Psychological treatments for trichotillomania

Reading:


With particular reference to:
1. Overview, psycho-education, 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


Websites:

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/