

# Comprehensive Behavioral Intervention for Tics (CBIT)

Tourette Syndrome and Tic Disorders



**Advent Health**  
Sports Med & Rehab

CBIT is an evidence based, non-drug treatment with three components that first, train the individual to be more aware of his/her tics; provides training in competing responses' when the urge to tic is felt; and teaches individuals to make daily adaptations that can help reduce tic severity.

Our team uses a combination of education, self-awareness, cognitive behavior therapy and coping strategies. Self-awareness training, habit reversal, relaxation training and function-based approaches consider the everyday life experiences that may influence tic severity.

The CBIT program consists of 12 weekly one-hour sessions that begin with a comprehensive evaluation to identify and rank an individual's tics and co-occurring conditions.

**This therapy can help patients affected by:**

- Tourette syndrome
- Tic disorders
- Movement disorders

Our certified occupational therapists can help address the daily challenges of managing motor and vocal tics and help you develop the skills needed for success in everyday life where you work, live and play. **CBIT is for people of all ages.**

**To learn more or to schedule an appointment, call 407-303-7600 or visit [AHSportsMedCentralFL.com](http://AHSportsMedCentralFL.com).**



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