

TRICHOTILLOMANIA: AN ACT-ENHANCED BEHAVIOR THERAPY APPROACH

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(APIT) THROUGH PSYFACT #10041
STRESS AND ANXIETY SERVICES OF NEW JERSEY



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AGENDA

- Introduction – what is Trichotillomania and other Body Focused Repetitive Behaviors (BFRBs)
- Treatment for Trichotillomania
- Acceptance and Commitment Therapy (ACT)
- ACT hexagon
- ACT-enhanced Behavioral Therapy Approach
- Summary
- Helpful Sites
- Questions

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BFRBS: BODY FOCUSED REPETITIVE BEHAVIORS

- Trichotillomania (hair-pulling)
- Excoriation Disorder (skin-picking)
- Onychophagia (nail-biting)
- Cheek Biting
- Other BRFBS

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TRICHOTILLOMANIA

- DSM-5 Diagnostic Criteria:
 - A. Recurrent pulling out of one's hair, resulting in hair loss
 - B. Repeated attempts to decrease or stop hair pulling
 - C. The hair pulling causes clinically significant distress or impairment in social, occupational, or other important areas of functioning
 - D. The hair pulling or hair loss is not attributable to another medical condition (e.g., a dermatological condition)
 - E. The hair pulling is not better explained by the symptoms of another mental disorder (e.g., attempts to improve a perceived defect or flaw in appearance in body dysmorphic disorder)

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TRICHOTILLOMANIA – HABIT OR DISORDER?

- Impairment Associated with Trichotillomania
 - Trichobezoars
- Environmental Triggers
- Emotional Factors
- Cognitive Factors

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TREATMENTS

- Behavioral Model
 - Habit Reversal
 - Comprehensive Model for Behavioral Treatment of Trichotillomania (ComB) and other BFRBs
 - Fiddling Sheep
 - ACT-enhanced Behavioral Therapy Approach
- Role of Medications
 - Selective Serotonin Reuptake Inhibitors (SSRIs)

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ACCEPTANCE AND COMMITMENT THERAPY (ACT)

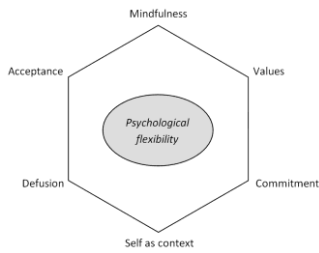
- Empirically Supported Treatment
- Transdiagnostic
- Processed-focused
- Psychological Flexibility

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ACT: HEXAGON

- Acceptance
- Mindfulness
- Life Values
- Self-as-Context
- Commitment
- Defusion



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ACT-ENHANCED BEHAVIORAL THERAPY APPROACH

- Intervention based on Trichotillomania: An ACT-enhanced Behavioral Therapy Approach from Treatments that Work by Woods & Twohig
- 10 session manualized treatment of a combination of Habit Reversal Training (HRT), Stimulus Control (CS), and Acceptance and Commitment Therapy (ACT)

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ASSESSMENT

- History of Pulling and Prior Attempts at Treatment
- Current Symptoms and Severity
- Functional Assessment of Pulling
 - Settings
 - Antecedent Emotional States
 - Antecedent Cognitions
 - Consequences of Pulling
- Comorbid Conditions & Differential Diagnosis

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ACT-ENHANCED BEHAVIORAL THERAPY APPROACH CONT.

- Session 1 - treatment introduction, review of triggers, homework, treatment expectations, etc.
- Session 2 - implementation of stimulus control and habit reversal training
- Session 3 - establishing client's values
- Session 4 - identifying barriers to treatment
- Session 5 - continuation of session 4 & introduction of acceptance, commitment, and mindfulness

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ACT-ENHANCED BEHAVIORAL THERAPY APPROACH CONT.

- Session 6 & 7 - introduction and practice of cognitive defusion
- Session 8 - practice previous materials & urge surfing
- Session 9 - continuation of practice of previous materials & treatment review
- Session 10 - review & relapse prevention

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SUMMARY

- Knowledge of BRFBs
- Awareness of different BRFBs treatments
- Awareness of ACT
- Familiarity of what is ACT-enhanced behavioral therapy approach for Trichotillomania

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HELPFUL SITES

- The TLC Foundation
 - <https://www.brfb.org/brfb/hair-pulling>
- Association for Cognitive Behavioral and Cognitive Therapies
 - <https://www.abct.org/fact-sheets/trichotillomania/>

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QUESTIONS?

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