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Debbie Elicksen, Cindy Tedd, Freelance Communications,
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Bobbie-Jo Bergner, Mind's Design Studio, Calgary, Alberta

Illustrations

Sarah Jarvis-Deschamps, Purple Wanda Creative,
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INTRODUCTION

Hey! Got tics? Me too. Welcome to the club!

My name is Dr. Dunc; I'm a psychologist, and I work with kids and teens who want to learn how to deal with their tic symptoms. It's something I know a lot about, not just because I have tics myself, but because I've also spent years studying tic disorders. I've met thousands of people with tics, and helped a lot of them along the way. I've read tons of research on tics, have even done my own research on tics, and have traveled all around the world educating teachers, parents, and professionals in tic disorders.

I am diagnosed with something called ***Tourette Syndrome***, or TS for short. Maybe you have TS too – or maybe not. If you have something called ***Chronic Tic Disorder*** or ***Transient Tic Disorder*** instead, it's all good. Really, it's all the same stuff; we doctors just use different terms depending on how many tics you have, what kinds of tics you have,

and how long you've had them. As long as you have tics, the stuff in this book will still apply to you.

Probably like you, I knew something weird was going on with me long before some brainiac doctor finally told me what the *fancy-dancy* term for it actually was. Probably not like you, that doctor didn't come along for a really long time for me. I didn't know why my body wanted me to make all of these strange movements and sounds until I was already nineteen and had moved away from home! Not knowing for that long really sucked, because until then I just thought I was some freak of nature. It seemed like I had some kind of devil in my head or something – always reading my thoughts (*don't shake your head!*) and then doing the exact *opposite* of what I wanted (*shake your head even more!*) at exactly the *wrong* time (*shake your head right in front of that girl you're trying to look cool in front of!*). Great – thanks a lot. It was very frustrating. Not to mention depressing. I even thought a lot about killing myself.

Growing up at home I did all sorts of things to try and make my tics go away. Most days, I'd do my best to hide them and pretend that they weren't there. I figured I could just will them away, but of course, that didn't work. Sometimes, I'd get so mad I'd punch myself, thinking that might finally *smarten me up* so I'd stop doing these stupid-looking and stupid-sounding things. Heck, I'd even try striking bargains with God once in a while, thinking, "*Make my tics go away, God, and I'll go to church every Sunday – I promise!*"

I don't know if you've ever tried any of those things, but let me save you a lot of time and trouble – none of it works. All it did was leave me stressed out, miserable, and feeling powerless – with a bunch of bruises.

Fast forward twenty years. Fortunately, now that I'm a doctor, I've got something much better – a technique I actually stumbled upon and used a few times myself before I even knew that others had already *invented* it. Over time I've practiced it a lot, read what I could

find about it (there wasn't much), and improved upon it, too.

It's the power to make tics of my choosing just go away – for good! I've used this technique to finally get rid of many different tics that had been plaguing me for years and years – some that were hurting me and wearing my body out, and others that simply got on my nerves.

I'm going to share that powerful technique with you in this book, because I wish people had been on the ball enough to give *me* a book like this when I was your age! It sure would have saved me a lot of grief. I *wasn't* a freak, neither are *you*, we *don't* have devils in our heads, and those tics *ain't* as tough as I once thought they were. I learned to take 'em. If you want, you can too. Here's how...

~ Dr. Dunc.