



Exposure and Response (Ritual) Prevention for Obsessive Compulsive Disorder: Therapist Guide (Paperback)

By Professor of Clinical Psychology in Psychiatry Edna B Foa PhD, Psychologist and Director of the Ocd Clinic Elna Yadin, Psychologist and Director of Supervision Tracey K Lichner

Oxford University Press Inc, United States, 2012. Paperback. Book Condition: New. 2nd Revised edition. 251 x 175 mm. Language: English . Brand New Book. An estimated 2-3 of the population is affected by obsessive-compulsive disorder (OCD). This is a chronic condition that significantly affects daily functioning and quality of life. Many people with OCD would greatly benefit from receiving professional help to learn how to successfully manage this debilitating condition. This book guides clinicians in treating individuals with OCD through the use of exposure and ritual (response) prevention, one of the most effective and the most studied treatments for OCD. Designed to be used in conjunction with its companion patient workbook titled Treating Your OCD with Exposure and Ritual (Response) Prevention Therapy, this Therapist Guide includes supporting theoretical, historical and research background information, diagnostic descriptions, differential diagnoses, session by session treatment outlines, case examples, sample dialogues, practice assignments, and tailored application to the vast variety of presentations and nuances of the disorder. The manual contains the nuts and bolts of how to provide the treatment and is a comprehensive resource for therapists. It is an invaluable guide for clinicians in overcoming the barriers and difficulties that are part and parcel...

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