

Habit Reversal Therapy (HRT)

Habit reversal therapy (HRT) is a type of behaviour therapy that focuses on identifying and altering unwanted behaviours or habits. It is most commonly used to treat conditions that involve repetitive or compulsive behaviours, such as tic disorders, trichotillomania (hair-pulling disorder), and nervous habits like nail-biting.

The primary goal of HRT is to increase the individual's awareness of their unwanted behaviour or habit and to teach them strategies to interrupt or redirect the behaviour when they feel the urge to engage in it. The therapy typically involves several steps, including identifying the specific behaviour or habit, tracking when and where it occurs, and learning relaxation techniques that can help to reduce the urge to engage in the behaviour.

During HRT, the therapist will work with the individual to develop a set of replacement behaviours that can be used in place of the unwanted behaviour. These replacement behaviours may involve engaging in a different activity or using a specific technique to interrupt the behaviour when it occurs.

The therapist may also provide support and encouragement to help the individual stick to their treatment plan and maintain their progress over time.

HRT is typically a short-term treatment that can be very effective in helping individuals to overcome unwanted behaviours or habits. The length and frequency of appointments will vary depending on the individual's needs and the severity of their symptoms.

Most people will begin to see improvements in their behaviour within a few weeks or months of starting HRT.