject to change without notice*)

Daily Single Entry w/Disabled Person's Placard/License Plate: There is a \$5 fee for parking if the driver of the vehicle has a valid handicap placard in his or her name. Please ensure that your vehicle displays a valid parking permit at all times. Pay attendant at exit kiosk during business hours. After hours/weekend, pay full daily single entry rate at pay station. If parking in Pay-By-Space area *near the entrance of 100 and 300 Medical Plaza on the B1 level*, pay at self-service pay station **BEFORE** proceeding to your appointment.



Hotel

UCLA has negotiated rates at two nationwide hotel chains: Marriott and Starwood.

University ID codes must be used when making reservations:

Marriott: UC0

Starwood: 364183

Please note you are responsible for making your own reservations. UCLA made this list available for potential attendees. I have listed the addresses and the respective miles from the CBIT training for most of the hotels for your convenience. I listed this information only for those hotels with rates under \$200. Please do not forget to mention the ID codes when you call in your reservation. If you have any problems, please contact Daniel E. Jacobs at [djacobos@mednet.ucla.edu](mailto:djacbos@mednet.ucla.edu).

- (1) Doubletree by Hilton - L.A. Westside – **Rates from \$119 (6.341 mi. from CBIT Training)**
6161 W. Centinela Ave., Culver City, CA 90230
1-310-649-1776: F: 1-310-649-4411
<http://doubletree3.hilton.com/en/hotels/california/doubletree-by-hilton-hotel-los-angeles-westside-LAXCCDT/index.html>
- (2) Courtyard Marriott - L.A. Westside – **Rates from \$144 (6.474 mi. from CBIT Training)**
6333 Bristol Parkway, Culver City, CA 90230
1-310-484-7000
<http://www.marriott.com/hotels/travel/laxcv-courtyard-los-angeles-westside/>
- (3) Crowne Plaza Beverly Hills Marriott – **Rates from \$169 (2.955 mi from CBIT Training)**
1150 S. Beverly Drive, Los Angeles, CA 90035
1-310-553-6561
http://www.marriott.com/hotels/travel/laxbv-beverly-hills-marriott/?utm_source=google&utm_medium=cpc&utm_campaign=express_hotel
- (4) Hotel Angeleno – **Rates from \$172 (1.425 mi. from CBIT Training)**
170 N. Church Lane, Los Angeles, CA 90049
1-310-476-6411
<http://www.hotelangeleno.com/>
- (5) UCLA Guest House – **Rates from \$177 (0.829 mi. from CBIT Training)**
330 Charles E. Young Drive East, Los Angeles, CA 90095
1-310-825-2923
F: 1-310-825-6108
<http://reservations.guesthouse.ucla.edu/>
- (6) Luxe Sunset Boulevard Hotel – **Rates from \$185 (1.412 mi from CBIT Training)**
11461 Sunset Blvd., Los Angeles, CA 90049
1-310-476-6571 (also the fax number)
<http://www.luxehotels.com/sunset>

(7) Residence Inn by Marriott Beverly Hills – **Rates from \$194 (3.054 mi. from CBIT Training)**

11775 Beverly Drive, Los Angeles, CA 90035

<http://www.beverlyhillsresidenceinn.com/>

(9) Courtyard Century City – **Rates from \$194 (1.87 mi. from CBIT Training)**

http://www.marriott.com/hotels/travel/laxbv-beverly-hills-marriott/?utm_source=google&utm_medium=cpc&utm_campaign=express_hotel

(10) Palomar Hotel – Rates from \$229

<http://www.hotelpalomar-beverlyhills.com/>

(11) Doubletree Suites Santa Monica – Rates from \$259

<http://doubletree3.hilton.com/en/hotels/california/doubletree-suites-by-hilton-hotel-santa-monica-SMOPCDT/index.html>

(12) W Hotel Westwood – Rates from \$276

<http://www.starwoodhotels.com/whotels/property/overview/index.html?propertyID=97518>

(13) Intercontinental Century City – Rates from \$278

<http://www.intercontinentallosangeles.com/>



Program and Learning Objectives

Friday, July 29, 2016

Summary

Through didactic presentation, participants will first learn about TS, common comorbidities 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 the 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 non-pharmacological 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

Saturday, July 30, 2016

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
 - i. Describing the Tic
 - ii. Describing preceding sensations and behaviors
 - iii. Acknowledging Self tics

- b) Conduct Competing Response Training
 - i. Choosing the Competing Response
 - ii. Therapist Simulation of Competing Response
 - iii. Teaching the Child the Competing Response
- c) Conduct Social Support
 - i. Identifying a Support Person
 - ii. 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 Tourette Association of America Inc. would like to thank the International OCD Foundation (IOCDF) for providing the template for the TS-BTI program.