Dear Parent/Young Person,

Researchers at UNSW are conducting a project about the benefits and challenges associated with a group behavioural intervention for young people aged 8-12 years with a Tic Disorder. The Tic Surf School program has been developed and will be run by Dr Amanda Maxwell (Clinical Psychologist). It is based on behavioural interventions that have been developed over 50 years. Behavioural interventions are considered the treatment of choice for tics. The program aims to:

* Increase the young person’s understanding of tics
* Build self-esteem and confidence about their tics
* Increase awareness of tics and tic urges
* Develop strategies to tolerate tic urges and to increase their control of their tics
* Increase understanding and strategies to manage environmental, emotional and cognitive factors that increase tics and tics urges

The research study is looking to recruit people who meet the following criteria:

* Young people aged 9-12 years with the following diagnoses: Provisional Tic Disorder, Chronic (Vocal or Motor) Tic Disorder, or Tourette Syndrome
* Have a referral from the young person’s General Practitioner, or specialist (such as Paediatrician, Psychiatrist or Neurologist)
* Tic Disorder is the primary presenting concern and having a significant impact on the young person’s functioning
* Young person and their parents are able to attend the group
* Young person and their parents’ consent to assessment and treatment
* Young people and their parents can read, speak and write English

Participants meeting the following criteria will be excluded from the study:

* Experiencing significant current mental illness requiring clinical intervention (e.g. current suicidality, psychosis, anorexia/nervosa, alcohol/substance dependence)
* Significant learning or cognitive impairment
* Immediate risk of harm to self or others

Participants will be asked to complete the following research activities if they agree to participate:

* A set of questionnaires before and during the initial assessment, during the mid-session group, after completion of treatment and again at 3 month follow-up.
* A pre-group clinical interview to assess current difficulties and suitability for the group.
* Attend a group program that will run for 10 weeks. A parent group will run in the evenings for the first 3 weeks.

Details of the group are below:

* Location: UNSW, Lvl 3 MGSM Bldg.
* Dates: TBC
* Time:

Tuesdays 3:30-5pm

**Program Details:**

A full description of all research activities, including any risks, harms, or discomforts that you may experience while participating in this research is included in the Participant Information Statement and Consent Form.

Please contact the following person via email or phone to register your interest in taking part in the research:

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| **Name** | Dr Amanda Maxwell |
| **Position** | Clinical Psychologist for the research study |
| **Email** | Amanda.maxwell@unsw.edu.au |

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| **Name** | Professor Valsamma Eapen |
| **Position** | Chief Investigator for the research study |