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I have over 5 years of experience working with children, teens and adults with OCD and BRFB™s in private practice, college counseling services, Biofeedback and Addiction counseling centers. I specialize in treating OCD, Anxiety Disorders, Addiction and Depression. Many of my OCD clients also suffer from Trichotillomania and Excoriation Disorder (skin picking). I offer evidenced based Comprehensive Behavioral Treatment Model or ComB to help you change your habits and manage your hair pulling or skin picking so it does not interfere in your life. If you start with awareness of the pulling, then you will learn to create competing strategies. Using this treatment allows you to learn a better method of coping with your hair pulling/skin picking while simultaneously changing your brain patterns.