

ENVER CESKO, MA
Kosova Center for Positive
Psychotherapy

TRICHOTILLOMANIA –
PSYCHOSOMATIC DISEASES AND
POSITIVE PSYCHOTHERAPY
APPROACH

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Definition of Trichotilomania

- "hair loss from a patient's repetitive self-pulling of hair"(ICD 10 F63.3)
- "as an impulse control disorder, very often as habit and addiction like tic disorder in group of obsessive compulsive disorders -OCD".(DSM IV)
- characterized by continuing and repeated of pulling-out body hair in different part like as scalp hair,eyelashes,facial hair,nose hair,pubic hair,eyebrows

Origin of word

- The word “Trichotilomania” = Greek origin
- Trich=hair + tillo=to pull + mania=abnormal
- 1889 by the French dermatologist Francois Henri Hallopeau
- Estimated population is 1%-4%(Bouwer C. & Stein DJ. 1998)
- the lifetime prevalence is estimated to be between 0.6% (overall) and may be as high as 1.5% (in males) to 3.4% (in females).

Treatment models

- A. Medical model-pharmacology as tricyclic antidepressants, antipsychotics, mood stabilizers and stimulants
- B. Psychotherapeutic model-cognitive behavior and habit reversal therapy
- C. Combinative models – fluoxetine and CBT

Client-short anamnesis

- **I.K. born 19.07.1994,**
- **Sex – Girl**
- **Living- Prizren**
- **Education- private secondary school –College**
- **Family- both parents are in life, sister and brother are younger**
- **Father is working privately**
- **Mother she is not working**
- **War trauma- not existing particular trauma events**
- **June 2009 –first time mother show how she is pulling her hairs**
- **July 2009- first consultation with doctors**
- **September 2009- consultation with specialist in Belgrade**
- **Dg. Trichotilomania, OCD**
- **Referring system- Dermatologist from Prizren**
- **Treatment place- Private clinic for Psychology and Psychotherapy, Prizren**
- **Symptoms-high level of obsessive compulsive behaviors, pulling the hairs, sometimes also having the blood points, without feeling of hearts.**

Client – treatment plan

- Number of sessions- 22
- Starting date-14.09.2008
- Ending date- 23.06.2010
- Frequencies of sessions- every week
- Duration of sessions-45-60 minutes
- Techniques of treatment- homework, re-creating the balance model, capabilities and conflicts.

Client- treatment process

- Five stages of treatment in PP
 1. Observation - Distancing
 2. Making an Inventory
 3. Situational Encouragement
 4. Verbalization
 5. Broadening of the Goals

1.Observation - Distancing

- Who is L.K.?
- How was L. look like herself?
- How much she liked her hairs?
- How much she took care about her hairs?
- How now she look like herself?
- What is her opinion about her hairs?



1. Some observations

- *“My hairs were very nice, long style and black”*
- *“My mother always took care for my hairs”*
- *“I don’t want to pull my hairs, but my hand is automatically on my head”*
- *“When I have homework to do, then I am becoming nervous and immediately I see my hand on my head”*
- *“I hate my hairs to revenge for my duties at school”*
- *“I am trying to find my own new style”*

2. Making inventory

- How is your relationship with your parents, siblings and friends?
- Who is supporting and criticizing more your?
- How they are looking to your pulling of hairs and current picture?
- How are you present current picture of your head during the lectures at school?
- Are you aware about your behaviors with your hairs?
- Do you know somebody else that has same behaviors?
- How much you are believing that behaviors you are doing are kind of sickness?

2. Some inventories

- My father is very nice and good, but my mother always criticize me, by saying “*why you are pulling the hairs, you destroyed your so nice hairs*”
- I started to change my style of hairs, cutting little by little, and when I am at school always putting the band on my head.
- I checked in internet about this kind of behaviors
- I am not sure if it is sickness
- “*My hand is fault*”- “*I would like to broke my hand*”
- “*The toaster is guilty*” – “*I through out from my room*”

3. Encouragement

- What changed at you pulling the hairs?
- What you want to have that you don't have now?
- What you will say to your hand?
- What else you are able to do, instant of pulling the hairs?
- What is good while you are behaving such as you are pulling?
- What you learned from your situation?
- Are you hating yourself and then revenge to somebody?

3. Some encouragement

- *“I knew better my self and find new style in my life”*
- *“My mother to not disturb me about my behaviors”*
- *“The toaster is not the reason but my hand is acting”*
- *“I will touch my hairs what ever I want to touch”*
- *“I will use the toaster when I need to have”*
- *“I like my hand, because I need for it”*
- *“I don’t need to use the toaster”*

4. Verbalization

- What you notice from your behavior?
- I have capabilities to control my self and my behaviors
- Using the secondary capabilities and understanding her own key conflict
- Restructuring the balance model in new life style

4. Some verbalizations

- *“It was an accidental behavior, because of my revenge toward to mother's wishes”*
- *“ I love my hairs so one I don't hate them”*
- *“I love them because I like them”*
- *“Even my hairs I short, I like them as they are, because they my hairs”*
- *“ The band I use on my head is because of my new style, and I like to use”*
- *“I like to have the longest, but they will be by time”*

5. New goals

- What I would like to have?
- One day I would like to have again long hairs
- Relationship with my mother and her concept for children
- My new concepts for my hairs
- My concept for my self

5. Some broader goals

- *“My new style of hairdressing”*
- *“It will take time for long hairs”*
- *“It is good to use sometimes the pericue”*
- *“To have time for new style of hairs”*
- *“Mother is competition of children”*
- *“Every man is competitive for own self”*
- *“My hand, is under my control”*
- *“My hairs are on my head, I like and love my hairs”*
- *“If I want different, I will change my hair style”*

Conclusions

- “To touch hairs is not bad, but to pull is mistake”
- “To play with hairs is not bad, but to cut is dislike”
- “ I am able to play with my hairs and to not pull them”
- “ I am able to control my behavior with my hairs and have good relationship with my mother”
- “It is nice to see how my hairs are growing”
- “ I like my new hair style”