



HRT

INFORMATION SHEET

WHAT IS HABIT REVERSAL TREATMENT?

Habit Reversal Training (HRT) is a type of cognitive-behavioral therapy designed to reduce or eliminate repeated problematic behaviors such as hair-pulling or nail-biting.

This process involves multiple stages, starting with awareness training where individuals learn to recognize when and why they engage in the habit.

Then, during competing response training, they learn an incompatible behavior to perform instead of the habit.

Friends and family members can provide support by reminding them to use the new response.

Therapeutic motivational techniques such as reviewing the negative impacts of the habit and the benefits of breaking it keep the individual on track. Overall, HRT is a proven effective method for managing habitual behaviors.

PROVIDER REFERRALS

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CENTER FOR CBT

Phone: 732-994-3456

Address: 190 Route 18 North, Suite 203, East Brunswick, NJ 08816

Insurance status: Out of network

Website: www.centerforcbt.org/

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Address: 55 Route 35, Red Bank, NJ 07701

Insurance status: Out of network

Website: www.navesinkpsych.com/

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Address: 1300 NJ-35, Plaza III, Ocean Township, NJ 07712

Insurance status: Out of network

Website: www.rpbtherapy.com/

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