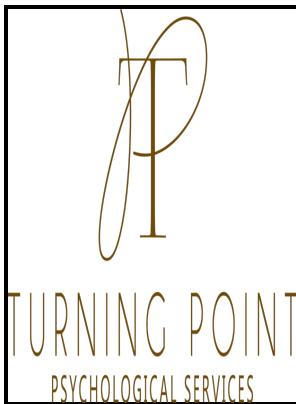


Trichotillomania - an ACT-enhanced behavior therapy approach : therapist guide

Oxford University Press - Trichotillomania : an ACT



Description: -

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Models, Psychological
Behavior Therapy -- methods
Trichotillomania -- therapy
Trichotillomania -- psychology
Behavior therapy
Acceptance and commitment therapy
Compulsive hair pulling -- Treatment
Trichotillomania - an ACT-enhanced behavior therapy approach : therapist guide

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Notes: Includes bibliographical references (p. 113-117).

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Trichotillomania: An ACT

Written with frontline mental health clinicians in mind, this handbook will prove an invaluable asset to those who wish to implement Stanford's approach to mental disorders in children and adolescents, or simply broaden their horizons on the cutting-edge methods in the field. Please or to access full text content.

Trichotillomania: An Act

The result of this gentle and reliable program is resilience, well-being, and freedom from the emotional patterns that create suffering and damage relationships. By family members seeking a greater understanding of OCD.

Trichotillomania : an ACT

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Trichotillomania: An ACT

. Behaviour therapy has been proven to be an effective treatment for TTM.

Trichotillomania: An Act

This workbook provides an interactive course of CBT to tackle OCD. There is still scant clinical information on trichotillomania.

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She likes taking the homework assignments with her as a comforting reminder and guide.

Trichotillomania : an ACT

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.

Trichotillomania: Workbook: An ACT

This manual was written as a tool for therapists to become familiar with an effective treatment for TTM. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version. Exercises, charts, and worksheets help you to develop a healthier response to your body and a more balanced self-image.

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