

In Control

1.30 to 5pm, 13 March 2010

Tourettes ✖
action

The Neurosupport Centre, Norton Street, Liverpool, L3 8LR



As people with Tourette Syndrome seek alternatives to medication, interest is growing in psychological and behavioural interventions such as Cognitive Behavioural Therapy and, in particular, Habit Reversal Therapy (HRT).

The aim of this conference is to give delegates a good theoretical and practical understanding of the HRT and to have the opportunity to hear from a psychologist with TS who has experienced this therapy first hand.

Sessions will include:

- **Habit Reversal Therapy – the Practitioner’s view – Dr Alan Davidson**
A Cognitive Behavioural Psychotherapist from The National Hospital for Neurology & Neurosurgery introduces Habit Reversal Therapy (HRT) and explains how it can help people with Tourette Syndrome.
- **Habit Reversal Therapy – the Patient Experience - Liz Murray, Forensic Psychologist and Tourettes Action member**
A personal account of how HRT can be used to manage tics.
- **Interactive session** - personal strategies for managing tics, behaviours and their consequences
- Introduction to the new Tourettes Action Chief Executive

Tickets:

Tickets are priced at £20 per person, which includes a buffet lunch and refreshments.

Lunch will be served on arrival and tea, coffee and biscuits in the afternoon break.

Please note:

This conference will be primarily for adults.

There will be no separate session for children, though children will be welcome if accompanied by adults.



Detailed programme will be sent with confirmation of your booking.

If you know of anyone else who might like to come to this conference, extra booking forms can be downloaded from our website at www.tourettes-action.org.uk/events.

Conference booking form

In Control Conference, 13 March 2010, Liverpool

To book your place, please complete the form below and return with payment to:
Tourettes Action, Southbank House, Black Prince Road, London SE1 7SJ.

Name of booker: _____ Membership ID: _____
(if TA member)

Address: _____
_____ Postcode: _____

Email: _____ Tel. number: _____

Tickets required:

I would like tickets at **£20 each**

| | |
|--------------|----------|
| Sub-total | £ |
| Donation | £ |
| TOTAL | £ |

Please tell us about the people you are booking for:

| Name | Age (if under 18) | Any physical or sensory impairments, including TS or special dietary requirements (Please give details). |
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Please enclose payment with your form. Cheques and postal orders should be made payable to **Tourettes Action**. If you would like to pay by credit or debit card, please complete the section below:

visa / mastercard / amex / maestro / v pay / other (please specify) _____

name shown on card _____

card number:

valid from: /

expiry: /

issue number:

secure code (last three digits on signature strip):

Please debit my account with £ Signed: _____

Date: _____