

Do you suffer from years of compulsive skin picking with no relief?

Do you find you have gone from clinician to clinician in search of support, only to have your habit misunderstood, dismissed, or judged?

Does your family member or child pick their skin, pull off their nails, or otherwise damage their body in a state of anxiety?

Kairos Wellness Collective is here to help!

With our expertise in targeting compulsions, specialized training in treating Body Focused Repetitive Behaviors, and robust science-backed integrative approaches, we are uniquely positioned to work with you in overcoming skin-picking for once and for all!

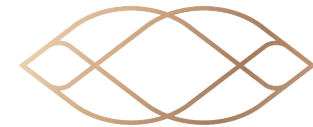


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Treatment for Skin Picking



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Skin Picking: Dermatillomania

Dermatillomania or "Skin Picking" (also known as "excoriation") is a Body Focused Repetitive Behavior (BFRB) that is a close cousin of OCD. Chronic skin picking can be one of the most treatment-resistant expressions of anxiety, and few clinicians are truly qualified to eliminate it.

The success of treatment for dermatillomania hinges on the client's commitment and readiness to the change process. If the client is determined to stop the skin picking, they may form a productive alliance with the clinician towards a solution.

The core strategy for relief from skin picking is to interrupt the thought patterns that cause a state of distress that provokes the habit, and create an overall shift in the amount of time our body is in a sympathetic nervous system state. The sympathetic nervous system is our "fight or flight" state, and in it, we feel like we must do something to feel relief. For those suffering from dermatillomania, that temporary relief can be found in the habit.

Individuals with Body based Repetitive Behaviors often experience a sense of tension or mounting anxiety before engaging in the skin picking or hair pulling act, followed by relief or gratification afterward. The behavior can lead to significant distress and functional impairment, as well as physical consequences such as skin damage



The primary therapeutic technique utilized by Kairos Wellness Collective was developed by Dr. Charles Mansueto, and is known as the ComB approach. The ComB technique, also known as the "habit reversal with competing response" technique, is a behavioral intervention commonly used in the treatment of BFRBs. It aims to identify behavior locations, sensory triggers, and antecedents, and replace the behavior with an alternative, incompatible response.

EMDR for Excoriation:

Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy approach primarily used for treating post-traumatic stress disorder (PTSD) and related conditions. While EMDR is not a standard treatment for dermatillomania, some therapists may incorporate EMDR techniques into the overall treatment plan for individuals with dermatillomania who have underlying traumatic experiences or triggers.

EMDR involves bilateral stimulation, such as eye movements, tapping, or auditory tones, to engage both hemispheres of the brain. This stimulation helps facilitate the reprocessing of distressing memories or triggers, reducing their emotional intensity. For some individuals, Dermatillomania is associated with an underlying trauma, which must be healed to fully release the behavior.

Ketamine for Excoriation:

At Kairos Wellness Collective, we are committed to incorporating holistic and innovative solutions to treatment-resistant conditions. While there is limited research specifically focused on the use of ketamine for body-focused repetitive behaviors (BFRBs), there have been significant studies exploring the potential efficacy of ketamine in related conditions like obsessive-compulsive disorder (OCD) and depression, which often co-occur with BFRBs.

