



Trichotillomania: An ACT-Enhanced Behavior Therapy Approach Workbook

By Douglas W Woods

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Trichotillomania (T. T. M.) 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 T. T. M. and its treatment is quite small. This manual was written as a tool for therapists to become familiar with an effective treatment for T. T. M. . 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 (A. C. T.). 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...

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