A-B-C perspective, of body focused repetitive behaviors (BFRBs), 66–67
Acceptance and Commitment Therapy (ACT), 33, 76
acceptance techniques, 78
activities, external antecedents for BFRBs, 21
ADHD/impulse control issues, 128–129
adherence, 132
adolescence (13–18 years-old), 124–126
affective and arousal states, 25–26
affective cues, 22
affective domain, 59–61, 65, 143–144
Emily and, 59–61
affective domains
interventions and, 75–77
affective interventions, 93
alternative treatments, 29
ambivalence, 42–43, 132
American Psychiatric Association, 5
diagnostic system, 6
antecedents. See A-B-C perspective
anxiety, 7, 10, 39, 112
anxiety disorders, 130
assessment, 23, 71, 133
and functional analysis, 50, 51, 67
clinical, 9
ComB, 8, 32, 34, See also treatment
ComB treatment, 49–50
ComB treatment phase of, 32
importance of in treatment of BFRB, 51–53
of child’s sensory functioning, 123
auditory (sounds), 72
automatic pulling, 19
automatic versus focused performance, 22
avoidance, 61
awareness, raising, 51–53
baby trich, 10, 118
Behavioral Precision Medicine Initiative (BPMI), 135
behavioral treatments, 30–31
behaviors, 23, 116, See also A-B-C perspective chain of BFRB, 48
establishing a baseline of, 53
motives for the, 8
post BFRBs, 18
post BRBFs, 18
BFRBs. See body focused repetitive behaviors (BFRBs)
Body Dysmorphic Disorder (BDD), 8
body focused repetitive behaviors (BFRBs), 19, 22–23, 31, 40, 42, 51
A-B-C perspective of, 66–67
age of onset, 10, 110
approach to treating multiple, 64
automatic, 62, 79–80
aversive consequences of, 26–27
beginning of, 11
categories of, 18
challenges with parenting a child with, 126–127
client’s buy-in for treatment, 133
clinical presentation of, 17
ComB perspective of, 31
co-morbid diagnoses of, 10
competing responses and, 80
confusion with OCD, 7
consequences of, 24–26
cues promoting, 20–23
cycle, 66–67
de-pathologizing behavior, 13
differences from obsessive compulsive disorders (OCD), 7–8
differential diagnoses and, 7–9
elimination of, 44
functional analysis of, 32
generalized anxiety disorder (GAD) and, 130
geometric components of, 9
internal obstacles to, 38–44
long-term consequences of, 26
myths about, 15–16
neurophysiological data and affected persons, 135
not classified, 6
other problems of, 93–94
overview of, 5
parenting a child with, 110–111
parents and their roles in treatment, 117–118
phases of, 18–19
positive reinforcement and, 25
post, 18–19
preparatory, 18
raising patient’s awareness of, 51–53
reasons for engaging in, 13
recurrent patterns of, 92–93
relapse rates, 46
secondary emotional and interpersonal effects of, 12–13
shame and, 12
skin and hair pulling, 92
sources of reinforcement of, 32
tracking, 53
triggers for, 76
unknown factors about, 11
urges vs body focused repetitive behaviors (BFRBs), 73
body scan, 106, 108
breathing patterns, 107
breathing techniques/exercises, 86, 91, 93, 107
focused, 107
child dignity, 112
children behavioral treatment and, 117
families, keeping perspectives
with, 127
Food and Drug Administration
(FDA), 30
functional analysis, 9, 19–20,
32, 33, 49
and assessment, 50, 51
developing, 53
development of a, 18
incorporation of a, 19
Functional Analysis Form, 65,
70, 82, 139
completed, 139
function-based treatment, 32
Habit Reversal Training
(HRT), 30
augmented, 30–31
hair
anatomy of, 99–100
health benefits of, 98
loss, 14
managing damaged, 100–102
procedures caused by
ingesting, 26
hair pulling disorder
(HPD), 5–6
ACT techniques with
cognitive behavior therapy
for, 78
body sites affected by, 6
classification of, 5
clinical presentation for, 13–14
cues to, 20
diagnostic criteria of, 5
intestinal disorders caused by
ingesting hair, 26
prevalence of, 10
profiles, 135
sites of, 23
hallucinations, 9
High-Risk Profiles Form, 69
information
about the client’s BFRB
practices, 54–57
gathering, 51
ingestionary system, 97–98
intentional self-harm, 16
internal antecedents, 32
body focused repetitive
behaviors (BFRBs), 21–23
Intervention Use Form, 86, 146
completed, 147
interventions
affective domain and, 75–77
guidelines for identifying
and implementing, 68–70
implementing, 68
list of, 139–145
the five senses and, 71–72
using the A-B-Cs of
BFRBs, 66
within the sensory modality,
70–71
Lazarus, Arnold, 33
legs, 75
as hair pulling site, 6, 23, 92
lifestyle changes, 96
List of Possible Interventions, 69
location, external antecedents
for BFRBs, 21
maladaptive behavior patterns,
disrupting, 33
Massachusetts General
Hospital (MGH)
Hairpulling Scale, 51
scoring the, 149
Massachusetts General
Hospital Skin Picking
Scales, 51
mental attention, BFRB and, 62
mindful body scan (MBS), 106
mindfulness techniques, 107
mindfulness-based techniques,
78–79
misinformation
correcting, 15–16
mistakes, therapists and, 133
motivation, 95
family, 118
high motivation, low
readiness, 132–133
issues of, 132
motivation, as an obstacle, 43–44
motor domain, 61–63, 65, 144
Emily and, 62–63
motor interventions, 93
motor modality, interventions
for, 79–81
motoric cues, 22–23
Multimodal Therapy, 32
Motor_Functional_Analysis
Scales, 51
N-Acetyl Cysteine (NAC), 8, 29
ails, 9
anatomy of, 100
biting and/or picking of, 6
newborn–2 years, 118
Obsessive Compulsive and
Related Disorders (OCD), 5, 6, 130
confusion with BFRBs, 7
olfactory, sense (smell, sense of), 72
Parent Monitoring Form for
Children, 119
parent-child relationship, 114, 119
troubled, 113
parents
challenges with parenting
a child with BFRB,
126–127
initial discussions with,
110–111
role of in getting children
engaged in training,
115–116
roles during treatment,
113–114
roles of in BFRB treatment,
117–118
setting treatment
expectations with,
114–115
perfectionism, 41–42, 58–59,
103, 131
permission giving thought,
83
pharmacotherapy, 29–30
physical and medical
problems, 26
place (environmental) domain
interventions within, 81
place domain, 49, 54, 65,
83, 145
Emily and, 54–55
place interventions
and, 93
place interventions, 81, 93
positive reinforcement
principles, 25
preparatory behaviors, 18
progressive muscle relaxation
(PMR), 106
psychiatric disorders, body
focused repetitive
behaviors (BFRBs)
and, 111
psychodynamic treatment, 28
psychological disorders, 9
psychoneurological
disorders, 16
| pulling and picking behaviors, 23–24 | sensory pleasers, 72, 139 |
| pulling or picking behaviors, 18 | sensory substitutes/substitution, 70, 71, 72, 123, 139 |
| relapse prevention, 134 | Sensory, Cognitive, Affective, Motor, and Place (SCAMP) domains, 33 |
| relaxation, 106–107 | sexual abuse and other trauma, 111 or molestation, parent’s fear of, 111 |
| research, emerging, 135 | shame, 12, 27, 42, 95, 104, 110 |
| rewards giving to children, 115 | alleviating, 136 and guilt, 38–39 |
| setting up plans for, 116–117 | BFRBs, 129 |
| SCAMP domains, 46–49 analysing, 64–65 | BFRBs and, 59, 76 |
| SCAMP techniques explaining the domains, 117 using to gather information, 54–57 | children and, 12, 112, 113 |
| selective serotonin reuptake inhibitors (SSRIs), 7, 29 | effects of, 117 |
| self-care Emily, 101–102 positive practices for, 102 positive techniques for, 109 routines, 102–109 | parentings help and, 112 |
| self-confidence, low, 104 | reasons for feelings of, 27 |
| self-damaging patterns, 5 | reducing, 9, 34, 35, 37, 44, 48, 98, 130, 133 |
| self-esteem, good, 43, 78 boosting, 109 | secondary, 128 |
| self-esteem, poor, 34, 39, 104, 112 and depression, 129–130 | therapists adding to the, 16 working through, 12 |
| and children, 113 depression and, 27 | skin anatomy of, 98 |
| Self-Monitoring Form, 51, 53, 139 | health benefits of, 98 |
| completed, 137 | make-up of, 98 |
| self-talk, negative, 58 senses, the, 71–72 | managing damaged, 100–102 |
| sensory blockers, 70, 71, 72, 139 Sensory Checklist, 123 | skin and hair developing a healthier relationship with, 97 importance of healthy, 97–98 |
| sensory distortion, 70, 139 sensory domain, 54–57, 64, 139–142 | skin picking disorder (SPD), 5, 6–7 |
| assessment of sensory cues, 71 children and, 124 | clinical presentation of, 14–15 |
| Emily and, 55 sensory cues, 20, 21–22 sensory experiences, 17, 32, 47–48, 60, 70–71, 107 after BFRB, 24–25 sensory gratifiers, 71, 72 sensory interventions, 72, 92 sensory modality, 70–71 sensory modulators, 70, 139 | cues to, 20 diagnostic criteria for, 6 prevalence of, 10 profiles, 135 |
| therapists client relationship with the, 37 mistakes of, 133 therapy adherence to issues in, 95 |
| adherence to issues in, 95 dealing with past experiences with, 46 getting parents/caretakers’ support for children, 110 timing of, 45 | thinking hard/focusing, 61 |
| third wave techniques, 77 thoughtwatching techniques, 108–109 | TLC Foundation for Body Focused Repetitive Behaviors, 135 |
| trance, 25 treatment adolescence (13–18 years old), 124–126 affective interventions, 93 alternative, 29 ambivalence as an obstacle to, 42–43 augmented Habit Reversal Training (HRT), 30–31 body focused repetitive behaviors (BFRBs), 28 children not engaged in, 115–116 client motivation as an obstacle to, 43–44 cognitive impediments to, 39–41 cognitive interventions, 92 elementary age (7–11 years old), 121–124 Emily’s first implementation session, 82–87 Emily’s second implementation session, 87–89 emotional impediments to, 38–39 establishing goals for, 44–45 establishing parents expectations about, 114–115 Habit Reversal Training (HRT), 30 importance of client buy in for, 133 motor interventions and, 93 newborn-2 years, 118
non-behavioral treatments, 28–30
obstacles to, 128–133
parents roles during, 113–114
patient assessment, 51–53
perfectionism as an obstacle to, 41–42
pharmacotherapy, 29–30
place interventions, 93
preparing the client for, 38
psychodynamic, 28
sensory interventions and, 92
third implementation session, 90–92
timing of therapy, 45
younger childhood (3–6 years-old), 119–121
trichobezoars (hairballs), 27
blockage by, 13
trichotemnomania, 130
trichotillomania, 14, 22, 130,
See also hair pulling disorder (HPD)
diagnostic criteria for, 5
tunnel vision, 25
unattractive, desire to be, 16
underlying issues, 15–16
visual senses, 71
willpower, 16
zoning out experience, 25