

TREATMENT

Cognitive Behavioral Therapy

[Cog Behavioral Therapist](#)

Cognitive behavioral therapy (CBT) is a type of psychotherapy based on analyzing and reforming maladaptive thoughts that are contributing to emotional and behavioral distress.

In people with Tourette syndrome, cognitive behavioral therapy helps to normalize activity in the supplementary motor region of the brain by utilizing exercises targeting muscles associated with motor tics. Habit Reversal Training (HRT) and Comprehensive Behavioral Intervention for Tics (CBIT) are components of CBT.

High-Potency Antipsychotics

[High Pot Ant-Tie-Psychiatrist](#)

High-potency typical antipsychotics (e.g. haloperidol, fluphenazine, pimozide) can be used for the treatment of Tourette syndrome. These drugs work by blocking D2 receptors in an effort to attenuate dopamine-mediated motor pathways. Unfortunately, they have a high side effect profile and can lead to extrapyramidal symptoms (e.g. tardive dyskinesia) and neuroleptic malignant syndrome.

Atypical Antipsychotics

[A-Tipi Ant-Tie-Psychiatrist](#)

Atypical antipsychotics are a class of tranquilizing drugs used to treat psychiatric conditions and include risperidone, olanzapine, clozapine, and ziprasidone. Common indications for these drugs are the positive and negative symptoms of schizophrenia, mania, Tourette syndrome, bipolar disorder, OCD and depression. These drugs have less side effects than their typical counterparts. Risperidone is commonly used for Tourette syndrome.

Alpha-2 Agonists

[Afro \(2\) Tutu Dragonist](#)

This class of drugs works at the α_2 adrenergic receptor, a target of catecholamines in the central and peripheral nervous system. Alpha-2 agonists that treat both tics and ADHD are guanfacine and clonidine.

Tetrabenazine

[Tetris-bonsai](#)

Tetrabenazine depletes presynaptic dopamine and serotonin stores as well as blocks postsynaptic dopamine receptors. In clinical studies, tetrabenazine has been found to be effective in patients with Tourette syndrome and is one of the first-line medications.