Trichotillomania Support Group

The Child & Adolescent OCD, Tic, Trich, and Anxiety Group (COTTAGe) is offering a support group for children and teens facing urges to pull their hair.

What is Trichotillomania?

- Trichotillomania is characterized by compulsive urges to pull out hair that results in noticeable hair loss.
- The most obvious signs of Trichotillomania are bald or missing patches of hair. Common areas of pulling include:
  - Scalp
  - Eyelashes
  - Eyebrows
  - Face
  - Arms and armpits
  - Legs

This Program Offers:

- Clinician-moderated peer support from others facing the same difficulties
- Psychoeducation on Trichotillomania
- Application of principles in evidence-based Habit Reversal Training (HRT)
- Accountability for applying HRT techniques at home

To sign up or learn more about this program, please contact: 215.746.3331

For more information about COTTAGe, please visit our website at http://www.med.upenn.edu/cottage/.