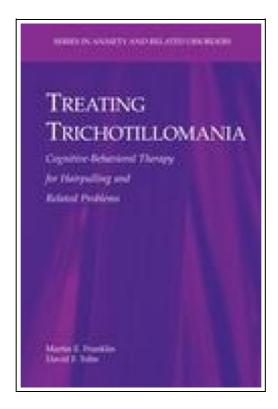
## Treating Trichotillomania



Filesize: 2.01 MB

## Reviews

This publication is wonderful. It really is rally interesting through reading period of time. I am just very easily will get a delight of reading a published book.

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## TREATING TRICHOTILLOMANIA



Springer Nov 2010, 2010. Taschenbuch. Book Condition: Neu. 235x155x12 mm. This item is printed on demand - Print on Demand Neuware - 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. Trichotillomania has been described in the literature for at least a hundred years, but has only in the past decade received serious clinical attention. Although now a 'higher profile' disorder, there is still scant clinical information on trichotillomania. A full-length cognitive-behavioral treatment manual, Treating Trichotillomania (TTM) fills that need. Designing the book for maximum usefulness, authors Franklin and Tolin 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. Treating Trichotillomania carefully defines TTM, differentiating the disorder from other conditions such as OCD, reviewing the varied clinical forms it can take, and setting out its diagnostic criteria. Treatment chapters are not one-size-fits-all, but offer an evidence-based framework to help practitioners in designing the most appropriate course of treatment across the developmental spectrum, from toddlers to elders. The authors give the reader: Comprehensive discussion of assessment and treatment methods. Key elements of treatment, including awareness training, habit reversal, and maintenance techniques. Helpful ideas for treating clients with other disorders in addition to TTM. 'What Do We Need to Know ' chapter, addressing clients and families frequently asked questions. Adjunctive cognitive-behavioral strategies, including family and group interventions. Resources for clinicians, clients, and families. With the increasing recognition of body-focused repetitive behavior disorders and their negative impact...



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