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.

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