

Mindfulness-based Stress Reduction for Tourette Syndrome and Chronic Tic Disorder

PI: Sabine Wilhelm, Ph.D.
Massachusetts General Hospital

The purpose of this research study is to develop and test a new treatment for individuals age 16 and older with TS or CTD. The treatment that we are studying is called Mindfulness-based Stress Reduction (MBSR). MBSR is a well-established intervention designed to promote nonjudgmental moment-to-moment awareness of one's bodily sensations, thoughts, and emotions. Many clinics and health centers nationwide now use it to treat various medical and psychological conditions. In this study, we are testing a version of MBSR that we have tailored specifically for the treatment of tics (MBSR-tics) to determine whether it will reduce tic frequency.

Eligible participants will attend 8 weekly 2-hour MBSR-tics classes as well as one 4-hour weekend class during the 5th or 6th week of the study. Each class will have between 4 and 16 participants and 2 instructors. The classes will provide instruction and practice in mindful meditation. Mindful meditation is the practice of focusing one's attention on a perception (e.g., sound, taste), bodily sensation, thought, or emotion. The practices are designed to help you develop a nonjudgmental awareness of the present moment. As we mentioned above, the classes have been specifically tailored to individuals with tics. Accordingly, each class will provide information about tics and how mindfulness and mindful meditation can be applied to the management of tics in your daily life.

If you are interested in participating or would like to get further information, please call or email us at:

1-877-501-TICS
tics@partners.org

Enrollment is limited and the next class is scheduled to begin in December, so please don't hesitate to call.