Weill Cornell Medicine

Psychiatry

CBT SEMINAR SERIES:



"Comprehensive Behavioral **Treatment for Hair Pulling Disorder**"

ELIZABETH ALLEN. PHD

ASSISTANT PROFESSOR OF PSYCHOLOGY WEILL CORNELL MEDICINE



- Thursday, February 13th, 2025
- 12:00pm 1:00pm

https://weillcornell.zoom.us/j/93475516527? from=addon

1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists, Social Workers and LMHCs, who sign in with their full name, attend the entire lecture and complete a survey which will be emailed following the completion of the lecture. Note you can join no later than 10 minutes after the start of time and must stay for the entire duration of the event for CE eligibility. The CE survey must be completed within 30 days of the lecture. Please contact wcmpsychiatryce@med.cornell.edu for additional CE information



Speaker Disclosure: Dr. Allen has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Weill Cornell Medicine (WCM) Department of Psychiatry, 525 E 68th St. New York, NY 10065, is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0192. Weill Cornell Medicine (WCM) Department of Psychiatry is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0302. Weill Cornell Medicine (WCM) is approved by the American Psychological Association to sponsor continuing education for psychologists. Weill Cornell Medicine (WCM) maintains responsibility for this program and its content. The New York Presbyterian Hospital Department of Social Work is recognized by New York State Education Department's State Board for Social Work as an ocial Work as an approved provider of continuing education for licensed social workers #SW-0155.

SPEAKER

Dr. Elizabeth Allen is a licensed clinical psychologist and Clinical Assistant Professor of Psychology in the Department of Psychiatry at Weill Cornell Medical College. She specializes in cognitive behavioral therapies for mood, anxiety, OCD and related disorders with expertise in supporting mental health over adult developmental transitions, including emerging adulthood and the perinatal period. She has training and experience treating patients with body-focused repetitive behaviors in outpatient and private practice settings.

ABSTRACT

This presentation will provide an introduction to body-focused repetitive behaviors, especially hair pulling. The presenter will give an overview of the Comprehensive Behavioral Treatment protocol, a leading evidence-based treatment for hair pulling disorder. We will cover the conceptual model for how hair pulling is maintained, and a cognitive-behavioral treatment approach. Assessment tools, practical strategies, and case examples will be discussed.

LEARNING OBJECTIVES

- 1. Identify the diagnostic criteria and clinical features of hair pulling disorder.
- 2. Describe a behavioral model for hair pulling disorder.
- 3. List three practical strategies for reducing problematic hair pulling

REFERENCES

- 1. Mansueto, C. S., Vavrichek, S. M., Golomb, R. G., & Raikes, J. (2020)
- I. Mansueto, C. S., Vavrichek, S. M., Golomb, R. G., & Raikes, J. (2020). Overcoming Body-Focused repetitive behaviors: A Comprehensive Behavioral Treatment for Hair Pulling and Skin Picking.
 2.Flannery, M. K., Coyne, A. F., Carlson, E. J., & Haaga, D. (2021). Extended follow-up of a comprehensive behavioral (ComB) treatment sample during the COVID-19 pandemic. *Journal of Obsessive-Compulsive and Related*
- Disorders, 32, 100706. https://doi.org/10.1016/j.jocrd.2021.100706 3.Falkenstein, M. J., Rogers, K., Malloy, E. J., & Haaga, D. a. F. (2015). Race/Ethnicity and treatment outcome in a randomized controlled trial for trichotillomania (Hair-Pulling Disorder). Journal of Clinical Psychology, 71(7), 641-652. https://doi.org/10.1002/jclp.22171