

Cognitive Behavioral Therapy (CBT)

[Cog Behavioral Therapist](#)

Treatment of trichotillomania is primarily psychotherapy, particularly cognitive behavioral therapy with habit reversal training. Cognitive behavioral therapy (CBT) is a type of psychotherapy based on analyzing and reforming maladaptive thoughts that are contributing to emotional and behavioral distress.

Selective Serotonin Reuptake Inhibitor (SSRI)

[Selective Serotonin Reuptake Inhibitor with Inhibiting-Chains](#)

Selective Serotonin Reuptake Inhibitors (SSRIs) can be used for the treatment of trichotillomania. These medications are frequently combined with cognitive behavioral therapy to achieve a greater response to therapy.