

Cognitive Behavioral Intervention For Tics (CBIT) Group Treatment Program

In this program, we teach children and teens how decrease and manage their tics. We also teach parents how to best support their child in making these changes.

Who is the group for?

Our CBIT group treatment program is a treatment group for youth ages 10 to 17 years who have behavioral tics. Parents/caregivers and their child attend the tic group at the same time. Kids who are motivated to reduce their tics, compared to those who are content with their functioning, tend to benefit the most from programs like this.

What material is covered?

Our program is based on well researched Cognitive Behavioral Intervention for Tics (CBIT) which is the most research-supported behavioral treatment for tics. Your child and family will learn skills in group and be assigned homework to put the skills into practice to help reach your goals.

When and where do the groups take place?

- Tuesdays, 1 to 2:30 p.m. (90 min sessions)
 - We do not meet the second Tuesday of every month
 - At this time, during COVID-19 public health restrictions, all group sessions are held via a telemedicine/video visit platform.
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How many sessions are there in the series?

There are 12 sessions in the series. You should plan to attend all sessions. We ask that you do not miss more than two sessions. If you know you will miss some sessions, please consider signing up for a future group series. Please join the group when you can fully attend and benefit from this program.

Does insurance cover the groups?

Your insurance will be billed for each session that is attended. We recommend that you call your insurance company to find out if the cost of the group is covered and how much you need to pay if the full amount is not covered.

This is the procedure code billed for the group:
Youth/Parent combined group: 90849 multiple family group therapy

Families are welcome to apply for financial aid if they have concerns about whether the group visits will be covered.

To Learn More

- Outpatient Psychiatry
206-987-2164
- Ask your child's healthcare provider
 - seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

How do I register?

If you are interested in finding out if this group is a good fit for your family, please contact your child's primary care or mental health provider. Your provider will need to send a referral to Seattle Children's Outpatient Psychiatry for "CBIT Group." If we receive a referral from your provider and we have an opening, we will call you to schedule an initial evaluation. These initial appointments include a 90-minute evaluation and a 60-minute feedback session. This evaluation is a first step before starting any treatment and allows us to ensure that this group is the best option for you and your child at this time.

If you are a current patient in our outpatient psychiatry department, please talk to your Children's provider about attending this group and they can place a referral on your behalf.

For more information about our services visit seattlechildrens.org/getservices.

Is there follow-up care?

At the end of group, we discuss the follow-up needs for all families. This might include a recommendation for no further care at this time, continued community-based care, a medication evaluation, a different specialized service, or more intensive treatment. These services might be in our clinic or in the community.
