



Urges

Hope and inspiration for people
with trichotillomania and other
mysterious compulsive disorders

gary@hennerberg.com

817-318-8100

Manage-Trich-Urges.com

Facts About Trichotillomania

What Is Compulsive Hair Pulling?

Trichotillomania (trick-o-til-o-MAY-nee-ah) is a disorder that causes people to pull out the hair from their scalp, eyelashes, eyebrows, pubic area, underarms, beard, chest, legs or other parts of the body, resulting in noticeable bald patches. Hair pulling varies greatly in its severity, location on the body, and response to treatment. For some people, at some times, trichotillomania is mild and can be quelled with a bit of extra awareness and concentration. For others, at times the urge may be so strong that it makes thinking of anything else nearly impossible.

Trichotillomania (also referred to as TTM or “trich”) is currently defined as an impulse control disorder but there are still questions about how it should be classified. It may seem to resemble a habit, an addiction, a tic disorder or obsessive-compulsive disorder. Most recently, it is being conceptualized as part of a family of “body-focused repetitive behaviors” (BRFBs) along with skin picking and nail biting.

Treatment Options

Research into treatments for trichotillomania and skin picking has grown steadily over the past decade. Although no one treatment has been found to be effective for everyone, a number of treatment options have shown promise for many people. At this time, management of these behaviors should begin with education about the disorders, followed by consideration of the treatment options listed below. Special considerations for treating children and adolescents are discussed in the Clinician’s Guide for Treatment in Children and Adolescents.

For more information, contact the Trichotillomania Learning Center at www.trich.org.

Contact Information:

Gary Hennerberg
gary@hennerberg.com
817-318-8100