

SENDAN CENTER

excellence in child & adolescent mental health

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The Sendan Center is now offering C-BIT treatment for children & teens with Tourette Syndrome / tics.

C-BIT is an Evidence-Based Therapy for Tics.

- C-BIT ("Comprehensive Behavioral Intervention for Tics") is a non-drug behavioral treatment for Tourette Syndrome / tics.
- Clients and families learn to utilize interventions in their daily lives that significantly reduce their tics.
- C-BIT usually consists of 12 sessions, and is typically covered by any insurance policy that covers therapist office visits.

Large, multi-site, NIH-funded studies show that over half of people who undergo C-BIT have significant reductions in tic severity, and improved ability to function. In a recent study, 87% of patients who did well in treatment, continued to do well 6 months after treatment.

(Information provided from Tourette Syndrome Association, Inc. C-BIT brochure- 2010)

Katharine Botelle Wolhart, MSW, LICSW has extensive knowledge and 17 years of experience in providing evidence-based therapies to children and their families. **Kathy is certified by the Tourette Syndrome Association-Behavior Therapy Institute** to conduct C-BIT with children and their families.

Please contact Sendan Center at 360-305-3275 for more information or to arrange an appointment.

Tourette Syndrome Association: www.tsa-usa.org

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