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## **TREATMENT OF TICS IN TOURETTE SYNDROME WITH TRAINING IN SELF-HYPNOSIS**

*abstract:* Tourette Syndrome (TS) is a complex neurobehavioral disorder characterized by multiple motor tics, as well as vocalizations, which wax and wane. Many people believe that these tics and vocalizations are involuntary. However, many patients are able to exercise some control over these behaviors.

Self-hypnosis (SH) has been used successfully to treat patients with TS. It can be used either as a primary therapeutic modality, without the use of medication, or as an adjunctive therapy in addition to medication. When used as an adjunct, medication can often be decreased or even discontinued.

Daily practice of SH may decrease tic behavior even when the patient is not focusing on the actual tics.

Experience with eighteen patients with TS will be presented. In fourteen of the patients, SH alone was successful in controlling their tics. In another patient, clonidine had been successful in controlling one tic, but he developed copropraxia while on this medication. With self-hypnosis, he was successful in eliminating his copropraxia as well as the other tic. One patient was on multiple medications that were ineffective; SH allowed him to discontinue his medications. SH was also helpful in a patient who developed TS after taking lamotrigine to control his seizures. In another patient, SH was introduced after he had taken clonidine for two years and he was able to discontinue his morning dose without any increase in tic behaviors.

Dramatic response was noted after two visits in 11 patients, after three visits in four patients, and there was no response in three patients. One was not bothered by his tics and was therefore not motivated to make a change. Two additional patients did not respond due to lack of motivation related to other psychopathology and/or familial dysfunction.

Videotapes were used to help treat all of these patients except the first one. To our knowledge, this is the first report of the use of videotapes to help children with TS modulate their tic behaviors.

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