



# TOURETTE'S WORKSHOP FOR PARENTS

**SATURDAY 3 FEBRUARY 2024**

Runcorn Masonic Hall, York St, Runcorn, WA7 5BB

Following this day long workshop you will leave equipped with the knowledge of how to support those with TS better. You will have a thorough understanding on how Tourette Syndrome affects those with the condition and the hidden barriers they face daily. You will leave the day feeling empowered in the knowledge that you will be using tested strategies that actually work.

## OUR SPEAKERS



### EMMA MYERS

#### TA EVENTS MANAGER

Emma is the Tourettes Action Events Organiser, planning the TICfest, TEENfest and adult weekends as well as workshops and webinars. Emma joined TA in 2012 and has a daughter with TS.



### IONE GEORGAKIS

#### THERAPIES AND ADVOCACY MANAGER

Ione is an Occupational Therapist who works part-time for Tourettes Action. Using her professional and lived experience, Ione develops and leads our evidence-based, online and face to face training programmes and workshops. Ione provides advocacy and clinical consultations to professionals, employers, and individuals with TS.



### KATIE SKINNER

#### SPECIALIST TEACHER

Katie has experience supporting pupils with communication, interaction, social, emotional and mental health difficulties to develop appropriate emotional regulation, friendship and executive function skills in both specialist and mainstream settings, at primary and secondary level. Katie is also a Sleep Scotland Sleep Counsellor and holds an NPQ in Senior Leadership.



### DR. ED PALMER

#### JUNIOR DOCTOR & TA TRUSTEE

Dr Edward Palmer is a trainee Psychiatrist and researcher at the University of Birmingham. He has had symptoms of TS since early childhood, but was only diagnosed with the condition in his teens. It was at this point we came into contact with Tourettes Action and became aware of the amazing work they do and support they provide.

## ORDER OF THE DAY

### CHECK-IN / WELCOME & HOUSE KEEPING

9:30am/ 9:45am - 10am - Emma Myers

### AN INTRO TO TICS & TOURETTE SYNDROME

10am - 11am - Dr Ed Palmer

### BREAK

11am - 11:15am

### EMOTIONAL REGULATION

11:15am - 12:15pm - Katy Skinner

### LUNCH

12:15pm - 1pm

### PAIN AND TOURETTE SYNDROME

1pm - 1:45pm - Ione Georgakis

### BREAK

1:45pm - 2pm

### SENSORY DIFFERENCES IN INDIVIDUALS WITH TICS AND TOURETTE'S

2pm - 3pm - Ione Georgakis

### SLEEP AND TOURETTE SYNDROME

3pm - 4pm - Katy Skinner

### Q&A WITH THE SPEAKERS

4pm - 4:30pm



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## **INTRO TO TS AND CO-OCCURRING CONDITIONS**

**DR ED PALMER**

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An introduction to tics and Tourette's syndrome. This session will give an overview of Tourette's and other tics disorders.

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## **SENSORY DIFFERENCES IN INDIVIDUALS WITH TICS AND TOURETTES**

**IONE GEORGAKIS**

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In this session Ione will explore the sensory systems, how these can impact those with TS. She will discuss and share strategies on how to manage and regulate the sensory system, giving examples of sensory diets, to enable people to create their own.

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## **EMOTIONAL REGULATION**

**KATIE SKINNER**

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Emotional regulation is a skill that can be tricky to master and can lead to challenges with social and academic engagement. In this session Katie will explore how we can support young people who have difficulties with managing demand and regulating and their feelings and consider what practical approaches we can use as to directly teach these skills for a calmer and happier family life.

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## **PAIN AND TOURETTE SYNDROME**

**IONE GEORGAKIS**

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Pain and Tourette Syndrome - Research indicates that 99% of people with Tourettes report pain as consequence of tics. This session will explore the causes of pain and injury in Tourettes, the day-to-day impact and possible treatment approaches.

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## **SLEEP AND TOURETTE SYNDROME**

**KATIE SKINNER**

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Katie will explore the causes and consequences of common sleep difficulties for young people with Tourette Syndrome, the science behind sleep and how we can use this knowledge to develop practical, realistic strategies to help our children (and us!) to get a better night's rest.