



The Brake Shop Clinic

Body Focused Repetitive Behaviour (BFRB) Group or Individual Treatment Fact Sheet

Sometimes people just want to be able to stop better – they want their brakes to work like everyone else’s do!

In this service, we provide evidence-based treatment for Trichotillomania (hair pulling) or Excoriation Disorder (skin picking) called, “Body Focused Repetitive Behaviour” Management or “BFRB” Management.

Who Is This Service For?

- Children and adolescents diagnosed with a BFRB (trichotillomania or excoriation disorder) feeling distressed by their body focused repetitive behaviours
- For caregivers of children and youth with BFRB’s to help them to better effectively support their child or adolescent

How This Service Can Help To, “Empty Your Beaker”:

- “Full Beakers” are how we describe feelings of being overloaded with too many pressures, demands or stresses unique to having leaky brakes. When a beaker overflows this can take the form of unmanageable anxiety, tearful “meltdowns”, or rage.
- Body Focused Repetitive behaviours that are embarrassing, inconvenient, disruptive, worrisome and time-consuming are beaker-fillers. Fighting to ‘hide’ these atypical thoughts and actions, dealing with the reactions of others to these behaviours, or the inability to ‘shift’ when expected also contributes to a full beaker.
- Learning to manage, decrease, and eliminate bothersome repetitive body focused behaviours can decrease beaker levels.

What Happens in This Service?

- BFRB Management (a form of cognitive-behavioural therapy) empowers our clients by giving them very effective tools to take charge of their thoughts and behaviours. It thereby helps them to **‘turn the tables’ on BFRB’s, and to begin living life more flexibly and freely’**. Clients who use this treatment are no longer compelled to give in to the repetitive behaviours they have targeted.
- ***Symptoms Targeted for Treatment:*** Hair pulling or skin picking (body focused repetitive behaviours (what we call, “leaky brakes over impulses”))

Where Is the Service Held?

- CPRI campus (Crombie Building; check in at switchboard and go to waiting room)
- For families unable to participate in person, ‘virtual’ options (e.g. participating via videoconferencing) can be available

Who Will Participate in This Service?

- Brake Shop Club Members & Caregivers

What If I Decline This Service?

- There are currently no approved medications found to be universally effective at managing BFRB's; however, medications may be beneficial in addressing symptoms of anxiety or depression
- BFRB's tend to be chronic problems; left untreated BFRBs may wax and wane (fluctuate) over time; they may worsen during periods of stress

What Are the Requirements to Be in This Service?

- Significant problems with body focused repetitive behaviours (hair pulling, skin picking)
 - These problem behaviours are distressing to the client, and there is an awareness/acknowledgement that these symptoms exist
 - A motivation to engage in treatment
 - Client can commit to practicing assignments each week
 - A reasonably stable life situation
 - Overall cognitive functioning within the broad range of Average (IQ score > 80)
 - A mental age of ***at least*** 8 years (***wait times will be extended until this criterion is met***)
 - Caregivers can commit to attend all sessions, to support the client in treatment, and to read/watch various educational materials provided
 - Client & caregivers are prepared for a possible brief, initial increase in symptoms, and to discuss symptoms in a confidential format
 - Any ADHD symptomatology already treated
- * ***Medications are to remain stable for the duration of treatment.*** If this creates a problem, please notify the BFRB Clinician to discuss.

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**Referrals to all Brake Shop treatment services are requested & arranged through your Brake Shop Case Management Coordinator.**

For more information  
([www.leakybrakes.ca](http://www.leakybrakes.ca))

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Important Telephone Number:

- **CPRI –**
 - (519) 858-2774 or Toll Free: 1-877-494-2774, dial "0" and ask for the Brake Shop Case Management Coordinator