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Targeting Cognitions, Emotions, and Behaviors in a Complex Case of Tourette Syndrome: Illustration of a Psychophysiological Perspective

(2020) *Journal of Cognitive Psychotherapy*, 34 (2), pp. 148-161.

DOI: 10.1891/JCPSY-D-19-00004

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Abstract

Recent research stresses that cognitive and affective processes are implicated in Tourette Syndrome (TS) and might influence treatment. The cognitive-behavioral and psychophysiological (CoPs) approach posits that negative appraisals and maladaptive action-planning elicit negative emotions and behaviors that increase muscular tension and thus the urge to tic in TS. Hence, the CoPs targets cognitive-behavioral and affective processes increasing tension prior to tic onset. This article provides clinically novel information in the implementation and utility of the CoPs approach in a severe case of a young man with TS and a range of comorbidities marked by negative cognitions and emotions as well as planning deficits with a long-term follow-up. He received 14 sessions of CoPs therapy. Tic severity significantly decreased post-treatment with maintenance up to 36-months. The process measure of action-planning improved significantly from pre-treatment to 12-months follow-up. Results support the feasibility and acceptability of the CoPs in treating complex TS cases. © Copyright 2020 Springer Publishing Company, LLC.

Author Keywords

anxiety; cognitive processes; cognitive-behavioral and psychophysiological approach; comorbidity; tic; Tourette syndrome

Index Keywords

escitalopram, risperidone; adult, Article, attention deficit disorder, Beck Anxiety Inventory, behavior, case report, clinical article, clinical feature, cognition, cognitive behavioral therapy, comorbidity, coprolalia, disease severity, echolalia, emotion, follow up, generalized anxiety disorder, Gilles de la Tourette syndrome, help seeking behavior, human, hyperpnea, hypochondriasis, interrater reliability, learning disorder, male, motivation, motor dysfunction, muscle contraction, muscle relaxation, obsessive compulsive disorder, panic, psychoeducation, psychologic assessment, psychotherapy, quantitative analysis, relaxation training, restlessness, speech disorder, Tourette Syndrome Global Scale, treatment duration, young adult

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Publisher: Springer Publishing Company

ISSN: 08898391

CODEN: JCPSE

Language of Original Document: English

Abbreviated Source Title: J. Cogn. Psychother.
2-s2.0-85087883442

Document Type: Article

Publication Stage: Final

Source: Scopus