



Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work)

Douglas W Woods, Michael P Twohig

[Download now](#)

[Click here](#) if your download doesn't start automatically

Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work)

Douglas W Woods, Michael P Twohig

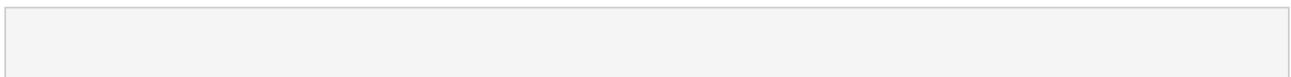
Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work) Douglas W Woods, Michael P Twohig

Trichotillomania (TTM) is a complex disorder that is difficult to treat as few effective therapeutic options exist. Behavior 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 behavior therapy elements of habit reversal training and stimulus control techniques with the more contemporary behavioral elements of Acceptance and Commitment Therapy (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 toward 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 for the clinician who treats TTM.

TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions!

- All programs have been rigorously tested in clinical trials and are backed by years of research
- A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date
- Our books are reliable and effective and make it easy for you to provide your clients with the best care available
- Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated
- A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources
- Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)



 [Download Trichotillomania: An ACT-enhanced Behavior Therapy ...pdf](#)

 [Read Online Trichotillomania: An ACT-enhanced Behavior Thera ...pdf](#)

Download and Read Free Online Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work) Douglas W Woods, Michael P Twohig

From reader reviews:

Willie Hickox:

In other case, little folks like to read book Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work). You can choose the best book if you love reading a book. Providing we know about how is important a new book Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work). You can add know-how and of course you can around the world by way of a book. Absolutely right, since from book you can recognize everything! From your country till foreign or abroad you will find yourself known. About simple matter until wonderful thing you may know that. In this era, you can open a book as well as searching by internet product. It is called e-book. You can utilize it when you feel fed up to go to the library. Let's go through.

James Alvarez:

Spent a free the perfect time to be fun activity to do! A lot of people spent their sparetime with their family, or their particular friends. Usually they doing activity like watching television, gonna beach, or picnic from the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Can be reading a book might be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the guide untitled Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work) can be very good book to read. May be it may be best activity to you.

Joan Stump:

Your reading 6th sense will not betray you actually, why because this Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work) book written by well-known writer who really knows well how to make book which might be understand by anyone who read the book. Written throughout good manner for you, dripping every ideas and composing skill only for eliminate your hunger then you still hesitation Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work) as good book not simply by the cover but also with the content. This is one e-book that can break don't judge book by its handle, so do you still needing a different sixth sense to pick this specific! Oh come on your reading through sixth sense already alerted you so why you have to listening to yet another sixth sense.

David Murray:

What is your hobby? Have you heard that will question when you got learners? We believe that that issue was given by teacher to the students. Many kinds of hobby, Every person has different hobby. So you know that little person similar to reading or as reading become their hobby. You have to know that reading is very important as well as book as to be the point. Book is important thing to increase you knowledge, except your

own personal teacher or lecturer. You get good news or update regarding something by book. A substantial number of sorts of books that can you take to be your object. One of them is actually Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work).

Download and Read Online Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work) Douglas W Woods, Michael P Twohig #9P7OKXH3DAF

Read Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work) by Douglas W Woods, Michael P Twohig for online ebook

Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work) by Douglas W Woods, Michael P Twohig Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work) by Douglas W Woods, Michael P Twohig books to read online.

Online Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work) by Douglas W Woods, Michael P Twohig ebook PDF download

Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work) by Douglas W Woods, Michael P Twohig Doc

Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work) by Douglas W Woods, Michael P Twohig Mobipocket

Trichotillomania: An ACT-enhanced Behavior Therapy Approach Therapist Guide (Treatments That Work) by Douglas W Woods, Michael P Twohig EPub