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Titolo	Managing Tourette syndrome [[electronic resource] ] : a behavioral intervention for children and adults : adult workbook / / by Douglas W. Woods ... [et al.]
Pubbl/distr/stampa	Oxford, : Oxford University Press, c2008
ISBN	0-19-045090-8 0-19-027538-3 1-281-86830-2 9786611868307 0-19-971228-X
Descrizione fisica	1 online resource (81 p.)
Collana	Treatments that work
Altri autori (Persone)	WoodsDouglas W. <1971->
Disciplina	616.83
Soggetti	Tourette syndrome - Treatment Tic disorders - Treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; Chapter 1 Overview; Chapter 2 Session 1; Chapter 3 Session 2; Chapter 4 Remaining Sessions; Chapter 5 Relaxation Training; Chapter 6 Relapse Prevention; Appendix of Forms; Appendix of Resources
Sommario/riassunto	If you suffer from Tourette Syndrome (TS), or any other chronic motor or vocal tic disorder, you know how difficult it can be to manage your symptoms. You may be taking medication or working with a medical doctor to control your tics. If you are seeking an alternative or adjunctive treatment, you may wish to try the scientifically proven behavior therapy program described in this workbook. Behavior therapy can teach you skills for effectively managing your tics. Designed to be used in conjunction with visits to a qualified mental health professional, this workbook outlines an 11-session treatm