



Cognitive-Behavioral Management of Tic Disorders

By Kieron O'Connor

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Tics affect more than 10% of the population, and can be an unpleasant and disruptive problem. They include chronic tic disorder, Tourette's syndrome and habit disorders such as hair pulling, nail biting and scratching. Treatment is either by medication (without convincing evidence) or psychological means. Before the introduction of habit reversal psychologists had no real alternatives to offer, and even this method lacks evidence for its efficacy and is not widely used. Illustrated throughout with case study examples and containing detailed guidelines for patient and therapist on the use of CBT, this book provides a comprehensive review of what is known about the occurrence and diagnosis of tics. Kieron O'Connor explores the various theories currently available to explain the causes and progression of these disorders, and discusses the assessment and treatment options available. Finally he takes the most widely accepted psychological therapy - cognitive behaviour therapy - and applies it for the first time to the treatment of tics.

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Cognitive-Behavioral Management of Tic Disorders By Kieron O'Connor Bibliography

- Sales Rank: #2767202 in Books
- Published on: 2005-05-27
- Original language: English
- Number of items: 1
- Dimensions: 9.50" h x .78" w x 6.70" l, 1.34 pounds
- Binding: Paperback
- 324 pages

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Editorial Review

From the Back Cover

Tics can be very distressing and severely disabling for sufferers. *Cognitive-Behavioral Management of Tic Disorders* uses cognitive behavioral approaches and related psychoeducational and psychophysiological methods to aid management of tics in people with Gilles de la Tourette's syndrome and chronic tic disorder.

Kieron O'Connor undertakes a review of relevant literature and research in this area, and presents a cognitive psychophysiological model of tics, together with an outline of empirical studies testing the model. A comprehensive and original treatment program for use in tic management is included, with case studies and appendices to illustrate the approach. The program focuses on preventing tic onset and addresses wider aspects of the person's functioning. Both client and therapist manuals are provided.

Cognitive-Behavioral Management of Tic Disorders provides a much needed, effective reference for the psychological treatment of tic and habit disorders. It will be a valuable resource for clinical psychologists, cognitive-behavioral therapists, psychiatrists and other mental health professionals.

About the Author

Kieron O'Connor began his research career working as a research officer at the Medical Research Council (UK) Clinical Psychiatry Unit at Graylingwell Hospital, Chichester, Sussex. In 1979, he was awarded a Master of Philosophy (MPhil) by thesis in experimental psychology from the University of London. He completed the British Psychology Society clinical diploma training course in 1986, and transferred to the University College, Institute of Laryngology and Otology, working partly as a research lecturer, investigating psychological aspects of vertigo and dizziness, and also as a clinical psychologist at Bloomsbury Health Authority.

In 1988, he was awarded the first of a series of fellowships by the Fonds de la recherche en Santé du Québec, and established a clinical research program at the Fernand-Seguin Research Center, Louis-H. Lafontaine Hospital, University of Montreal, Canada. The multidisciplinary research program, which focuses on obsessive-compulsive disorder (OCD), Tourette and tic disorder and delusional disorder, is currently funded by the Canadian Institutes of Health Research. He is actively involved in several community-based initiatives to provide support and information to people with OCD and Tourette's syndrome and their families, and is scientific advisor to the Quebec OCD Foundation.

He is currently associate research professor at the Psychiatry Department of University of Montreal, and also holds an honorary cross appointment as associate professor in the department of Psychology, University of Quebec at Montreal. He is author or co-author on over 1000 scientific publications. He is also co-authored with Frederick Aardema and Marie-Claude Pélissier of *Beyond Reasonable Doubt: Reasoning Processes in ODC Disorder and Related Disorders*, published in 2005 by Wiley.

Users Review

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