

Using ACT-Enhanced Behaviour to Treat Trichotillomania

Join Bespoke Mental Health Canada for a workshop delivered by **Dr. Michael Twohig**

Friday May 9, 2025

9:00 am – 12:30 pm (PT), 12:00 pm - 3:30 pm (ET)

To **register** for this event, click [here](#)

Can't attend on that date? Just watch it 'on-demand' any time.

This workshop will focus on ACT-Based Behavior Therapy for trichotillomania. Participants will learn to diagnose trichotillomania and recognize common clinical presentations. The workshop will provide an understanding of the theoretical basis and principles of Stimulus Control, Habit Reversal, and ACT. Participants will learn how to apply ACT principles to help clients manage difficult emotions and thoughts that can trigger hair-pulling. The workshop will also address common clinical issues, including resistance to treatment, relapse, and lack of motivation. Participants will learn how to implement strategies to overcome these obstacles and promote long-term recovery.

Bespoke Mental Health Canada is approved by the Canadian Psychological Association to offer continuing education for psychologists. Bespoke Mental Health Canada maintains responsibility for the program.

Participants who complete this workshop (either live or on-demand) are eligible to receive 3 CE credits.

Price

Professionals: \$100.00 CAD + tax

Students: \$80.00 CAD + tax