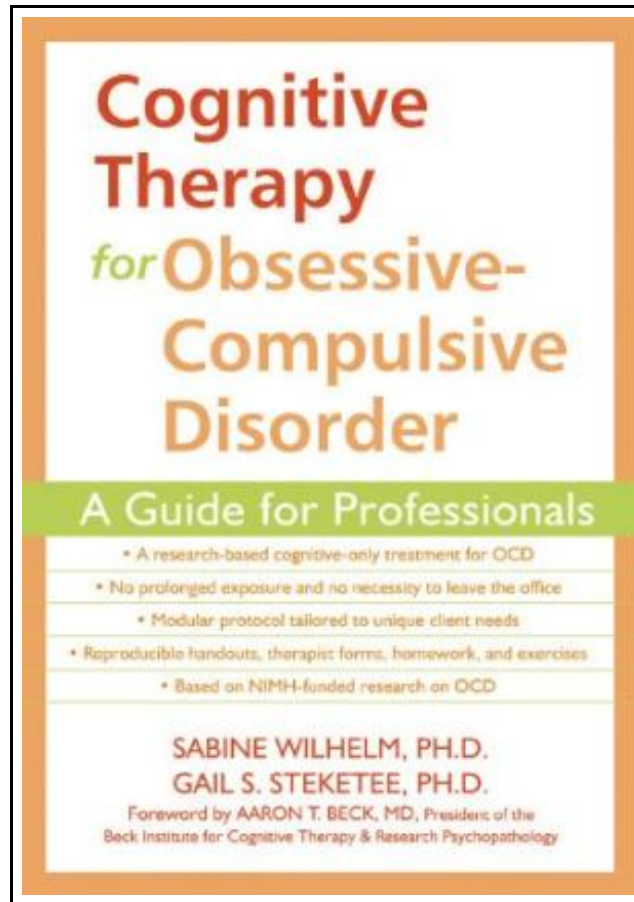


Cognitive Therapy for Obsessive-Compulsive Disorder: A Guide for Professionals



Filesize: 3.43 MB

Reviews

This created pdf is excellent. This is for anyone who statte that there had not been a really worth reading through. Your life span will probably be transform as soon as you total looking over this publication.

(Prof. Esteban Wuckert)

COGNITIVE THERAPY FOR OBSESSIVE-COMPULSIVE DISORDER: A GUIDE FOR PROFESSIONALS



To get **Cognitive Therapy for Obsessive-Compulsive Disorder: A Guide for Professionals** PDF, please click the link below and download the ebook or gain access to additional information which might be in conjunction with **COGNITIVE THERAPY FOR OBSESSIVE-COMPULSIVE DISORDER: A GUIDE FOR PROFESSIONALS** book.

New Harbinger Publications, Inc. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 10.1in. x 7.0in. x 0.9in. A Cognitive Approach to Treating Obsessive-Compulsive Disorder Based on research funded by the National Institute of Mental Health, this manual presents for the first time a purely cognitive approach to treating obsessive-compulsive disorder (OCD). This approach avoids the highly distressing exposure component of exposure and response prevention therapy (ERP) that is commonly used to treat the symptoms of OCD. Not only does this cognitive therapy (CT) approach open up the option of psychotherapy to those OCD sufferers who resist exposure-based therapy, it also holds great promise for treating OCD sufferers with mental rituals as well as those who struggle concurrently with depression, anxiety, and other symptoms. The strategies described in this book focus intensively on the intrusive thoughts that can trigger negative beliefs and drive compulsive behaviors. The manual begins with a brief review of current facts about OCD. Then it describes how cognitive therapy can be applied to OCD. The several treatment modules that follow outline a brief three-to-four session approach therapists can use to help clients make real progress on their OCD beliefs and behavioral symptoms. Each module is complemented by a series of client worksheets and handouts. This purely cognitive approach to OCD offers a number of benefits including: CT avoids the discomfort of prolonged exposure and response prevention (ERP) The therapy can be conducted entirely in the therapists office CT is especially useful for patients with mental rituals and neutralizing strategies The treatment is based on NIMH-funded research and is empirically supported This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



[Read Cognitive Therapy for Obsessive-Compulsive Disorder: A Guide for Professionals Online](#)



[Download PDF Cognitive Therapy for Obsessive-Compulsive Disorder: A Guide for Professionals](#)

Relevant Kindle Books



[PDF] Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Follow the web link listed below to read "Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values" PDF document.

[Read PDF »](#)



[PDF] The Day I Forgot to Pray

Follow the web link listed below to read "The Day I Forgot to Pray" PDF document.

[Read PDF »](#)



[PDF] DK Readers Animal Hospital Level 2 Beginning to Read Alone

Follow the web link listed below to read "DK Readers Animal Hospital Level 2 Beginning to Read Alone" PDF document.

[Read PDF »](#)



[PDF] DK Readers Day at Greenhill Farm Level 1 Beginning to Read

Follow the web link listed below to read "DK Readers Day at Greenhill Farm Level 1 Beginning to Read" PDF document.

[Read PDF »](#)



[PDF] Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Follow the web link listed below to read "Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large" PDF document.

[Read PDF »](#)



[PDF] Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Follow the web link listed below to read "Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One" PDF document.

[Read PDF »](#)