

Habit Busters



Habit Busters is a structured, comprehensive, evidence-based treatment for individuals with body focused repetitive behaviours (e.g., hair pulling, skin picking, nail biting).

Structure

- On average: 10 weekly sessions
- 2-3 booster/follow-up sessions

Approach

- Compassionate and empowering manualized treatment grounded in Cognitive-behavioural therapy
- Easy-to-use handouts, worksheets, and strategy lists provided weekly

Topics Covered

- Education about repetitive behaviours (e.g., course, cause)
- Awareness training, competing response training, social support (Habit Reversal Therapy components)
- Personalized triggers (e.g., feelings, thoughts, environments) that cause the habit to worsen
- Customized Toolbox/Plan of action when faced with triggers
- Ways to accept/tolerate urges to pick/pull without acting on urges
- Self-compassion/self-acceptance exercises
- Other proven-effective skills for managing stress, urges, and triggers including mindfulness, distress tolerance, emotion regulation, problem-solving, and relaxation techniques

