



## About the Event

Comprehensive Behavioral Intervention for Tics (CBIT) has demonstrated acute and durable efficacy when delivered alone or in combination with medication, in person, or via telehealth, and in the presence or absence of common comorbid conditions. This presentation will review the treatment components of CBIT and considerations for the flexible delivery of CBIT. The phenomenology and assessment of tic disorders will be introduced. Research on the efficacy of CBIT will be presented. Developmental, cultural, racial, and gender considerations will be discussed for optimal patient centered treatment. Future directions for tic treatment and research will be mentioned.



Thursday, September 11th, 2025  
10:30am - 11:30am



Virtual Lecture:

[https://www.eeds.com/sign\\_in.aspx?Sign\\_in\\_Code=68barn](https://www.eeds.com/sign_in.aspx?Sign_in_Code=68barn)



1 CE credit hour is available free of charge to Weill Cornell Medicine Department of Psychiatry, full time and voluntary psychology, social work and LMHC faculty

Credits are available to those who sign into the lecture using the EEDS sign-in link provided, attend the entire lecture live, and complete the CE evaluation in the EEDS portal within 30 days, in accordance with NYSED and APA requirements.

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Instructional Level: This event is appropriate for all audiences (introductory, intermediate and advanced).



Financial Disclosure: Dr. Bennett has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.



**SHANNON  
BENNETT PHD**

ASSOCIATE PROFESSOR OF  
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## Speaker Biography:

Shannon Bennett, Ph.D. is an Associate Professor of Psychology in Clinical Psychiatry at Weill Cornell Medical College and an Associate Attending Psychologist at New York Presbyterian Hospital. Dr. Bennett serves as the Associate Director of the New York Presbyterian Hospital Center for Youth Mental Health, and the Director of the Tourette Syndrome Center of Excellence at Weill Cornell. As a licensed clinical psychologist, Dr. Bennett works with children, adolescents, adults and families suffering from anxiety, tics, OCD and related conditions. She also teaches, writes, and presents internationally on these topics. Dr. Bennett's primary research interests include the development, evaluation, and dissemination of cognitive behavioral treatments for anxiety, mood, OCD and tic disorders, testing the efficacy of novel treatments for these disorders, and better understanding mechanisms involved in symptom change. Dr. Bennett is also committed to training psychologists, psychiatrists, and other care professionals in cognitive-behavioral interventions to improve access to these treatment approaches for youth with anxiety and related impairments.

## Learning Objectives:

1. Identify the phenomenology and symptom presentation of tic disorders.
2. Summarize empirical research supporting Comprehensive Behavioral Intervention for Tics (CBIT).
3. Demonstrate delivery of the core components of CBIT through role-play or case examples.
4. Apply CBIT intervention components in a flexible manner to address the needs of specific patients.

## References:

1. Kohler, K., Rosen, N., & Piacentini, J. (2024). Description, Implementation, and efficacy of the Comprehensive Behavioral Intervention for TICS as First-Line Treatment for Tourette and other TIC Disorders. *Journal of Child and Adolescent Psychopharmacology*. <https://doi.org/10.1089/cap.2024.0023>
2. Conelea, C. A., Bennett, S., Himle, M., Hamilton, S., Hunt, C., Shineman, D., Mathews, C., & Capriotti, M. (2023). Treating Tourette Together: An Agenda for Patient-Centered Research focused on Comprehensive Behavioral Intervention for tics. *Behavior Therapy*, 55(2), 263–276. <https://doi.org/10.1016/j.beth.2023.06.005>
3. Bennett, S. M., Capriotti, M., Bauer, C., Chang, S., Keller, A. E., Walkup, J., Woods, D., & Piacentini, J. (2019). Development and open trial of a psychosocial intervention for young children with chronic tics: the CBIT-JR Study. *Behavior Therapy*, 51(4), 659–669. <https://doi.org/10.1016/j.beth.2019.10.004>
4. Piacentini, J., Woods, D. W., Scalili, L., Wilhelm, S., Peterson, A. L., Chang, S., Ginsburg, G. S., Deckersbach, T., Dziura, J., Levi-Pearl, S., & Walkup, J. T. (2010). Behavior therapy for children with Tourette disorder. *JAMA*, 303(19), 1929. <https://doi.org/10.1001/jama.2010.607>