

✓ **Treatments** *That Work*



Treating Your OCD with Exposure and Response (Ritual) Prevention

Second Edition

W o r k b o o k

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**Treating Your OCD with Exposure and Response (Ritual)
Prevention Therapy: Workbook (Treatments That Work)**



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Around 2-3% of the population is suffering from obsessive-compulsive disorder (OCD). Some exposures will become supervised by the therapist, but the workbook can help the patient to practice by themselves at home in order to overcome some of the barriers and issues that are component and parcel of every treatment. Designed to be used in conjunction with its companion therapist direct titled Direct exposure and Ritual (Response) Prevention intended for Obsessive Compulsive Disorder, this Workbook contains an exposure and ritual prevention treatment program which is broken down in to 17 - 20 biweekly treatment sessions. Remedies tackled in this publication consist of publicity and ritual (response) prevention, an effective, evidence-based treatment for this disorder. This workbook aims to guide patients of obsessive-compulsive disorder (OCD) in how exactly to best take advantage of the treatment supplied by their therapists. Many people who have OCD would greatly benefit from getting professional help to learn how to effectively manage this debilitating condition. During these sessions the individual will be gradually subjected to situations and locations that trigger his / her OCD symptoms. The goal is that over time the OCD sufferer involves realize that the items he or she fears will not necessarily occur if the rituals aren't performed. That is a chronic condition that considerably affects daily functioning and quality of life.



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Five Stars Very helpful for all those in treatment. Study it and follow it! Written by the very best! Ultimate treatment information for OCD
Recommend this designed for therapists and their clients focusing on OCD treatment using direct exposure therapy. Four Stars Good program
Treating Your OCD with Exposure and Response Prevention There is absolutely nothing new in this book that is not in the Stop Obsessing book by the same writers and for that reason consider a waste of money
Three Stars A very dry read Five Stars I'm enthusiastic about this book. It works!



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