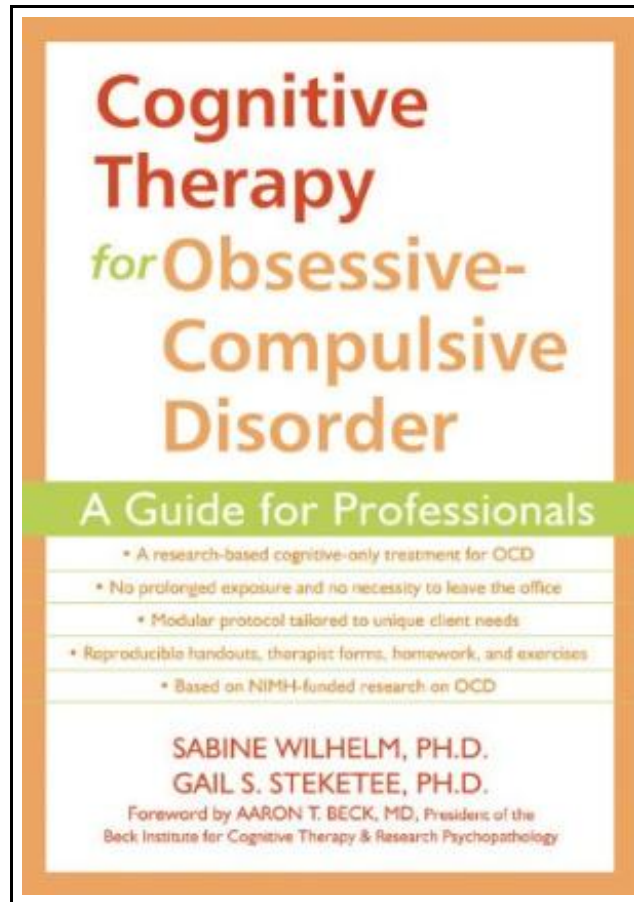


Cognitive Therapy for Obsessive-Compulsive Disorder: A Guide for Professionals



Filesize: 7.67 MB

Reviews

This type of pdf is every little thing and helped me searching forward and more. It can be written in easy words and phrases and never hard to understand. You will not really feel monotony at anytime of your respective time (that's what catalogues are for about should you request me).

(Fern Bailey)

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

[DOWNLOAD](#)

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](#)

Other Books



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

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in. Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead....

[Read Document »](#)



The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in. Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she...

[Read Document »](#)



DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in. This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured...

[Read Document »](#)



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs...

[Read Document »](#)



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

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Read Document »](#)