

# Help is Here!

## Group Coaching for Trichotillomania

### Program Benefits:

- Small group so everyone gets the individualized attention they need.
- Accessibility. Get help from the comfort of your own home. All sessions are live through zoom.
- Feel a sense of belonging with other girls your age (13-18 years old) who get what you are going through.
- Discover a new method to cope with and regulate your emotions.
- Retrain your brain to respond the way you want, and not just run on default.
- Gain confidence and increase your self esteem.
- Learn how to decrease and manage urges, and take back your control.
- Add so many useful tools to your toolkit to help you successfully manage your trich so you can ultimately stop pulling.
- Learn from someone who has been where you are, and knows change is possible.

### Inside the Program

- Lesson 1- Creating Awareness
- Lesson 2- Getting to the Root of the Problem
- Lesson 3- Feelings Part 1: Emotional Regulation
- Lesson 4- Feelings Part 2: Emotional Empowerment
- Lesson 5- Self Confidence
- Lesson 6- Triggers and the Brain/Body Connection
- Lesson 7- Urges: How to Retrain Your Brain
- Lesson 8- Setting Yourself Up for Success
- Lesson 9- Setbacks: How to Fail Forward
- Lesson 10- How to Enjoy Being You
- Lesson 11- Self Care
- Lesson 12- Your Future Self

### DETAILS

12 Group Sessions  
6 Private Sessions

Comprehensive  
Workbook/Journal

Introductory Price:  
\$897 USD

12 Week Transformation

Now enrolling for  
September