



# Anxiety and OCD Treatment Center of Ann Arbor

*Providing evidence-based treatment across the lifespan*

Thursdays

October 4 through October 25, 2018

## HABIT REVERSAL THERAPY FOR BODY-FOCUSED REPETITIVE BEHAVIORS

6:00 – 7:30 PM

PLEASE JOIN US FOR A 4 WEEK SEMINAR ON EVIDENCE BASED TREATMENTS FOR BODY FOCUSED REPETITIVE BEHAVIORS INCLUDING TRICHOTILLOMANIA AND COMPULSIVE SKIN-PICKING FOR **TEENS AND ADULTS**.

TOPICS WILL INCLUDE BEHAVIORAL INTERVENTIONS, MEDICATIONS, FAMILY SUPPORT AND LONG-TERM MANAGEMENT OF THE URGES.

THIS SEMINAR IS NOT COVERED BY INSURANCE AND WILL BE \$40 A SESSION (WITH A MINIMUM OF 6 MEMBERS). PRE-PAYMENT UPON REGISTERING IS REQUIRED TO MAINTAIN CONSISTENCY OF THE GROUP. YOU CAN REGISTER BY CALLING 734-368-9691.

PLEASE CONTACT US AT [FRONTDESK@ANXIETYANNARBOR.COM](mailto:FRONTDESK@ANXIETYANNARBOR.COM) IF YOU HAVE FURTHER QUESTIONS.

4 WEEK SEMINAR ON  
TREATMENT FOR  
TRICHOTILLOMANIA AND  
COMPULSIVE SKIN-PICKING  
AND OTHER BODY FOCUSED  
REPETITIVE BEHAVIORS

LEARN HABIT REVERSAL  
THERAPY TECHNIQUES

EDUCATION ON HOW FAMILY  
AND FRIENDS CAN HELP

LEARN WITH OTHERS WHO  
HAVE HAD SIMILAR  
EXPERIENCES

ANXIETY AND OCD  
TREATMENT CENTER OF ANN  
ARBOR  
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Ann Arbor, MI 48103

[www.anxietyannarbor.com](http://www.anxietyannarbor.com)

Thursday 5:30-7:00 PM