

# TRICHOTILLOMAINA

## (Hair Pulling)

Hair pulling is an irritating habit, an out dated behavior that has been learned (imprinted) and fixed in place by repetition. It is an automatic behavior that is often performed with little conscious control. A habit like this has become a process of living that was learned under certain circumstances. Habits make living easier by selectively responding to daily needs in an automatic way. This particular behavior may have started as a way of coping with long ago negative situations. It was repeated enough to become a habit. Hair pulling may have been a successful behavior to cope with stress for you as a child. The situation that started the habit is no longer present but the habit remains. Now it is only an *empty habit*. If you have this habit and it is a simple habit, learned under stress, that is no longer valid, then removal is a rather short process.

Some time ago, something happened that made you feel very uncomfortable, or afraid, or nervous. You started pulling your hair as a way to feel more comfortable. You used hair pulling again and then again until it became a habit. Habit termination and habit control are well suited for treatment by Hypnosis. In my practice Hypnosis has been used very successfully for treating Trichotillomains. If you have this habit and would like to be done with it, give me a call.

David Williams ~ P.H.T. C.H.T.

Counseling and therapy

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