



# **MANAGING YOUR BFRB**

A GROUP THERAPY PROGRAM FOR  
ADULTS WITH  
BODY FOCUSED  
REPETITIVE BEHAVIOURS

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## **WHAT ARE BFRBS?**

Body focussed repetitive behaviours (BFRBs) are a cluster of repetitive behaviours, most commonly including hair pulling (Trichotillomania), skin picking (Excoriation Disorder), nail, lip & cheek biting.

## **SO, WHAT'S THIS GROUP ABOUT?**

'Managing Your BFRB is a six-week group therapy program for adults living with BFRBs. Each session is 90 minutes long and will include opportunities for learning, skill development and practice, and connection with other's who are experiencing BFRBs. Over the 6 weeks, the program will cover topics like:

1. What are BFRBs and how do they develop?
  2. What are the 5 domains of BFRBs and skills to tackle each of them?
  3. Goal setting.
  4. Self-care, compassion and long-term management of BFRBs.
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## **IS THE PROGRAM FOR ME?**

This program has been designed for adults 18+ who are struggling with any BFRB and is ideally suited to individuals who are open to connecting with other people experiencing BFRBs and are willing to learn and share in a safe, group environment.

## **HOW DO I KNOW IF THE PROGRAM ISN'T RIGHT FOR ME?**

We expect participants to act in a respectful and kind manner. Any participant who displays aggressive or abusive behaviour may be asked to leave and will not be eligible for any refund.

Any individual who is experiencing acute suicidal ideation may also not be appropriate for the group at that time. Please contact our team for other support options.





## **DO I HAVE TO KEEP ATTENDING THE GROUP IF I DON'T LIKE IT?**

We totally get that you may not fully connect with the group program (that's ok!). You are not obliged to continue coming however you will unfortunately not be eligible for a refund. To receive a full refund, you will need to provide notice of your withdrawal *one week prior* to the group start date.

To prevent too much disruption, participants who miss more than two sessions, will be unable to return to the group (unless there are extenuating circumstances, of course!)

## **WHO RUNS THE PROGRAM?**

The program is run by an experienced clinical psychologist who has experience and interest in research and treatment of BFRBs,







## **WHERE?**

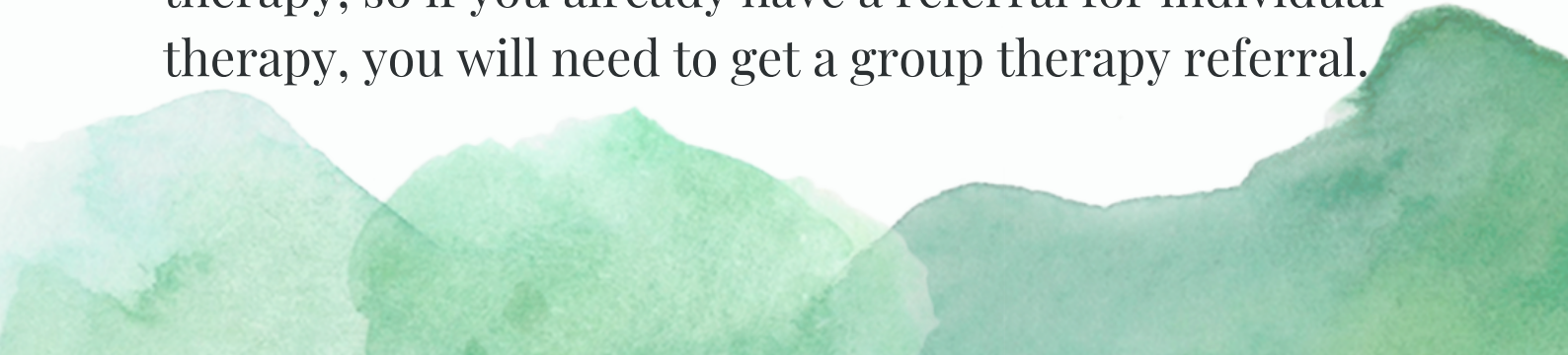
The program runs out of our group therapy room on level 2, 613 Canterbury Road, Surrey Hills, 3127.


## **COST?**

The cost of the program is \$200 per session, totalling \$1200 for the six weeks. For health care card holders, a concession rate of \$1080 is available. If you have a valid referral, you will be able to obtain a small rebate for each session attended (as long as there are at least four participants in the group). Payment plans available.

## **DO I NEED A REFERRAL?**

You do not need a referral to attend, however a valid referral from your GP or psychiatrist will enable you to access a small rebate for each session attended. Please note that the referral must be specifically for group therapy, so if you already have a referral for individual therapy, you will need to get a group therapy referral.





Each participant will receive a treatment workbook with learning materials, homework sheets and support material to keep working on managing their BFRB after the group is done.

At the time of booking, a 20% deposit will be taken to reserve your place in the group. The remainder of that account is to be settled before the first session of the program. Please be aware that no refund is available for missed sessions or if you decide not to proceed with the program, less than one week prior to group commencement.

