



What is StopPulling.com?

StopPulling.com is an interactive, behavioral program for helping people who suffer from trichotillomania.

Helping You

StopPulling.com is an easy to use, on-line behavioral program designed to help individuals reduce or stop pulling out their hair. StopPulling.com combines the most current research on trichotillomania with state of the art technology to be a powerful skill-building program.

Users can visit StopPulling.com's Education Center and learn the most current information about trichotillomania, or "trich", free of charge. If an individual decides to purchase the program, they will be guided through a comprehensive, individualized behavioral program that will evaluate their hair pulling behavior; provide coping strategies specific to their needs; help them achieve goals of decreasing or stopping their hair pulling; and, help them to maintain their progress over time. Contact us at info@psyctechltd.com with questions about this or other PsycTech, Ltd.'s products.

Who Should Subscribe?

StopPulling.com is intended for people 12 years and older. The program can be used in conjunction with behavior therapy or as an alternative to treatment with a therapist who is unfamiliar with treating trich. While StopPulling.com is not therapy, it can provide a useful alternative to a book because it is interactive with the user.

Cost for StopPulling.com

StopPulling.com is a monthly subscription service that can be charged to a major credit card. There is an initial startup cost and a small monthly maintenance fee for subsequent months.



StopPulling.com

StopPulling.com provides an effective behavioral program that can be used in the privacy of one's own home, with the assurance of complete confidentiality

About the developers of StopPulling.com:

Dr. Suzanne Mouton-Odum is a licensed psychologist in private practice who dedicates most of her clinical time to treating individuals with trich and skin-picking disorders. She has been treating these disorders since 1992 and has published articles on the mood states associated with trich and group treatment for trich. Dr. Mouton-Odum also co-authored a book chapter outlining cognitive-behavioral treatment for trich. She is on the Scientific Advisory Board of the Trichotillomania Learning Center (TLC) and attends and presents at their national conferences.

Dr. Melinda Stanley is a licensed psychologist and a professor in the Department of Psychiatry and Behavioral Sciences at the University of Texas Health Science Center, Houston, Texas. She has published widely in the areas of trichotillomania and obsessive compulsive disorder and has conducted epidemiological research and clinical research trials with patients having obsessive compulsive disorder and trich. She is currently a consultant to the TLC's Scientific Advisory Board.

Dr. Nancy Keuthen is a licensed psychologist and Associate Professor of Psychology/Psychiatry at Harvard Medical School. She is a leader in the field of treatment of both trich and skin-picking having published extensively on treatment for both of these disorders. Dr. Keuthen has co-authored the only strategy-based self-help book for the treatment of adults with trichotillomania (Help for Hair Pullers), as well as the only clinical summary outlining cognitive behavioral treatment for skin-picking. She serves on the Scientific Advisory Board for the TLC. Drs. Mouton-Odum, Stanley, and Keuthen are all recognized as leaders in the treatment of Body Focused Disorders.



PsycTech, Ltd. integrates state-of-the-art technology with years of research and clinical practice in **StopPulling.com**.