

# THE HAIR PULLING PROBLEM

## A COMPLETE GUIDE TO TRICHOTILLOMANIA

- ◆ A self-help program you design yourself
- ◆ Guidelines to prevent relapse
- ◆ Help for your child and teenager
- ◆ Medications and Therapies that provide relief
- ◆ Helpful resources, from internet sites to support groups

FRED PENZEL

*Author of Obsessive-Compulsive Disorders*

# The Hair Pulling Problem A Complete Guide To Trichotillomania

**Peter Cooper**



## **The Hair Pulling Problem A Complete Guide To Trichotillomania:**

*The Hair-pulling Problem* Fred Penzel, 2003 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

**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

Handbook on Obsessive-Compulsive and Related Disorders Katharine A. Phillips, Dan J. Stein, 2015-03-19 Obsessive compulsive and related disorders OCRDs are both prevalent and a source of significant impairment for patients who suffer from them yet they remain underrecognized and underdiagnosed Handbook on Obsessive Compulsive and Related Disorders provides comprehensive and cutting edge coverage of OCRDs for clinicians and trainees in the context of the new classification framework established by the DSM 5 Chapters cover OCD body dysmorphic disorder BDD hoarding disorder trichotillomania hair pulling disorder excoriation skin picking disorder and illness anxiety disorder among other related conditions ensuring that readers are current on both the research on and the standard of care for these illnesses In addition each chapter employs a logical and consistent structure addressing diagnostic criteria and symptomatology epidemiology etiology and pathophysiology comorbidities course and prognosis assessment and differential diagnosis psychosocial impairment and suicidality and other topics such as cultural and gender related issues

Treatment approaches and considerations are explored in depth The Handbook's useful features are many The first book focused on the OCRDs to be published since the development of DSM 5 it reflects a deep understanding of the disorders and the DSM 5 development process Readers can depend on the utmost compatibility with DSM 5 because the book was edited by the chair of the DSM 5 work group and the chair of the sub work group that oversaw the development of the OCD category The editors have provided a helpful introductory chapter that thoroughly addresses the changes from DSM IV The book includes a chapter on disorders that were seriously considered for though ultimately not included in the DSM 5 OCD chapter and for which research offers some support for a close relationship to OCD These include tic disorders illness anxiety disorder hypochondriasis and obsessive compulsive personality disorder Case studies are provided in each chapter as well as key clinical points both of which help the reader understand contextualize and make use of the book's content Recommended readings at the end of each chapter offer the opportunity to deepen understanding The costs to society of undiagnosed and or untreated OCD are high in both human and financial terms and clinicians need to master all available tools to help patients and families understand and cope with these disorders Handbook of Obsessive Compulsive and Related Disorders deserves a prominent position both in the literature and on the clinician's bookshelf Trichotillomania, Skin Picking, and Other Body-focused Repetitive Behaviors Jon E. Grant, 2012 Trichotillomania Skin Picking and Other Body Focused Repetitive Behaviors provides clinicians researchers family members and individuals with the cutting edge comprehensive resource they need to understand and address the problem

**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

**Impulse Control Disorders** Christine A. Adamec, Christine Collins, 2008 Presents an exploration of the causes symptoms and treatment of impulse control disorders The Wiley Handbook of Obsessive Compulsive Disorders Jonathan S. Abramowitz, Dean McKay, Eric A. Storch, 2017-06-13 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

**The Complete Guide to Overcoming OCD** David Veale,Rob Willson,2013-01-17 The bestselling self help guide Overcoming Obsessive Compulsive Disorder has been combined with Taking Control of OCD Inspirational stories of hope and recovery to offer the reader an effective and appealing self help package These two titles not only set out practical techniques to overcome obsessive Compulsive Disorder OCD but offer inspiration to the reader to confront the challenges they may face on the road to recovery Overcoming Obsessive Compulsive Disorder is based on Cognitive Behavioral Therapy CBT an evidence based therapy recommended by the NHS It provides Useful information about the disorder A step by step self help programme based on CBT Taking Control of OCD contains real life stories written by those with first hand experience of OCD Each story has been especially selected by Dr David Veale and Rob Willson and together they reflect the broad range of different experiences and stories of OCD Each story sheds light on the condition and offers powerful insights into what helps and most importantly inspiration to those trying to beat it

*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

**Parenting Kids With OCD** Bonnie Zucker,2021-09-03 Parenting Kids With OCD provides parents with a comprehensive understanding of obsessive

compulsive disorder its symptoms types and presentation in children and teens The treatment of OCD is explained and guidelines on how to both find appropriate help and best support one's child are provided Family accommodation is the rule not the exception when it comes to childhood OCD yet higher accommodating is associated with a worsening of the child's symptoms and greater levels of familial stress Parents who have awareness of how they can positively or negatively impact their child's OCD can benefit their child's outcome Case examples are included to illustrate the child's experience with OCD and what effective treatment looks like OCD worsens when there is increased stress for the child therefore stress management is an essential component for improvement Parents will learn how to manage stress in themselves and encourage effective stress management for their children

*Functional Analysis in Clinical Treatment* Peter Sturmey, 2011-04-28 With the ongoing pressures for psychologists to practice evidence based care and the requirement insurance carriers have both for treatment goals measurement of outcomes and a focus on brief therapy functional analysis provides a framework for achieving all of the above Having proven itself in treating behavioral problems in education functional analysis is now being applied more broadly to behavioral and psychological disorders In his 1996 book *Functional Analysis in Clinical Psychology* Wiley UK Sturmey applied the functional behavioral approach to case formulation across a wide range of psychological disorders and behaviors Since the publication of his book no other volume has taken an explicit behavioral approach to case formulation The changes that have occurred over the last 10 years in behavioral case formulation have been significant and substantial They include a a large expansion of the range of problems addressed such as ADHD b a range of new verbal behavior therapies such as Acceptance and Commitment Therapies c increased area of activity in the area of autism spectrum disorders d many publications in how to train professionals staff and parents in behavioral technology and e new assessment instruments and procedures Makes theories of functional analysis accessible to a wide range of mental health professionals Reviews behavioral assessment methods and strategies for case formulation Offers readers a practical organized data based means of understanding psychiatric conditions for intervening effectively and measuring positive change

*The Complete Overcoming Series* Peter Cooper, 2012-11-01 The complete set of self help guides from the popular *Overcoming* series Each guide is based on Cognitive Behavioral Therapy CBT an evidence based therapy which is recommended by the NHS for the treatment of a large number of psychological difficulties Each guide comprises a step by step self help programme based on CBT and contains Useful information about the disorder Practical strategies and techniques based on CBT Advice on how to keep recovery going Further resources The *Complete Overcoming Series* contains 31 titles *Overcoming Anger and Irritability* *Overcoming Anorexia Nervosa* *Overcoming Anxiety* *Overcoming Body Image Problems* including *Body Dysmorphic Disorder* *Overcoming Bulimia Nervosa* and *Binge Eating* *Overcoming Childhood Trauma* *Overcoming Chronic Fatigue* *Overcoming Chronic Pain* *Overcoming Compulsive Gambling* *Overcoming Depersonalization* *Feelings of Unreality* *Overcoming Depression* *Overcoming Grief* *Overcoming Health Anxiety* *Overcoming*

Insomnia and Sleep Problems Overcoming Low Self Esteem Overcoming Mood Swings Overcoming Obsessive Compulsive Disorder Overcoming Panic and Agoraphobia Overcoming Paranoid and Suspicious Thoughts Overcoming Perfectionism Overcoming Problem Drinking Overcoming Relationship Problems Overcoming Sexual Problems Overcoming Social Anxiety and Shyness Overcoming Stress Overcoming Traumatic Stress Overcoming Weight Problems Overcoming Worry Overcoming Your Child s Fears Worries Overcoming Your Child s Shyness and Social Anxiety Overcoming You Smoking Habit

**Anxiety-Free Kids** Bonnie Zucker,2021-09-03 Anxiety Free Kids 2nd ed offers parents strategies that help children become happy and worry free methods that relieve a child s excessive anxieties and phobias and tools for fostering interaction and family oriented solutions Using a unique companion approach that offers two books in one a practical reader friendly book for parents and a fun workbook for kids this solutions oriented guide utilizes the cognitive behavioral approach to therapy and integrates the parent in the child s self help process Research has shown that if left untreated children with anxiety disorders are at higher risk to perform poorly in school to have less developed social skills and to be more vulnerable to substance abuse Covering the six most commonly occurring anxiety disorders generalized anxiety separation anxiety specific phobias social phobias panic disorder and obsessive compulsive disorder this book gives kids and parents successful strategies for achieving relaxation conquering worries challenging faulty thinking patterns developing positive self talk and facing one s fears Educational Resource

**Clinical Guide to Obsessive Compulsive and Related Disorders** Jon E. Grant,Samuel R. Chamberlain,Brian L. Odlaug,2014-05-02 Clinical Guide to Obsessive Compulsive and Related Disorders is a complete comprehensive overview of OCD and related disorders trichotillomania excoriation disorder hoarding disorder body dysmorphic disorder and tic disorders The book covers underlying causes clinical presentations and treatments The book serves as a primer for clinicians in training and those already in practice who have little if any background in these disorders It discusses the pharmacological and psychosocial treatments for both adults and children with an emphasis on providing practical information for clinicians to use in their everyday practices Based on the DSM 5 the book uses the latest evidence based information regarding treatments including medication options behavioral therapies alternative treatments and recent developments in surgical treatment This book will provide students residents interns and even veteran clinicians with a basic understanding of OCD and disorders that are often associated with OCD In addition members of the public and those affected by these disorders may use this book to enhance their personal knowledge of the subject matter presented

**Obsessive-Compulsive and Related Disorders** Samar Reghunandanan,Naomi A. Fineberg,Dan J. Stein,2015-06-25 Providing clinicians and patients with the latest developments in research this new edition is a succinct and practical introduction to the diagnosis evaluation and management of OCD and other related disorders Part of the Oxford Psychiatry Library series this pocketbook includes individual chapters on the phenomenology pathogenesis pharmacotherapy and psychotherapy of OCD and other related disorders and features fully updated content and research The book also includes a

helpful resources chapter and an Appendix with summaries of the major rating scales used to assess patients with OCD which will be of use to both clinicians and patients

**Obsessive compulsive disorder** OCD and Obsessive compulsive related disorders OCRDs are anxiety disorders characterized by obsessions and compulsions and varying degrees of anxiety and depression OCRDs are considered to be one of the most disabling of psychiatric disorders and they present a tremendous economic and social burden both for the affected individual their family and for society at large In contrast to other psychiatric conditions of a comparable or lesser prevalence and patient burden relatively little is understood about the aetiology and cognitive effects of OCRDs

*100 Questions & Answers About Your Child's Obsessive Compulsive Disorder* Josiane Cobert, 2009-03-23

**Overcoming Obsessive Compulsive Disorder, 2nd Edition** David Veale, Rob Willson, 2021-08-26 Break free from unhelpful rituals and take control of your life Clear practical focused and useful extremely helpful both for those who suffer from obsessive compulsive disorder and those who care for them Paul Salkovkis University of Bath Are you plagued by a recurring thought or idea that just won't go away or feel the need to wash your hands repeatedly to hoard things or to repeatedly check all appliances in the house have been turned off before you leave These are common symptoms of obsessive compulsive disorder OCD a condition that causes distress to hundreds of thousands of people Using methods based on real clinical practice and proven cognitive behavioural therapy CBT techniques this revised and updated edition teaches you How to face fears and avoided situations How to control disturbing thoughts images and urges Strategies to break free from the destructive cycle of obsessive behaviour Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical **READING WELL** This book is recommended by the national Reading Well Books on Prescription scheme for England delivered by The Reading Agency and the Society of Chief Librarians with funding from Arts Council England and Wellcome [www.readingwell.org.uk](http://www.readingwell.org.uk) Series editor Professor Peter Cooper

**The OCD Workbook** Bruce Hyman, Cherlene Pedrick, 2010-11-01 If you have obsessive compulsive disorder OCD chances are that your persistent obsessive thoughts and time consuming compulsions keep you from enjoying life to the fullest But when you are in the habit of avoiding the things you fear the idea of facing them head on can feel frightening and overwhelming This book can help The OCD Workbook has helped thousands of people with OCD break the bonds of troubling OCD symptoms and regain the hope of a productive life Endorsed and used in hospitals and clinics the world over this valuable resource is now fully revised and updated with the latest evidence based approaches to understanding and managing OCD It offers day to day coping strategies you can start using right away along with proven effective self help techniques that can help you maintain your progress The book also includes information for family members seeking to understand and support loved ones who suffer from this often baffling and frustrating disorder Whether you suffer with OCD or a related disorder such as body dysmorphic disorder or trichotillomania let this new edition of The OCD Workbook be your guide on the path to recovery This new edition will help you Use self assessment tools to identify



your symptoms and their severity Create and implement a recovery strategy using cognitive behavioral self help tools and techniques Learn about the most effective medications and medical treatments Find the right professional help and access needed support for your recovery Maintain your progress and prevent future relapse *100 Questions & Answers About Your Child's OCD* Josiane Cobert, 2010 **Comprehensive Behavioral (ComB) Treatment of Body-Focused Repetitive Behaviors** Charles S. Mansueto, Suzanne Mouton-Odum, Ruth Goldfinger Golomb, 2023-09-21 More common than was previously believed body focused repetitive behaviors BFRBs affect as many as 1 in 20 people Written by the experts who created and developed the ComB Model it provides a practical and user friendly manual for therapists on an effective individualized treatment approach for BFRBs It features the most up to date information on BFRBs and guides clinicians from conceptualization of the problem through all aspects of clinical treatment The internal and external influences for hair pulling and skin picking disorders are addressed thoroughly and from a functional analytical perspective A valuable case example illustrates exactly how specific concepts and techniques are implemented in therapy Chapters cover preparing the client for treatment encouraging healthy approaches to hair skin care preventing relapse dealing with co morbidities trouble shooting impediments to therapy and modifying treatment for children adolescents and their families This book is the best single resource available for mental health professionals for conceptualizing and treating BFRBs

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