

**BOOK: Tourette Syndrome: A Practical Guide for Teachers,
Parents and Carers**

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The aim of this book is to provide information about Tourette Syndrome (TS) and insights into how children with TS can be supported in school to maximise their potential. The first half of the book examines the disorder in detail and deals with the diagnostic criteria and clinical characteristics of TS. Symptoms are illustrated through case studies and assessment schedules used in the diagnosis or measurement of TS are described. The second half of the book provides strategies for supporting the pupil with TS in school. A number of recommendations are made which pertain not only to the child with TS but also to children with other (and sometimes associated) difficulties such as Attention Deficit Disorder, Depression, Anxiety, Conduct Disorder and Obsessive Compulsive Disorder.

One of the many strengths of the book is that it adopts a holistic view of the child. This is further supported by the fact that it is co-authored by a medical expert as well as an educational expert. It is a user-friendly manual which includes a substantial amount of theory, but turns theory into practice when it deals with issues such as possible difficulties the child with TS may experience with Literacy, Numeracy and Homework. Compensatory techniques and skill building techniques are suggested where teachers can work with pupils to help them build up their self esteem as well as their practical skills.

The authors' insight into children with T.S. is evident throughout. They state emphatically that the majority of this population of pupils has a normal IQ. They also stress that education problems for a number (but not all) of such children may include the effects of tics which the child with TS exhibits or suppresses, specific learning disabilities such as impaired visuomotor integration and deficits in executive functioning, emotional problems, reduced self-esteem and the possibility of adverse side-effects of medication. Inclusion in the mainstream school for such children is described as a process and not a state, involving far more than simply finding a suitable placement for the child. The authors outline the Education Act 1981 (U.K.) as well as the subsequent 1993 Act and Code of Practice which put the onus on Local Education Authorities to educate children with Special Educational Needs (SEN) in mainstream schools where possible. They also outline the five-staged approach which mainstream schools in the U.K. are expected to follow to support children with SEN, and emphasise that children from as young as two years can be given a statement which is a legally binding document setting out how these needs will be met. While this chapter is insightful on a more global scale, it does not pertain specifically to the Irish context as it currently exists, with the 1998 Education Act (Ireland) representing

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our closest comparable legal document.

Overall, this is a user-friendly practical handbook with a sound theoretical basis grounded in extensive academic as well as clinical research. As the title suggests, it is a useful source of reference for all those involved in the teaching and caring of children with TS, providing the knowledge and information required to equip family and professionals with the understanding and skills needed when dealing with such children. While there is nothing intrinsically new for teachers in some of the underpinning ideas and proposals such as the notion of developing and valuing the individual (Chapter 6) or focusing on positive behaviour (Chapter 8), there are a number of practical suggestions in the different chapters which teachers may find useful. The essence of this book is that it is accessible and presented in a condensed and precise form. It contains a wealth of information on the condition known as Tourette Syndrome, valuable insights into how children with TS cope with the disorder and clear guidance for parents and professionals.

**TOURETTE SYNDROME: A PRACTICAL GUIDE FOR TEACHERS,
PARENTS AND CARERS by Amber Carroll and Mary Robertson is published
by David Fulton Publishers, London, 2000, and costs Stg £15.**