



Anxiety and OCD Treatment Center of Ann Arbor

Providing evidence-based treatment across the lifespan

Thursdays

January 11 through February 15, 2018

HABIT REVERSAL THERAPY FOR BODY-FOCUSED REPETITIVE BEHAVIORS

5:30 – 7:00 PM

PLEASE JOIN US FOR A 6 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 IF YOU HAVE FURTHER QUESTIONS.

6 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
635 South Maple Rd, Suite 2
Ann Arbor, MI 48103

www.anxietyannarbor.com

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