



HAIR DISORDERS

TRICHOTILLOMANIA SUFFERING OF THE SOUL

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Trichotillomania is included among the impulse-control disorders. Trichotillomania has a moderate incidence in dermatologic outpatient practice. Patients have marked distress and/or impairment in occupational, social or other areas of functioning. It is nearly always disclosed as a plain hair loss, but this disease hides a deep and hidden suffering.

Psychosomatic Dermatology deals with skin disorders, in which psychosocial causes, coping or circumstances have a substantial or therapeutically influence.

There are different aspects of primary psychic conflicts, psychosomatic diseases and somatopsychic disorders. The foundation of this disorder seems to be rage, an emotion considered negative and so repressed and concealed. The management of these patients has to be multidisciplinary involving the Dermatologist, the Neurologist and the Psychotherapist. This last role is fundamental to solve the disease since it is an important joining link between soul and body. Starting from a clinical case and going through the diagnostic-therapeutic practice, we can underline the need to read either the dermatologic objective aspects or the psycho-behavioural ones of patients with trichotillomania.

