

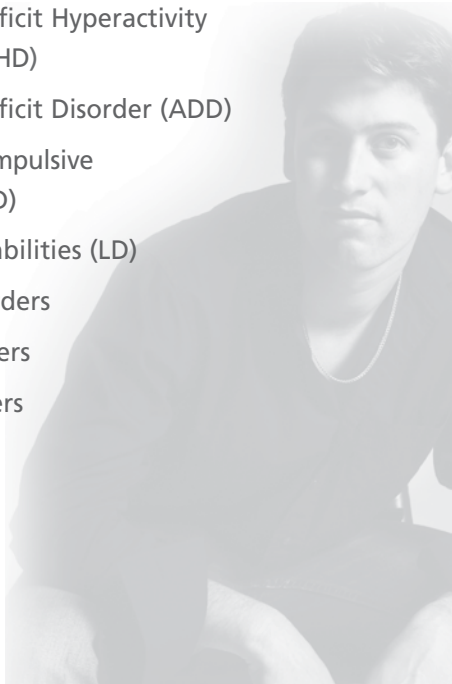
Tourette Syndrome is a neurological disorder characterized by repeated involuntary motor and vocal tics. Symptoms typically occur in early childhood with tics waxing and waning and changing over time.

There are 200,000 Americans known to have Tourette Syndrome and over 1 million who exhibit some of its symptoms. It is estimated that 1 in 200 children show a partial expression of the disorder.

Associated Conditions

In addition to the motor and vocal tics exhibited by people showing symptoms of Tourette Syndrome, many can have associated conditions which include:

- Attention Deficit Hyperactivity Disorder (ADHD)
- Attention Deficit Disorder (ADD)
- Obsessive Compulsive Disorder (OCD)
- Learning Disabilities (LD)
- Anxiety Disorders
- Mood Disorders
- Sleep Disorders



A PROGRAM OF THE
**New Jersey Center for
Tourette Syndrome
and Associated Disorders, Inc.**

How to Reach Us



Tourette Syndrome Program

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The Tourette Syndrome Program at Rutgers

the State University of New Jersey

A partnership with The Center for Applied Psychology of the Graduate School of Applied and Professional Psychology and The New Jersey center for Tourette Syndrome and Associated Disorders, Inc.

To provide psychological treatments, education and school-based intervention planning for individuals with Tourette Syndrome and its associated conditions.

732.445.6111 ext 930

The Tourette Syndrome Program

We are a University-based program partnering with the Tourette Syndrome Association of New Jersey, Inc. (TSANJ).

Our clinicians and clinical psychology doctoral students work under the supervision of Dr. Lori Rockmore, a doctoral level licensed psychologist. We collaborate with TSANJ to assess, treat and support individuals and families who are living with TS.

Available Services

- Educational Information:
About TS and associated conditions
- Cognitive Behavioral Therapy:
 - *To cope with TS*
 - *Treatment for OCD, ADHD, ADD, Anxiety Disorders, Mood Disorders and Sleep Disorders*
 - *Behavioral Intervention Planning within the home or school environments*
- Educational Consultation:
 - *Providing Guidance for acquiring school support*
 - *Providing training to schools on TS and Behavioral Concerns*
 - *Creating individualized plans for school success*
- Family Therapy
- Social Skills Groups



New Jersey Center for Tourette Syndrome and Associated Disorders, Inc. (NJCTS)

This model program, a collaboration among TSANJ, Rutgers University and state teaching hospitals, is the first of its kind in the nation to offer comprehensive diagnostic and treatment services, training opportunities for professionals who can specialize in the disorder, coordination of services for families, and research opportunities for scientists looking for causes, better treatments and possibly a cure.

For information call 908 575 7350.

Psychological Treatments

Psychological Treatments are non-invasive techniques that can be helpful for individuals who are struggling with Tourette Syndrome and/or any of its associated conditions. They can be utilized as an alternative, in some cases, or a compliment to medication.

One specific form of psychological treatment, **Cognitive Behavioral Therapy (CBT)** offers scientifically validated treatments for many of the challenges faced by individuals with Tourette Syndrome. There is evidence to suggest that CBT can alleviate the symptoms of obsessive compulsive disorder (OCD), depression, generalized anxiety, phobia, post traumatic stress disorder, and problematic social skills.

To schedule an appointment

The Tourette Syndrome Program offers free assessment appointments. These assessments allow us to learn about you and your unique needs and allow you to meet us and to get questions answered. We then work with you to develop a plan to best meet these needs. Following the assessment process, all services are offered on a sliding scale based on family income. **To schedule an appointment, call: 732.445.6111, Ext. 930.**