



“Comprehensive Behavioral Treatment for Hair Pulling Disorder”

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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.

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., Vavrich, 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>