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Trichotillomania

An ACT-enhanced Behavior Therapy Approach

T h e r a p i s t G u i d e

Douglas W. Woods
Michael P. Twohig

Trichotillomania An Actenhanced Behavior Therapy Approach Therapist Guide

**Daniel J. Moran, Patricia A. Bach, Sonja
V. Batten**



Trichotillomania An Actenhanced Behavior Therapy Approach Therapist Guide:

Trichotillomania Douglas W Woods, Michael P Twohig, 2008-03-31 Trichotillomania TTM is a complex disorder that is difficult to treat as few effective therapeutic options exist Behavior therapy has the greatest empirical support but the number of mental health providers familiar with TTM and its treatment is quite small This manual was written as a tool for therapists to become familiar with an effective treatment for TTM The treatment approach described in this guide blends traditional behavior therapy elements of habit reversal training and stimulus control techniques with the more contemporary behavioral elements of Acceptance and Commitment Therapy ACT Unlike traditional interventions that aim to change type or frequency of pulling related cognitions in the hopes of reducing urges to pull hair this innovative program uses strategies to change the function of these cognitions Clients are taught to see urges for what they really are and to accept their pulling related thoughts feelings and urges without fighting against them This is accomplished through discussions about the function of language and defusion exercises that show the client how to respond to thoughts about pulling less literally Over the course of 10 weeks clients learn to be aware of their pulling and warning signals use self management strategies for stopping and preventing pulling stop fighting against their pulling related urges and thoughts and work toward increasing their quality of life Self monitoring and homework assignments keep clients motivated and engaged throughout

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feelings and urges without fighting against them This is accomplished through discussions about the function of language and defusion exercises that show the client how to respond to thoughts about pulling less literally Over the course of 10 weeks clients learn to be aware of their pulling and warning signals use self management strategies for stopping and preventing pulling stop fighting against their pulling related urges and thoughts and work toward increasing their quality of life Self monitoring and homework assignments keep clients motivated and engaged throughout Designed to be used with older adolescents and adults this innovative intervention has proven efficacy and is sure to be a powerful tool for the clinician who treats TTM TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions All programs have been rigorously tested in clinical trials and are backed by years of research A prestigious scientific advisory board led by series Editor In Chief David H Barlow reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date Our books are reliable and effective and make it easy for you to provide your clients with the best care available Our corresponding workbooks contain psychoeducational information forms and worksheets and homework assignments to keep clients engaged and motivated A companion website www.oup.com/us/ttw offers downloadable clinical tools and helpful resources Continuing Education CE Credits are now available on select titles in collaboration with PsychoEducational Resources Inc PER

Trichotillomania: Therapist Guide Michael P. Twohig, Douglas Woods, 2023 Trichotillomania TTM is a disorder of secrecy and shame Many with the problem do not know it has a name and many who know what they have cannot find knowledgeable providers Research on the etiology maintenance and treatment of TTM has grown dramatically since this program was first published Still our understanding of this complicated disorder remains incomplete and few effective therapeutic options exist Behavior therapy still maintains the strongest empirical support Farhat et al 2020 having reliably outperformed medications in head to head albeit small efficacy trials Unfortunately the number of mental health providers familiar with TTM and its treatment remains limited This therapist guide and client workbook were written as tools for therapists to become familiar with an effective treatment for TTM **Trichotillomania** Douglas W. Woods, Michael P. Twohig, 2023 *Trichotillomania: Workbook* Michael P. Twohig, Douglas Woods, 2023 Trichotillomania or TTM is chronic hair pulling resulting in noticeable hair loss Although not required for a diagnosis individuals usually feel an increasing sense of tension immediately prior to pulling out the hair or when attempting to resist pulling and feel a sense of gratification when pulling hair To receive a diagnosis of TTM you must have repeatedly tried to stop pulling but been unable to do so People who are diagnosed with trichotillomania must experience significant distress or impairment in important areas of their life because of the pulling and its effects *Principle-Based Stepped Care and Brief Psychotherapy for Integrated Care Settings* Alexandros Maragakis, William T. O'Donohue, 2018-02-13 This timely volume provides the practitioner with evidence based treatments for many of the clinical problems encountered in integrated care It applies the core concepts of stepped care to

integrating brief mental health interventions as a way to address ongoing problems in the modern healthcare landscape It sets out in depth the state of the healthcare crisis in terms of costs staffing and training issues integration logistics and management system culture and a variety of clinical considerations Central to the book is a best practice template for providing behavioral stepped care in medical settings including screening and assessment levels of intervention and treatment referrals and collaboration with primary care and other specialties Using this format contributors detail specific challenges of and science based interventions for a diverse range of common conditions and issues including Depression Anxiety disorders Adherence to chronic obstructive pulmonary disorder management Alcohol and other substance misuse Attention deficit hyperactivity disorder Chronic pain Neurocognitive disorders Paraphilias problematic sexual interests WU3 Sexual abuse and PTSD in children A solid roadmap for widescale reform Principle Based Stepped Care and Brief Psychotherapy for Integrated Care Settings is deeply informative reading for health psychologists social workers psychiatrists and clinical psychologists It also clarifies the research agenda for those seeking improvements in healthcare quality and delivery and patient satisfaction

The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy Susan E. Sprich, Timothy Petersen, Sabine Wilhelm, 2023-07-18 This book provides a fully updated in depth overview of Cognitive Behavioral Therapy CBT which is the most widely disseminated evidence based psychotherapy utilized today The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy 2nd edition displays the constantly evolving nature of CBT due to the continuous research trials conducted by clinicians This second edition presents updated information and literature to reflect the current clinical guidelines based on research studies that have been published in the past few years Chapters cover applying CBT to common disorders such as depression obsessive compulsive disorder and anxiety disorders as well as more specialized applications such as schizophrenia Chapters also provide information on how to tailor CBT for specific populations and in specific settings The book also features new chapters on the use of technology in treating psychiatric disorders and novel models of care and treatments for psychiatric disorders The fully updated and expanded second edition of The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy will continue to be a go to resource for all psychiatrists psychologists social workers licensed mental health counselors primary care doctors graduate students and psychiatry residents and fellows implementing cognitive behavioral therapy in their clinical practice

The Research Journey of Acceptance and Commitment Therapy (ACT) Nic Hooper, Andreas Larsson, 2015-08-18 In 1986 the first research study investigating Acceptance and Commitment Therapy ACT was published It aimed to determine if an early conceptualization of the ACT model could be used to treat depression Since this seminal study further investigations have been conducted across every imaginable psychological issue and the rate at which this research has emerged is impressive This book describes the research journey that ACT has taken in the past 30 years It also suggests in light of the progress that has already been made how ACT research should move forward in the

coming decades **The Addiction Treatment Planner** Robert R. Perkinson, Arthur E. Jongsma, Jr., Timothy J. Bruce, 2022-03-29 Clarify simplify and accelerate the treatment planning process so you can spend more time with clients The Addiction Treatment Planner Sixth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This valuable resource contains treatment plan components for 48 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more You ll save hours by speeding up the completion of time consuming paperwork without sacrificing your freedom to develop customized treatment plans for clients This updated edition includes new and revised evidence based objectives and interventions new online resources expanded references an expanded list of client workbooks and self help titles and the latest information on assessment instruments In addition you ll find new chapters on some of today s most challenging issues Opioid Use Disorder Panic Agoraphobia Loneliness and Vocational Stress New suggested homework exercises will help you encourage your clients to bridge their therapeutic work to home Quickly and easily develop treatment plans that satisfy third party requirements Access extensive references for treatment techniques client workbooks and more Offer effective and evidence based homework exercises to clients with any of 48 behaviorally based presenting problems Enjoy time saving treatment goals objectives and interventions plus space to record your own customized treatment plan This book s easy to use reference format helps locate treatment plan components by presenting behavioral problem or DSM 5 diagnosis Inside you ll also find a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA The Addiction Treatment Planner Sixth Edition will liberate you to focus on what s really important in your clinical work **The Wiley Handbook of Obsessive Compulsive Disorders** Jonathan S. Abramowitz, Dean McKay, Eric A. Storch, 2017-06-13 The Wiley Handbook of Obsessive Compulsive Disorders 2 volume set provides a comprehensive reference on the phenomenology epidemiology assessment and treatment of OCD and OCD related conditions throughout the lifespan and across cultures Provides the most complete and up to date information on the highly diverse spectrum of OCD related issues experienced by individuals through the lifespan and cross culturally Covers OCD related conditions including Tourette s syndrome excoriation disorder trichotillomania hoarding disorder body dysmorphic disorder and many others OCD and related conditions present formidable challenges for both research and practice with few studies having moved beyond the most typical contexts and presentations Includes important material on OCD and related conditions in young people and older adults and across a range of cultures with diverse social and religious norms **Clinical Guide to Obsessive Compulsive and Related Disorders** Jon E. Grant, Samuel R. Chamberlain, Brian L. Odlaug, 2014-05-02 Clinical Guide to Obsessive Compulsive and Related Disorders is a complete comprehensive overview of OCD and related disorders trichotillomania excoriation disorder hoarding disorder body

dysmorphic disorder and tic disorders The book covers underlying causes clinical presentations and treatments The book serves as a primer for clinicians in training and those already in practice who have little if any background in these disorders It discusses the pharmacological and psychosocial treatments for both adults and children with an emphasis on providing practical information for clinicians to use in their everyday practices Based on the DSM 5 the book uses the latest evidence based information regarding treatments including medication options behavioral therapies alternative treatments and recent developments in surgical treatment This book will provide students residents interns and even veteran clinicians with a basic understanding of OCD and disorders that are often associated with OCD In addition members of the public and those affected by these disorders may use this book to enhance their personal knowledge of the subject matter presented

Obsessive-compulsive Disorder Christopher Pittenger, 2017 Obsessive compulsive disorder OCD affects one person in 40 and can cause great suffering This volume provides the first comprehensive summary of our understanding of this enigmatic condition summarizing current work ranging from genetics and neurobiology through cognitive psychology treatment personal experiences and societal implications

The Oxford Handbook of Acceptance and Commitment Therapy Michael P. Twohig, Michael E. Levin, Julie M. Petersen, 2023 In The Oxford Handbook of Acceptance and Commitment Therapy Michael P Twohig Michael E Levin and Julie M Petersen bring together contributions from the world's leading scholars to create a comprehensive volume on established areas of ACT The Handbook presents the first scholarly review of the treatment as it has developed over the past two to three decades Featuring 33 chapters on key aspects of the treatment the contributors offer analysis on ACT's conceptual and theoretical underpinnings applications to specific populations and problems methods of implementation and other special topics They will further cover theory empirical support and scholarly descriptions of treatment application

Spirituality, Religion, and Cognitive-Behavioral Therapy David H. Rosmarin, 2018-03-19 Spirituality and religion are powerful forces in many people's lives yet they are usually relegated to the periphery of cognitive behavioral therapy CBT research and practice This highly practical nonsectarian book describes how to identify and work with psychologically relevant facets of spirituality in the context of evidence based treatment David H Rosmarin draws on cutting edge theory and research to provide clear guidelines for conceptualizing positive and negative aspects of spirituality pertaining to common clinical concerns Concrete examples throughout the book illustrate collaborative ways to harness spiritual beliefs and practices to help bring about cognitive behavioral and affective change Four reproducible handouts can be downloaded and printed in a convenient 8 1/2 x 11 size

Complexities in Obsessive Compulsive and Related Disorders Eric A. Storch, Jonathan S. Abramowitz, Dean McKay, 2021-10 Complexities in Obsessive Compulsive and Related Disorders is a comprehensive text that addresses recent advances for a much needed update to the field of OCRDs

Obsessive Compulsive and Related Disorders, An Issue of Psychiatric Clinics of North America Wayne K. Goodman, 2014-09-28 Neurotransmitters in the brain are the current focus of obsessive compulsive

disorders to better address the approximately 2.5 million people in the United States diagnosed with OCD. As seems the way of psychiatry practice, a disorder is viewed and treated from one perspective for a period, then a new perspective is in the forefront. Such is the case with obsessive compulsive disorders, originally treated as a behavioral problem with psychotherapy, now considered a brain circuitry disorder that can be treated with psychopharmacotherapeutics. This issue contains topics that focus on neuroscience of the brain and genetics in relation to OCD, providing the psychiatrist a comprehensive review of the current thought, approach, diagnosis, and treatment related to OCD and its related disorders. Topics include: Etiological hypotheses of OCD, molecules to circuits, Models of obsessive compulsive and related disorders, Cognitive neuroscience of OCD, Genetics of obsessive compulsive and related disorders, Tic disorders, separate or related disorder, Pediatric acute onset neuropsychiatric syndrome, PANS, Body dysmorphic disorder, Trichotillomania, Hoarding disorder, Pharmacotherapy, Device based interventions, Cognitive behavioral therapy for OCD.

Flexibility Within Fidelity Philip C. Kendall, 2021. *Flexibility within Fidelity* identifies how empirically supported treatments, ESTs, can be implemented with both integrity and flexibility. The book is comprised of chapters focusing on specific ESTs for problem areas amongst adults and children/adolescents, including anxiety disorders, PTSD, pain management, and depression, among others.

The College Student Counseling Treatment Planner Chris E. Stout, Timothy J. Bruce, Arthur E. Jongsma, Jr., 2025-09-16. Guide to develop formal treatment plans for third-party payers and state and federal review agencies. Pressure from accrediting agencies and other outside parties has increased the need for clinicians to produce effective, high-quality treatment plans. Treatment Planners provide all the elements necessary to quickly and easily develop formal treatment plans that satisfy the needs of most third-party payers and state and federal review agencies. This second edition has been updated with new chapters and appendices and enables readers to stimulate clinical thought to improve the quality and comprehensiveness of treatment plans and to reduce the time involved in recordkeeping. In this new edition, readers will find new chapters on Anxiety, Attention Deficit Hyperactivity Disorder, Bipolar Disorder, Low Self-Esteem, Obsessive Compulsive and related Disorders, Opioid Use Disorder, Panic Disorder, Agoraphobia, Sexual Promiscuity, Sleep Disturbance, Social Anxiety, and Specific Phobia. New Objectives and Interventions, consistent with identified evidence-based practices, integrated DSM-5 diagnostic labels and codes into the Diagnostic Suggestions section of each chapter. More suggested homework assignments integrated into the Interventions. Treatment Planners help practitioners clarify, simplify, and accelerate the treatment planning process so they spend less time on paperwork and more time with their clients.

The SAGE Encyclopedia of Abnormal and Clinical Psychology Amy Wenzel, 2017-03-16. Abnormal and clinical psychology courses are offered in psychology programs at universities worldwide, but the most recent major encyclopedia on the topic was published many years ago. Although general psychology handbooks and encyclopedias include essays on abnormal and clinical psychology, such works do not provide students with an accessible reference for understanding the full scope of the field. *The SAGE Encyclopedia of Abnormal and Clinical Psychology* is a

volume A Z work print and electronic formats is such an authoritative work Its more than 1 400 entries provide information on fundamental approaches and theories various mental health disorders assessment tools and psychotherapeutic interventions and the social legal and cultural frameworks that have contributed to debates in abnormal and clinical psychology Key features include 1 400 signed articles contained in 7 volumes and available in choice of print and or electronic formats Although organized A to Z front matter includes a Reader s Guide grouping related entries thematically Back matter includes a Chronology Resource Guide Bibliography and detailed Index Entries conclude with References Further Readings and Cross References to related entries The Index Reader s Guide themes and Cross References between and among entries all combine to provide robust search and browse features in the electronic version

Committed Action in Practice Daniel J. Moran, Patricia A. Bach, Sonja V. Batten, 2018-10-01 Designed for use by mental health professionals and graduate students *Committed Action in Practice* clearly conceptualizes committed action an integral aspect of acceptance and commitment therapy ACT and offers a deeper investigation of the first of the six core processes of ACT The book also provides comprehensive descriptions and insight into the conceptualization integration and application of committed action in therapy Committed action is an important part of the hexaflex model for acceptance and commitment therapy ACT the other core processes being acceptance defusion self as context and perspective taking values clarification and mindfulness In practice committed action happens when clients act in the direction of their identified values even in the presence of obstacles Written by Patricia Bach Daniel J Moran and Sonja Batten three ACT oriented experts and trainers who are highly prolific in the field of modern behavioral psychology *Committed Action in Practice* is a deep focused exploration of this core aspect of ACT With sections on the conceptualization application and integration of committed action in ACT you ll gain an understanding of how this process fits into the hexaflex model what blocks people from taking values based action and how to blend the committed action component of ACT with other evidence based therapies With this comprehensive guide you ll know just how committed action works in an ACT treatment plan and be ready to apply it in practice

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