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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

Alan S. Bellack, Michel Hersen



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 The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy Timothy J. Petersen,Susan E. Sprich,Sabine Wilhelm,2015-09-29 Cognitive Behavioral Therapy CBT has a growing evidence base that supports its efficacy in treating a wide range of psychiatric disorders and has been adapted for use with more complicated

patient populations and for different stages of psychiatric illness As the first Massachusetts General Hospital branded text on the subject this is a cutting edge tool that is unlike any current book on CBT The authors for this handbook are among the world's foremost experts in their specialty area and are actively engaged in dynamic research evaluating the efficacy of CBT as well as identifying mechanisms of action for this treatment This title provides in depth coverage of the historical background of the development of CBT a comprehensive review of relevant outcomes data a survey of mechanisms by which CBT exerts its effect and most importantly a take away tool box of CBT strategies and techniques that can be immediately implemented in clinicians practices The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy reaches and improves the clinical practices of a broad base of front line mental health practitioners including psychiatrists and therapists

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 Wiley Handbook of Obsessive Compulsive Disorders Jonathan S. Abramowitz, Dean McKay, Eric A. Storch, 2017-06-12 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

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 Oxford Handbook of Obsessive-Compulsive and Related Disorders, 2023-07-18 With the publication of the Diagnostic and Statistical Manual of Mental Disorders 5th Edition DSM 5 much has changed about the conceptualization of obsessive compulsive disorder and its associated spectrum conditions Breaking free from the previous category of anxiety disorders a new diagnostic category of obsessive compulsive and related disorders ORCDs has emerged This new categorization has provided an opportunity to enhance our understanding of these unique disorders and to address new research questions The second edition of The Oxford Handbook of Obsessive Compulsive and Related Disorders presents the latest information from leaders in the field about the epidemiology phenomenology assessment and treatment of ORCDs The volume begins by reviewing the prevalence and profiles of obsessive compulsive disorder body dysmorphic disorder hoarding disorder trichotillomania hair pulling disorder and excoriation skin picking disorder Chapter authors then discuss modern conceptualizations of the ORCDs including neurocircuitry genetic behavioral and cognitive models From here assessment strategies are reviewed followed by state of the science biological and psychological treatments including pharmacotherapy neurosurgical strategies behavioral therapies and cognitive therapies Finally the volume examines the presentation and treatment of ORCDs across cultures as well as in special populations including children and older adults

Handbook of Clinical Psychology Competencies Jay C Thomas, 2010 This three volume handbook describes the core competency areas in providing psychological services relevant to practitioners as well as clinical researchers It covers assessment and conceptualization of cases the application of evidence based methods supervision consultation cross cultural factors and ethics

The Behavior Therapist, 2008 *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 a 7 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 Treating Trichotillomania Martin E. Franklin, David F. Tolin, 2007-09-28 There is still scant clinical information on trichotillomania This book fills the need for a full length cognitive behavioral treatment manual The authors share their considerable expertise in treating body focused repetitive behavior disorders not only hair pulling but skin picking and nail biting as well in an accessible clinically valid reference This is the first comprehensive clinical and empirically based volume to address these disorders Tic Disorders, Trichotillomania, and Other Repetitive Behavior Disorders Douglas Woods, Raymond Miltenberger, 2007-02-15 Tics trichotillomania and habits such as thumb sucking and nail biting tend to resist traditional forms of therapy Their repetitiveness however makes these dissimilar disorders particularly receptive to behavioral treatment Now in soft cover for the first time this is the most comprehensive guide to behavioral treatment for these common yet understudied disorders Tic Disorders is geared to researchers but accessible to patients and their families as well *A Practical Guide to Acceptance and Commitment Therapy* Steven C. Hayes, Kirk D. Strosahl, 2013-03-19 This book is the most practical clinical guide on Acceptance and Commitment Therapy ACT said as one word not as initials yet available It is designed to show how the ACT model and techniques apply to various disorders settings and delivery options The authors of these chapters are experts in applying ACT in these various areas and it is intriguing how the same core principles of ACT are given a nip here and a tuck there to fit it to so many issues The purpose of this book in part is to embolden researchers and clinicians to begin to apply ACT wherever it seems to fit The chapters in the book demonstrate that ACT may be a useful treatment approach for a very wide range of clinical problems Already there are controlled data in many of these areas and soon that database will be much larger The theory underlying ACT Relational Frame Theory or RFT and yes here you say the initials makes a powerful claim psychopathology is to a significant degree

built into human language. Further, it suggests ways to diminish destructive language-based functions and ways of augmenting helpful ones. To the extent that this model is correct, ACT should apply to a very wide variety of behavioral issues because of the centrality of language and cognition in human functioning.

Managing Tourette Syndrome Douglas W. Woods, 2008-08-21. Tourette syndrome (TS) is a chronic neurobehavioral disorder of childhood that has traditionally been treated with medication. Although available, many mental health professionals are not familiar with an effective behavioral therapy for tic disorders. This therapist guide outlines a safe and scientifically proven treatment that can help sufferers of TS and other tic disorders effectively manage their tics and improve their quality of life. The treatment described is an 11-session package for children and adults ages 9 and older. Psychoeducation about tic disorders is blended with multiple components of behavior therapy, including habit reversal training, HRT, relaxation training, and function-based treatments. The primary goal of this program is to teach the patient effective tic management skills rather than to cure the tic disorder. At the start of the program, you will work with your patient to create a hierarchy of tics to be addressed in treatment. Each week, a new tic will be targeted, and an appropriate function-based intervention implemented. Tic management skills are supplemented with relaxed breathing and progressive muscle relaxation exercises to help the patient combat anxiety. Relapse prevention and booster sessions help reinforce the skills taught in therapy and give the patient a positive outlook for the future. Complete with step-by-step instructions for conducting sessions, as well as lists of materials needed and copies of necessary forms, this guide provides you with all the information you need to effectively administer treatment. *Treatments That Work™* 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).

Handbook of Behavior Therapy in the Psychiatric Setting Alan S. Bellack, Michel Hersen, 2013-11-21. Focusing on patients with severe impairments, including mixed and multiple diagnoses, this volume describes how behavior therapy fits into the clinical environment. Psychiatrists, medical clinicians, and residents will appreciate the in-depth coverage of a broad range of difficult issues.

The Private Practice of Behavior Therapy Sheldon J. Kaplan, 1986-07-31. Entering a full-time private practice and forsaking the comforts of a regular paycheck was a difficult decision for me. Fortunately, I was able to begin my practice on a part-time basis in space rented from two physician friends. By using my behavior skills for self-management and organization, I was then able to help

my practice grow so that with some trepidation I moved into a full time practice I have continued to maintain my practice according to the same ethical professional and business assumptions discussed in this book One of the reasons for my writing this book is that at the time I was beginning my practice there was no one text that helped me begin or to explain what nuts and bolts issues I needed to consider As my practice has grown I continued to see a need for a resource text to help the beginning therapist get started I decided to describe the assumptions methods and issues that I have used so as to present a discussion of timely issues relevant to the practice of behavior therapy

The Hair-Pulling Problem Fred

Penzel, 2003-03-27 Trichotillomania one of the family of obsessive compulsive disorders may afflict as many as 6 to 8 million people in the United States Now a leading authority on obsessive compulsive disorders Dr Fred Penzel has written the most up to date comprehensive and authoritative guide to this syndrome available filled with reassuring advice for patients and their families Endorsed by the Trichotillomania Learning Center the leading advocate group for this disorder this superb handbook includes all the information a patient or relative would need to understand this illness and to cope with it Penzel provides a detailed discussion of causes and he reviews all the treatment options describing the most effective medications and their side effects as well as the recommended cognitive and behavioral treatments He shows patients how to design a self help program and gain control of their compulsive behavior how to prevent relapse describes trichotillomania and its treatment in children and suggests coping strategies for families at home and in public situations He also provides a guide to all the resources available including internet sites recommended books and videos and outlines ways to start a support group The appendix will include questionnaires clinical rating scales and the official DSM diagnostic criteria for the disorder so readers can decide if they need to seek behavioral and possibly medical treatment Dr Penzel has helped patients with OCD and trichotillomania for over twenty years and is one of America's leading authorities on these disorders Drawing on decades of hands on experience he has produced the most complete and scientifically accurate handbook available on this disorder a comforting guide packed with information to help people with trichotillomania get well and stay well

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