



Northern Virginia Clinical Psychologists (NVCP)
Presents a 3-CE Program on Friday, March 24, 2023

Introduction to Comprehensive Behavioral Interventions for Tics (CBIT)
Presenters: Courtney Ferez, Psy.D. & Nicole Joseph, Psy.D.

Date/Time: Friday, March 24, 2023; 11:00 am - 4:00 pm

Place: Maggiano's Little Italy at Tysons II Galleria
2001 International Drive, McLean, Virginia 22102 (Phone 703-356-9000)

Cost: \$60.00 for NVCP Members / \$120.00 for non-NVCP Members / \$30.00 for Clinical Students with student ID

Menu: Family style luncheon to include vegetarian and non-vegetarian selections

Program Schedule:	11:00 am - 11:30 am	Registration, Meet & Greet
	11:30 am - 1:00 pm	Lunch, Networking, Announcements
	1:00 pm - 4:00 pm	Presentation with Dr. Ferez & Dr. Joseph

Registration: Deadline is 3/20/23. See specific instructions below for registering through VACP.

Program Overview:

Comprehensive Behavioral Interventions for Tics (CBIT) is a powerful tool for clinicians to help clients (children 9+ to adults) who are experiencing Tic Disorders and Tourette Syndrome (TS). Although tics are neurological in nature, they are significantly reduced by CBIT. This evidence-based treatment is highly effective and does not rely on medication to reduce tic behaviors. In fact, National Institutes of Health-funded studies show that more than 50% of CBIT clients will see improved functioning and diminished tics which last well past treatment. Many clients see the positive impact of this intervention in the first session and feel empowered to change a behavior that feels involuntary and unchangeable. Although not a cure, CBIT is a management technique that can improve the quality of life for many clients. Tics and TS are often comorbid with anxiety, OCD, Autism Spectrum Disorders, and ADHD so CBIT knowledge can enhance your clinical practice, even if tics/TS are not your traditional specialty area. At the conclusion of this training, you will be able to immediately implement basic CBIT interventions with your clients in your clinical practice.



Note: This is not a CBIT Certification Course; the presenters are not affiliated with or associated with the Tourette Association of America.

Recommended Learning Materials:

“Managing Tourette Syndrome: A Behavioral Intervention for Children and Adults. Therapist Guide.”
By: Woods, Piacentini, Chang, et al., Oxford University Press, 2008.

“Managing Tourette Syndrome: A Behavioral Intervention. Parent Workbook.” By: Woods, Piacentini, Chang, et al., Oxford University Press, 2008.

Learning Objectives:

1. Refresh knowledge of Tic Disorders and Tourette Syndrome
2. Differentiate tics from other “stimming” behaviors
3. Learn the history, basic principles, and protocol of CBIT
4. Understand CBIT application with case studies and examples
5. Practice CBIT techniques didactically to gain confidence in CBIT implementation
6. Be able to apply basic CBIT to clinical practice

Speaker Bios:

Courtney Ferenz, Psy.D:

Courtney Ferenz, Psy.D. is a licensed clinical psychologist in Northern Virginia and the owner of Dr. Courtney Ferenz, PLLC. She has over twelve years of experience in private practice, specializing in the treatment of children and adolescents with anxiety disorders, obsessive compulsive disorder, trichotillomania and Tourette’s Syndrome. She is recognized by the Tourette Association as a provider of Comprehensive Behavioral Intervention for Tics (CBIT), completing training through the Behavior Therapy Institute in 2016. Dr. Ferenz is also a member of the International OCD Foundation, the Selective Mutism Network and is credentialed by the National Register of Health Service Psychologists. She has contributed to articles in the Washington Post, Reader’s Digest and additional publications on topics related to parenting and mental health. She currently serves on the board of the Northern Virginia Clinical Psychologists.

Nicole Joseph, Psy.D:

Dr. Joseph is the owner of Dr. Nicole Joseph, PLLC and has been in clinical practice for 13 years. She specializes in divorce and life transitions, complex medical conditions and medical trauma, LGBTQ2S+ clients (gender queer), eating disorders, CBIT, and anxiety. She has worked for a variety of



organizations in various clinical capacities, including as a psychologist at The Child and Family Counseling Group, Fairfax-Falls Church Community Services Board, the Donald Delaney Eating Disorders Clinic of Children's National Medical Center, and the State of Maryland Regional Institute for Children and Adolescents. Dr. Joseph has been featured in numerous publications over the years including USA Today, Northern Virginia Magazine, and Discovery. She was a professional blogger for Discovery Fit and Health. She was a frequent guest on The Diane Rehm show on NPR, and has been an expert guest on Lifetime Movie Network's "Killer Kids," and WJLA's "Seven on Your Side." Dr. Joseph's greatest honor is learning from clients as they learn from her.

Registration Information:

Registration for this program will be processed through Virginia Academy of Clinical Psychologists (VACP). The deadline for registration is 3/20/23 and you will receive a confirmation email. You are encouraged to save this email. Please note that VACP is approved to provide 3 CEs for Virginia licensed clinical psychologists. Other licensing bodies may, or may not, accept VACP CEs. Participants must be present through the entire 1:00 pm - 4:00 pm presentation in order to receive CE credits; partial CE credit is not permitted for late arrivals or early departures. For your awareness, parts of the presentations may be recorded.

Instructions:

1. Click or paste this link: <http://www.vapsych.org/nvcp-event>
2. Sign in to your VACP account, or create an account as a new user
3. Complete information, select membership category, and pay your registration fee
4. Direct any questions about registration to: vacpoffice@gmail.com
5. Your CE certificate will be available immediately following the in-person event

Northern Virginia Clinical Psychologists (NVCP) is a regional organization of the Virginia Academy of Clinical Psychologists whose goal is to develop a collegial support network for Northern Virginia-based clinical psychologists and those studying to be licensed. NVCP hosts CE events, quarterly newsletters, message board forums, and a psychologist referral resource (www.nv-cp.org). It is the largest regional academy of psychologists in Virginia and provides many networking opportunities for its members. For more information about NVCP or ways you can become involved, please contact Laurentia Ruby at laurentia.ruby@verizon.net, or call 703-839-2523, or visit our website at www.nv-cp.org.

For questions about this program, or to suggest topics and presenters for future programs, please email the NVCP Vice President & CE Chair, Mike Schaub, Ph.D. at NVCPCEChair@gmail.com.



NVCP COVID-19 Statement

Registrants who test positive for COVID or have COVID symptoms are asked to stay home. Contact Mike Schaub, Ph.D. at nvcpcechair@gmail.com to arrange a refund of your registration fee. Registrants who have been exposed to COVID but test negative and are not showing symptoms are asked to wear a mask during the event.

COVID-19 RELEASE & HOLD HARMLESS AGREEMENT: By registering and attending a Northern Virginia Clinical Psychologists (NVCP) event/meeting you acknowledge that there is an unknown risk of exposure to COVID-19 through exposure to contaminated objects, as well as through personal contact. Such exposure carries with it a certain degree of risk that could result in illness, disability or death. You agree to release and hold harmless NVCP, its staff, officers, and vendors from and against all claims of damages and liability resulting from exposure to COVID-19. Registrants/Attendees also warrant they are following all CDC guidelines. Northern Virginia Clinical Psychologists claims no liability for the acts of any attendee, supplier or speaker at this meeting or for the safety of any attendee while in transit to, from, or during this meeting. Northern Virginia Clinical Psychologists reserves the right to cancel this function and/or individual courses without penalty. The total amount of liability to the Conference will be limited to a refund of fees paid by the attendee.