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# Exposure and Response (Ritual) Prevention for Obsessive-Compulsive Disorder

Second Edition

*T h e r a p i s t   G u i d e*

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## Exposure and Response (Ritual) Prevention for Obsessive-Compulsive Disorder: Therapist Guide (Treatments That Work)



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Around 2-3% of the populace is suffering from obsessive-compulsive disorder (OCD). That is a chronic condition that significantly affects daily functioning and quality of life.D. This book manuals clinicians in treating people with OCD through the use of publicity and ritual (response) prevention, one of the most effective and the most studied treatments for OCD."--Jonathan S."--Michael R. It really is an invaluable help for clinicians in overcoming the barriers and complications that are part and parcel of every treatment. "Exposure and ritual (response) prevention (EX/RP) may be the best treatment we've for obsessive compulsive disorder.D. The foremost is to make EX/RP much more available to people suffering from OCD. The second reason is to help ensure that the treatment that's made more obtainable is a treatment that should actually work. The manual provides the 'nuts and bolts' of how exactly to supply the treatment and is definitely a comprehensive reference for therapists. Abramowitz, Ph. The Therapist Guidebook and Workbook by Foa, Yadin, and Licher will do two very important things. Blair Simpson, M."--H. This excellent therapist manual, together with its accompanying client workbook, provides state-of-the-art equipment for transforming the lives of people with OCD. They detail how to evaluate customers for EX/RP treatment, provide session-by-session instructions for treatment delivery, and provide invaluable guidance on handling problems like individual nonadherence., Professor of Clinical Psychiatry, Columbia University and Past Director, Stress and anxiety Disorders Clinic, NY State Psychiatric Institute" In this well-organized and succinct manual, leading experts explain publicity and ritual (response) prevention (EX/RP), a successful first-range treatment for obsessive-compulsive disorder (OCD).D. Ph.D., Professor of Clinical Psychiatry, Columbia University Director of the Anxiousness Disorders Clinic and the OCD Study Program at the brand new York State Psychiatric Institute" A concise, up-to-date, and intensely useful clinical guideline to understanding and dealing with people fighting OCD. State-of-the-artwork essentials for how exactly to provide the most reliable intervention for this often difficult to take care of condition are covered in a clear and practical manner that is certain to facilitate positive outcomes. Designed to be used together with its companion patient workbook titled Dealing with Your OCD with Exposure and Ritual (Response) Avoidance Therapy, this Therapist Help includes supporting theoretical, traditional and research background info, diagnostic descriptions, differential diagnoses, session by program treatment outlines, case examples, sample dialogues, practice assignments, and tailored application to the vast selection of presentations and nuances of the disorder. Liebowitz M. Many people who have OCD would greatly reap the benefits of getting professional help to understand how to effectively manage this debilitating condition., ABPP, Professor of Psychology, University of North Carolina at Chapel Hill and Editor-in-Chief, Journal of Obsessive-Compulsive and Related Disorders



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Five Stars Exceptional resource for therapists working with OCD Five Stars I use this in my own private practice and its very effective. Very helpful I have done a lot of work with publicity therapy and other CBT approaches for anxiety diagnoses, but hadn't worked with people experiencing symptoms of OCD for awhile. Five Stars Superb book that walks you through ERP and provides handouts. I bought this book to help identify how these techniques could possibly be applied designed for OCD, and found it to become a very useful reference. Easy read. We couldn't not find a professional for OCD in our country. That's why I thought we would study psychotherapy. Five Stars Can't get plenty of of it. Five Stars As expected Five Stars Great book. REALLY HELPFUL My son comes with an OCD. This publication will help you to do your best for your customers or your relatives.



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