

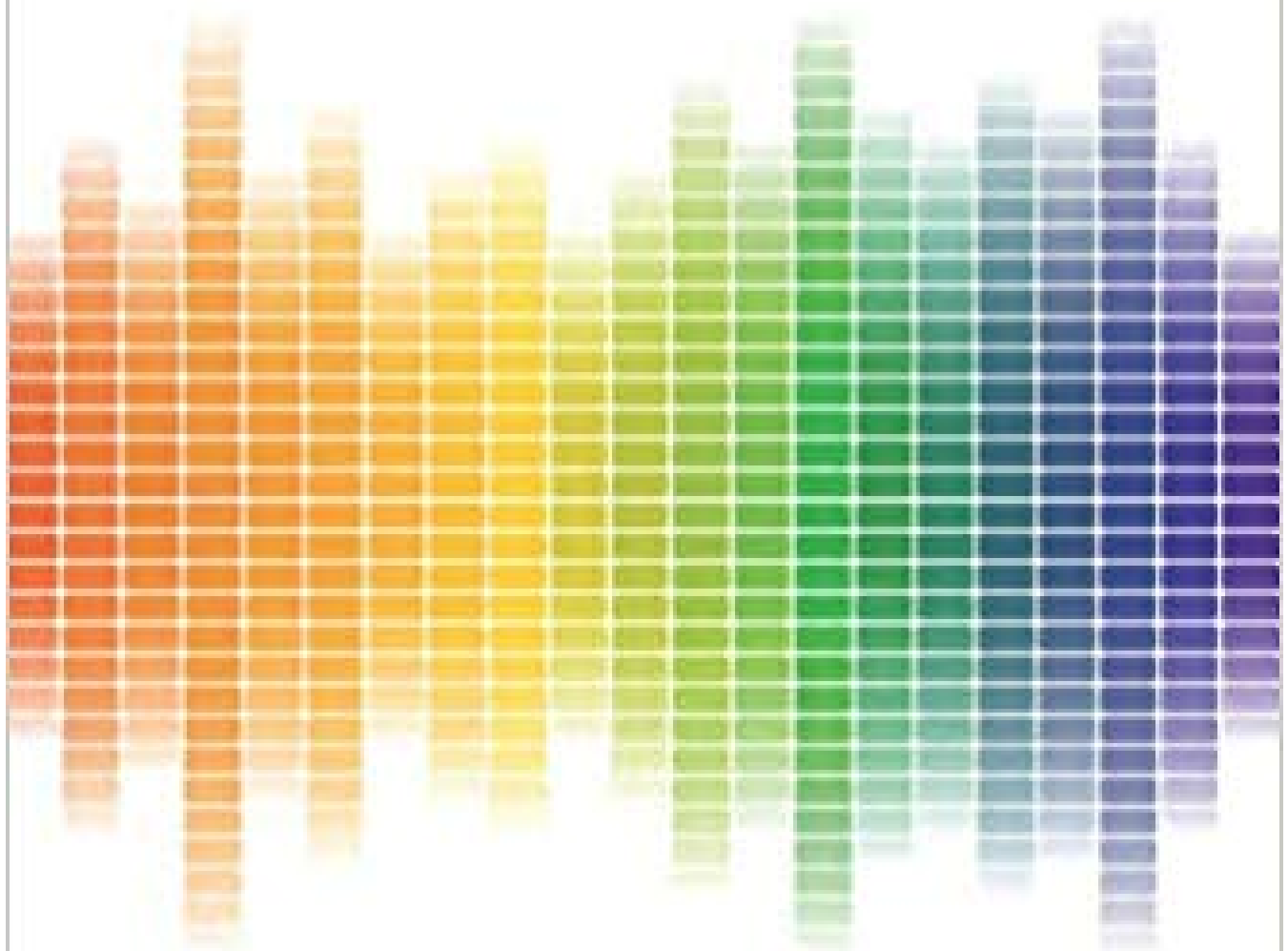
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OCD AND AUTISM

A CLINICIAN'S GUIDE TO ADAPTING CBT



Illustrations by David Russell

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Ailsa Russell and
OCD and Autism: A Clinician's Guide to Adapting CBT



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The book offers tips on dealing with difficult problems and on another techniques after treatment is comprehensive. It outlines why there is the need to adapt treatment for the autistic population, and includes detailed guidance on each phase of the approach. Accompanying worksheets and handouts can be found to download. This step-by-step manual explains how to adapt CBT (Cognitive Behaviour Therapy) methods to OCD (Obsessive Compulsive Disorder) for autistic children and adults. It explains assessment of OCD in autism, the links between your two circumstances and difficulties in identifying areas of OCD in autistic people.



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