

Treating Trichotillomania: Cognitive-Behavioral Therapy for Hairpulling and Related Problems (Series in Anxiety and Related Disorders)

By Martin E. Franklin, David F. Tolin

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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.

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Editorial Review

Review

From the reviews:

"Treating Trichotillomania: Cognitive-Behavioral Therapy of Hairpulling and Related Problems focuses primarily on trichotillomania (TTM) … . it is concise, well written, empirically grounded, and richly filled with clinical examples and samples of patient-therapist dialogue that clearly illustrate the various techniques. … In summary, this book is essential reading for all clinicians involved in the treatment of TTM. … Franklin and Tolin have performed a valuable clinical service by clearly showing readers how to implement this intervention along with other cognitive-behavioral interventions for TTM." (Steven Taylor, PsycCRITIQUES, Vol. 53 (11), 2008)

"This book on treating trichotillomania is a powerful addition to a continuing series on anxiety and related disorders. … Psychologists and other mental health professionals will find this valuable for their practice. Graduate students will benefit from the advanced knowledge and overall understanding of trichotillomania. … One major highlight is the emphasis on self-monitoring which is important for all psychiatric disorders. This is one of the best books available on trichotillomania, and clinicians are strongly urged to have this invaluable reference on their selves." (Nicholas Greco IV, Doody’s Review Service, August, 2009)

From the Back Cover

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 upon the lives of sufferers, the clinical psychologist, psychiatrist, social worker, counselor, or school practitioner needs the broadest understanding of the problem, which can be found in this reader-friendly volume.

About the Author

Martin E. Franklin, Ph.D., Associate Professor of Clinical Psychology in Psychiatry and Clinical Director of the Center for the Treatment and Study of Anxiety at the University of Pennsylvania School of Medicine, received his Ph.D. in clinical psychology from the University of Rhode Island in 1993. Dr. Franklin joined the Center's faculty in 1992 upon completion of his clinical internship at the Medical College of Pennsylvania/Eastern Pennsylvania Psychiatric Institute. His scholarly publications include scientific articles and book chapters on the treatment of adult and pediatric OCD, social phobia, trichotillomania, PTSD, and readiness for behavior change. He was a member of the Expert Consensus Panel for Obsessive Compulsive Disorder that assisted with the development of treatment guidelines for adult and pediatric OCD. Dr. Franklin is a co-investigator and clinical supervisor on the Center's ongoing NIMH-funded randomized controlled trials in pediatric OCD, adult OCD, and social phobia.

David F. Tolin, Ph.D., is the founder and Director of the Anxiety Disorders Center at The Institute of Living. He is also Assistant Professor of Psychiatry at the University of Connecticut School of Medicine. Dr. Tolin received his Ph.D. from the University of Arkansas, and completed a predoctoral internship at Tufts University School of Medicine/VA Medical Center, Boston. Dr. Tolin's research and clinical interests include cognitive-behavioral therapy for anxiety disorders in adults and children, and cognitive processes that underlie anxiety disorders, particularly obsessive-compulsive disorder, posttraumatic stress disorder, and panic disorder. He is the recipient of the award for Distinguished Contribution to the Science of Psychology from the Connecticut Psychological Association, and an Early Career Award from the Anxiety Disorders Special Interest Group of the Association for Advancement of Behavior Therapy. He is a Fellow of the Council for Scientific Medicine and Mental Health.

Dr. Tolin is the author of over 90 journal articles and book chapters, and over 140 research presentations to national and international organizations. Dr. Tolin is principal investigator on the National Institute of Mental Health (NIMH)-funded studies "Stepped Care for Obsessive-Compulsive Disorder" and "Neural Mechanisms of Compulsive Hoarding," and co-investigator on the NIMH-funded studies "Psychopathology of Compulsive Hoarding" (principal investigator: R. Frost), "Treatment of Compulsive Hoarding" (principal investigator: G. Steketee), and "Screening for GAD among Frail Elderly" (principal investigator: G. Diefenbach). He has served as principal investigator on several industry-sponsored clinical trials of experimental medications. Dr. Tolin has been interviewed for *The New York Times* and the Associated Press, and has been a recurrent guest on *The Today Show*, *Good Morning America* and *The Oprah Winfrey Show*.

Users Review

From reader reviews:

Stephan Stephens:

As people who live in the modest era should be revise about what going on or details even knowledge to make these keep up with the era which can be always change and progress. Some of you maybe will update themselves by reading through books. It is a good choice to suit your needs but the problems coming to you is you don't know what one you should start with. This Treating Trichotillomania: Cognitive-Behavioral Therapy for Hairpulling and Related Problems (Series in Anxiety and Related Disorders) is our

recommendation to make you keep up with the world. Why, because this book serves what you want and need in this era.

Donald White:

Now a day people who Living in the era where everything reachable by talk with the internet and the resources in it can be true or not call for people to be aware of each facts they get. How people have to be smart in getting any information nowadays? Of course the answer then is reading a book. Looking at a book can help men and women out of this uncertainty Information specifically this Treating Trichotillomania: Cognitive-Behavioral Therapy for Hairpulling and Related Problems (Series in Anxiety and Related Disorders) book since this book offers you rich facts and knowledge. Of course the knowledge in this book hundred pct guarantees there is no doubt in it you may already know.

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Often the book Treating Trichotillomania: Cognitive-Behavioral Therapy for Hairpulling and Related Problems (Series in Anxiety and Related Disorders) will bring someone to the new experience of reading a new book. The author style to explain the idea is very unique. In case you try to find new book you just read, this book very ideal to you. The book Treating Trichotillomania: Cognitive-Behavioral Therapy for Hairpulling and Related Problems (Series in Anxiety and Related Disorders) is much recommended to you to read. You can also get the e-book through the official web site, so you can quickly to read the book.

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Is it a person who having spare time in that case spend it whole day by watching television programs or just laying on the bed? Do you need something new? This Treating Trichotillomania: Cognitive-Behavioral Therapy for Hairpulling and Related Problems (Series in Anxiety and Related Disorders) can be the reply, oh how comes? The new book you know. You are consequently out of date, spending your extra time by reading in this completely new era is common not a nerd activity. So what these books have than the others?

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