

Psychological treatments for trichotillomania

Reading:

D.W. Woods & M. P. Twohig (2008)
*Trichotillomania: An ACT-enhanced Behaviour
Therapy Approach Therapist Guide*. Oxford
University Press.

With particular reference to:

1. Overview, psycho-ed, expectations, triggers, homework
2. HRT – awareness, simulated pulling, competing response and SC = environmental alterations to make pulling harder
3. ACT – values work
4. Barriers to pursuing values – i.e., controlling urges
5. Acceptance and willingness
6. Defusion and metaphors
7. Defusion practice
8. Embracing the urge
- 9 and 10 – relapse prevention

D.W. Woods & M. P. Twohig (2008) *Patient Workbook*, Oxford University Press. 2008.

Rehm, I. C., Keuthen, N. J., Mansueto, C. S., & Woods, D. W. (2018). A clinician's quick guide of evidence-based approaches: Body-focused repetitive behaviour disorders. *Clinical Psychologist*, 22(2), 168-170. Available at: <https://onlinelibrary.wiley.com/doi/full/10.1111/cp.12155>

Rehm, I. C., Moulding, R., & Nedeljkovic, M. (2015). Psychological treatments for trichotillomania: Update and future directions. *Australasian Psychiatry*, 23(4), 365–368. Available at: <http://journals.sagepub.com/doi/abs/10.1177/1039856215590029>

Slikboer, R., Nedeljkovic, M., Bowe, S. J., & Moulding, R. (2017). A systematic review and meta-analysis of behaviourally based psychological interventions and pharmacological interventions for trichotillomania. *Clinical Psychologist*, 21(1), 20-32. Available at: <https://onlinelibrary.wiley.com/doi/full/10.1111/cp.12074>

Websites:

The TLC Foundation for Body-focused Repetitive Behaviors: <http://bfrb.org/index.php>

International OCD Foundation: <https://iocdf.org>

For consumers:

Anxiety Recovery Centre of Victoria – offers a monthly peer-support group for adults with trichotillomania at their Surrey Hills office and annual “retreats”. Details available at: <https://www.arcvic.org.au/>