

CBT for Trichotillomania and Other Body Focused Repetitive Behaviors

Workshop with Dr. Doug Woods

10 – 12 p.m., Friday, April 17, 2015

Room 1140, Schneider Hall

DEPARTMENT OF PSYCHOLOGY



To Register: If you're a current graduate student or a faculty member, please scan the code below to register for the event, as space is limited.



Trichotillomania and other “body-focused repetitive behaviors” (BFRBs) such as self-injurious skin picking are much more common in children and adults than once believed. Effective behavior therapies for these problems exist and recent research has clearly demonstrated that individuals in search of treatment are likely to seek the help of a psychologist or other therapist before any other profession. Unfortunately, data also suggest that a vast majority of mental health professionals do not understand these disorders, are unfamiliar with their assessment and are not knowledgeable about available effective treatments.

In the current workshop Dr. Woods will describe a comprehensive cognitive behavioral method for understanding, assessing and treating trichotillomania and other BFRBs in adults.

***SAF FUNDED**