

Cognitive Behavioural Therapy (CBT)

Cognitive behavioural therapy (CBT) is a type of therapy that can help people manage their symptoms by changing the way they think and behave. It is often used as a treatment option for various neurological conditions, including tic disorders and functional neurological disorder (FND).

CBT aims to help individuals identify negative patterns of thinking or behaviour that contribute to their symptoms and replace them with more positive and helpful ones. It involves working with a therapist to set goals, develop coping strategies, and learn relaxation techniques.

The therapist will likely ask the patient about their symptoms, thoughts, and feelings, and work with them to identify patterns of negative thinking and behaviours that may be contributing to their condition. The therapist may then provide guidance and support to help the patient develop new, positive coping strategies.

During the session, patients may be asked to complete homework assignments or participate in role-playing exercises to help them practice new skills and behaviours. The number of sessions required will vary depending on the severity of the condition and the individual needs of the patient.

It is important to note that CBT is a collaborative process, and patients are expected to be active participants in their treatment. Patients may experience some discomfort or anxiety during the process of identifying and challenging negative thoughts and behaviours, but the therapist will provide guidance and support to help them work through these challenges.

For individuals with tic disorders, CBT can help them learn how to manage their tics and reduce the impact they have on their daily life. It can also help them address any underlying anxiety or stress that may be contributing to their symptoms. There are other therapies available for tic disorders, but are not universally available.

For individuals with FND, CBT can help them identify and change any negative patterns of thinking or behaviour that may be contributing to their symptoms. It can also help them learn coping strategies to manage their symptoms and improve their quality of life.

If you are interested in trying CBT for your tic disorder or FND, talk to your GP or specialist. They can refer you to a therapist who specialises in this type of therapy. In some areas you are able to self-refer to IAPT (Improving Access to Psychological Therapies).

It is important to note that CBT is not a quick fix and may take several sessions to see any significant improvement. However, with time and commitment, CBT can be an effective treatment option for many people with neurological conditions.