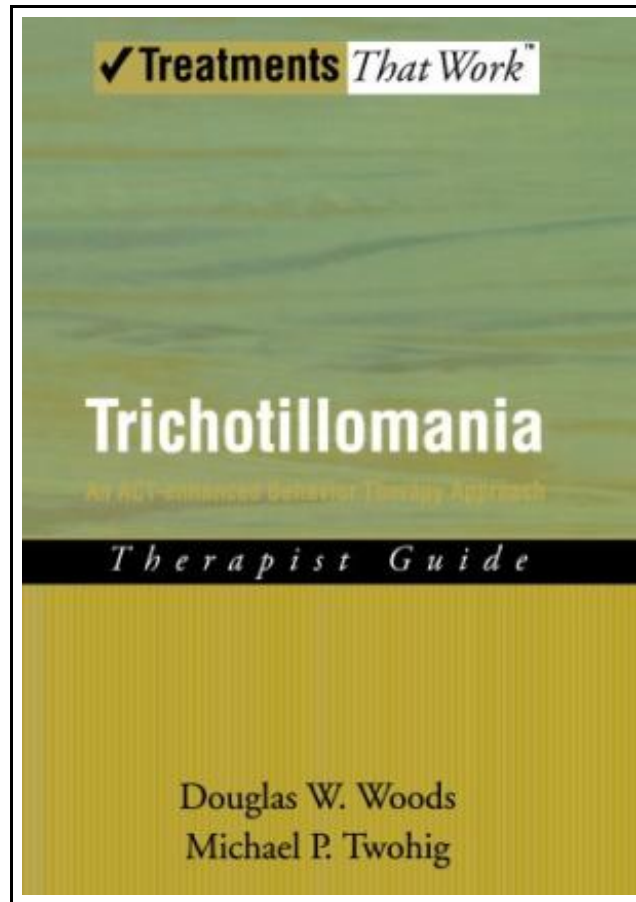


## Trichotillomania: Therapist Guide: An ACT-enhanced Behavior Therapy Approach (Paperback)



Filesize: 3.04 MB

### **Reviews**

*Definitely one of the best ebook We have possibly go through. It usually does not charge a lot of. I am just pleased to inform you that this is actually the greatest ebook i have got study in my own lifestyle and may be he greatest publication for actually.*

*(Ms. Patsy D'Amore III)*

## TRICHOTILLOMANIA: THERAPIST GUIDE: AN ACT-ENHANCED BEHAVIOR THERAPY APPROACH (PAPERBACK)

DOWNLOAD



Oxford University Press Inc, United States, 2008. Paperback. Condition: New. Therapist Guide ed.. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Trichotillomania (TTM) is a complex disorder that is difficult to treat as few effective therapeutic options exist. Behaviour therapy has the greatest empirical support, but the number of mental health providers familiar with TTM and its treatment is quite small. This manual was written as a tool for therapists to become familiar with an effective treatment for TTM. The treatment approach described in this guide blends traditional behaviour with therapy elements of habit reversal training and stimulus control techniques with the more contemporary behavioural elements of Acceptance and Commitment Therapy (ACT). In the first phase of the program, clients are taught skills for stopping and preventing their unconscious pulling episodes. In the second phase, clients are introduced to ACT. 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 literally. Over the course of 10 weeks, clients learn to be aware of their pulling and warning signals, use self-management strategies for stopping and preventing pulling, stop fighting against their pulling-related urges and thoughts, and work towards increasing their quality of life. Self-monitoring and homework assignments keep clients motivated and engaged throughout. Designed to be used with older adolescents and adults, this innovative intervention has proven efficacy and is sure to be a powerful tool...



[Read Trichotillomania: Therapist Guide: An ACT-enhanced Behavior Therapy Approach \(Paperback\) Online](#)



[Download PDF Trichotillomania: Therapist Guide: An ACT-enhanced Behavior Therapy Approach \(Paperback\)](#)

## See Also



---

### **Daddyteller: How to Be a Hero to Your Kids and Teach Them What s Really by Telling Them One Simple Story at a Time**

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You have the power, Dad, to influence and educate your child. You can...

[Read PDF »](#)



---

### **The tunnel book (full two most creative Tong Shujia for European and American media as creating a(Chinese Edition)**

Hardcover. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.HardCover. Pub Date: Unknown Pages: full 2 ?? Publisher: Anhui Children's Publishing House List Price:...

[Read PDF »](#)



---

### **Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: ( Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Getting Your FREE Bonus Download this book, read it to the end and...

[Read PDF »](#)



---

### **Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large**

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Read PDF »](#)



---

### **Self Esteem for Women: 10 Principles for Building Self Confidence and How to Be Happy in Life (Free Living, Happy Life, Overcoming Fear, Beauty Secrets, Self Concept)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Self Esteem for Women 10 Principles for building self confidence and how to...

[Read PDF »](#)