

Exposure And Response Ritual Prevention For Obsessive Compulsive Disorder Therapist Guide Treatments That

An estimated 70% of adults in the United States have experienced a traumatic event at least once in their lives. Though most recover on their own, up to 20% develop chronic Posttraumatic Stress Disorder. For these people, overcoming PTSD requires the help of a professional. This guide gives clinicians the information they need to treat clients who exhibit the symptoms of PTSD. It is based on the principles of Prolonged Exposure Therapy, the most scientifically-tested and proven treatment that has been used to effectively treat victims of all types of trauma. Whether your client is a veteran of combat, a victim of a physical or sexual assault, or a casualty of a motor vehicle accident, the techniques and strategies outlined in this book will help. In this treatment clients are exposed to imagery of their traumatic memories, as well as real-life situations related to the traumatic event in a step-by-step, controllable way. Through these exposures, your client will learn to confront the trauma and begin to think differently about it, leading to a marked decrease in levels of anxiety and other PTSD symptoms. Clients are provided education about PTSD and other common reactions to traumatic events. Breathing retraining is taught as a method for helping the client manage anxiety in daily life. Designed to be used in conjunction with the corresponding client workbook, this therapist guide includes all the tools necessary to effectively implement the prolonged exposure program including assessment measures, session outlines, case studies, sample dialogues, and homework assignments. This comprehensive resource is an exceptional treatment manual that is sure to help you help your clients reclaim their lives from PTSD. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

The Obsessive Mind offers a well-defined and comprehensive understanding of obsessive-compulsive disorder and its treatment model. Based on the results of current research, the book offers a psychological perspective on the disorder, a complete presentation of useful strategies and techniques that can be implemented in therapy, and work that can be done with family members of OCD patients, all proposed coherently with the theoretical model of the disorder. It also illustrates the pivotal role of moral goals as proximal psychological determinants of the obsessive symptomatology. The Obsessive Mind can be used by new clinicians to become acquainted with the theory and treatment of OCD, as well as more advanced clinicians to improve their OCD treatment skills and learn new interventions and ways to get out of deadlock in treatment and thereby increase efficacy.

One of the most experienced therapists in the world for treatment-resistant obsessive compulsive disorder (OCD) explains the disorder, the treatments available, and the skills needed to overcome and outsmart OCD. □ Includes a list of normal "bad" thoughts versus obsessions □ Features tests to rate one's guilt, scrupulosity, and OCD □ Examines the ways in which guilt is an interfering factor in OCD treatment and recovery □ Covers effective strategies for controlling the conscience-related aspects of the disease

Foreword by Daniel Smith, NY Times bestselling author of Monkey Mind. One in four people will experience a panic attack some time in their life. For many the anxiety will continue, consuming more and more time and energy each day in failed efforts to feel better. The strategies that have previously been helpful in dealing with day-to-day stress don't work. The advice to "just face your fears" does not put a stop to the constant worry that the panic will return. If this sounds familiar, this book is for you. This book will help you make sense of what you feel and demonstrates how to once again live a life not controlled by the avoidance of anxiety triggers. □ Staring Down Panic is a must-read for those who experience impairing anxiety and panic, medical and behavioral health professionals who encounter them, and psychotherapists who aspire for excellence in the effective treatment of anxiety and panic. □ Robert Kinscherff, Ph.D., J.D.

Clinical Handbook of Obsessive-Compulsive Disorder and Related Problems

Workbook

Mindfulness and CBT Tools for Coping with Unwanted Violent Thoughts

Staring Down Panic: Your Guide to Effectively Confronting Anxiety With Exposure and Response Prevention

Innovative, Creative, and Effective CBT-Based Exposures for Treating Anxiety-Related Disorders

A Guide for Professionals

Exposure Therapy for Children with Anxiety and OCD

Many providers have difficulty implementing exposure-based cognitive behavioral therapy for youth with anxiety and obsessive-compulsive disorder (OCD), despite it being the leading treatment for this condition. Exposure Therapy for Children with Anxiety and OCD: Clinician's Guide to Integrated Treatment provides a step-by-step framework for how providers apply exposure therapy in practice. The book begins with empirical support for the treatment followed by suggested implementation of exposures for specific conditions and ages. Tables of sample exposures and case illustrations are provided throughout the book and common challenges that may complicate implementation are addressed. Intended for busy providers to implement directly into practice, chapters provide clinical excerpts and illustrate techniques in an easy "how-to" format. Summarizes empirical support for exposure treatment efficacy Recommends how to implement exposure therapy treatment for anxiety and OCD Provides guidance on overcoming common challenges when implementing exposures in practice Offers separate treatment guidelines for children and adolescents Integrates exposure therapy with other therapy modalities Includes case studies and clinical excerpts illustrating techniques

Exposure Therapy for Eating Disorders is designed to augment existing eating disorder treatment manuals by providing clinicians with practical advice for maximizing the effectiveness of exposure, regardless of clinical background or evidence-based treatment used. Suitable for a wide range of diagnoses, this easy-to-use guide describes the most up to date empirical research on exposure for eating disorders, extrapolating advice from the anxiety disorders literature in order to help busy clinicians become more effective in treating these challenging illnesses. You will gain solid understanding of the theoretical underpinnings of exposure therapy, as well as how to utilize this information to explain the rationale for exposure to patients. Specific types of eating disorder exposure are covered in detail, including exposure to food and eating disorder triggers, exposure for binge eating, weighing and weight exposure, novel forms of exposure for eating disorders, and more. The book also provides strategies for overcoming obstacles, including institutional resistance to implementation of exposure therapy.

In the US over 3 million adults or approximately 2.3% of the population between the ages of 18-54 suffers from Obsessive-Compulsive Disorder (OCD), with a prevalence outranking mental disorders such as schizophrenia, bipolar disorder, and panic disorder. Fully revised and thoroughly updated, this online patient workbook encompasses the latest research in the area of OCD to help patients recognize symptoms of OCD

and put into practice a programme of exercises to reduce these symptoms.

Draws on the author's work at the Philadelphia Anxiety and Agoraphobia Treatment Center to outline a self-guided program that combines multiple treatment methods and focuses on relapse prevention and recovery.

Skills to Control the Conscience and Outsmart Obsessive Compulsive Disorder

The Clinician's Guide to Exposure Therapies for Anxiety Spectrum Disorders

Sexual Obsessions in Obsessive-Compulsive Disorder

Obsessive-Compulsive Disorder in Adults

Treating Your OCD with Exposure and Response (Ritual) Prevention Workbook

A Step-by-Step Treatment Manual

A Personalized Recovery Program for Living with Uncertainty

Treating Your OCD with Exposure and Response (Ritual) Prevention Workbook Oxford University Press

This program has at its foundation the use of ritual prevention and prolonged actual and imaginable exposure exercises. Therapists will learn the best methods for assessing OCD and formulating a treatment program tailored to their client's particular OCD symptoms. Sample lists of exposure items are provided for fear of contamination, fear of supernatural harm, and fear of causing harm to self and others by acts of negligence. This Therapist Guide is designed to help psychotherapists in assessing and treating obsessive-compulsive disorder (OCD). It is divided into three sections. In the first section, a summary of the symptoms of OCD and methods for assessing the disorder are presented. In the second section, the relative efficacy of the available treatments and how to arrive at treatment recommendations for individuals with OCD who seek treatment are discussed. In the third section, a guide to cognitive-behavioral treatment by exposure and ritual prevention is provided.

Also in this section, the components of the treatment procedures whose efficacy has been experimentally documented are described and illustrated, as well as those aspects of their practical application that inhabit experimentally uncharted territory of clinical wisdom and artistry. Why does your toddler get upset when his or her routine is disrupted? Why do they follow you from room to room and refuse to play on their own? Why are daily routines such as mealtimes, bath time, and bed time such a struggle? This accessible guide demystifies the difficult behaviors of anxious toddlers, offering tried-and-tested practical solutions to common parenting dilemmas. Each chapter begins with a real life example, clearly illustrating the behavior from the parent's and the toddler's perspective. Once the toddler's anxious behavior has been demystified and explained, new and effective parenting approaches are introduced to help parents tackle everyday difficulties and build up their child's resilience, independence, and coping mechanisms. Common difficulties with bath time, toileting, sleep, eating, transitions, social anxiety, separation anxiety, and sensory issues are solved, along with specific fears and phobias, and more extreme behaviors such as skin picking and hair pulling. A must-read for all parents of anxious toddlers, as well as for the professionals involved in supporting them.

Obsessive-compulsive disorder (OCD) is a complex set of thoughts and behaviors that can vary greatly from person to person and can be related to and complicated by a wide range of other disorders. Clinicians are confronted with the challenge of accurately classifying its many variants and developing effective, systematic treatments for them. Some believe that OCD and related problems should be treated as subtypes of one condition; others argue that OCD is composed of a spectrum of many similar conditions that should be treated individually. In this handbook, Jonathan S. Abramowitz, Dean McKay, and Steven Taylor present an approach to diagnosis and treatment that considers subtype and spectrum concepts. They examine specific presentations of OCD—the symptoms—that are often seen in practice as well as the many disorders that may fall within the OCD spectrum. For each symptom and putative spectrum condition, they discuss empirical support, theories of etiology, and treatment issues. The volume covers cognitive-behavioral and biological factors, as well as the latest approaches to psychological and pharmacologic therapy, including complicating factors in treatment. In concluding chapters, the authors critically address the current literature on proposed subtype and spectrum disorders, consider the clinical implications of the literature, and map out a comprehensive, integrated approach for understanding OCD and related conditions. The only work on OCD that covers treatment options for specific symptoms and the full spectrum of related disorders, this handbook is a must-have for clinicians who are dedicated to improving the lives of patients with these challenging mental conditions.

Integrating Techniques and Applications from CBT, DBT, and ACT

Client Workbook

All You Want to Know about OCD for People Living with OCD, Carers, and Clinicians

Treatment Plans and Interventions for Obsessive-Compulsive Disorder

Your Guide to Breaking Free from Obsessive-Compulsive Disorder

Exposure and Response (ritual) Prevention for Obsessive-compulsive Disorder

Freedom from Obsessive-compulsive Disorder

Treatment for patients with obsessive-compulsive disorder (OCD) has dramatically improved with the innovative use of cognitive-behavioral therapies. Drs. McGinn and Sanderson have developed a comprehensive method of treatment that combines psychoeducational and cognitive restructuring with traditional exposure and response prevention techniques. A detailed session-by-session guide is presented to help clinicians assess and treat OCD with this unique blend of therapies. Using a composite case example, the authors demonstrate exactly how to implement various strategies from the initial interview to the conclusion of treatment.

Now in a revised and expanded sixth edition, this is the leading text on evidence-based treatments for frequently encountered mental health problems. David H. Barlow has assembled preeminent experts to present their respective approaches in step-by-step detail, including extended case examples. Each chapter provides state-of-the-art information on the disorder at hand, explains the conceptual and empirical bases of intervention, and addresses the most pressing question asked by students and practitioners—"How do I do it?" Concise chapter introductions from Barlow highlight the unique features of each treatment and enhance the book's utility for teaching and training. New to This Edition *Existing chapters thoroughly revised to incorporate the latest empirical findings and clinical practices. *Chapter on "process-based therapy," a new third-wave approach for social anxiety. *Chapter on transdiagnostic treatment of self-injurious thoughts and behaviors. *Chapter on chronic pain.

Designed to be used in conjunction with its companion online patient workbook, this Therapist Guide includes supporting theoretical, historical and research background information, diagnostic descriptions, differential diagnoses, session by session treatment outlines, case examples, sample dialogues, practice assignments, and tailored application to the vast variety of presentations and nuances of the disorder.

Read Free Exposure And Response Ritual Prevention For Obsessive Compulsive Disorder Therapist Guide Treatments That

Written by a team of clinicians specializing in the treatment of children and adolescents, this professional guide offers a comprehensive, practical resource for implementing exposure therapy when treating children and adolescents with anxiety. Each chapter is devoted to tailoring exposure work to a specific anxiety-related condition, such as separation anxiety, phobias, panic, social anxiety, and more, using a variety of creative exposure ideas and activities. In *Exposure Therapy for Treating Anxiety in Children and Adolescents*, you'll find detailed hierarchies and clinical suggestions for treating each specific childhood anxiety condition, including separation anxiety, school refusal, selective mutism, specific phobia, generalized anxiety, panic disorder, social anxiety, obsessive compulsive disorder (OCD), and emotion tolerance. The book also offers an overview of exposure therapy and its implementation in children and adolescents, including a review of current research and empirical findings on this approach. With this book, you'll also find solid strategies for conducting detailed clinical assessments, so you can gain a greater understanding the specific anxiety triggers and factors that play a role in the development of and maintenance of the child's problem, and learn how this information can be used to guide you in your development of specific exposure exercises. Finally, you'll find tips on how to assess for family variables that may contribute to the maintenance of the child's condition, as well as ways to work with parents in becoming effective coaches for their children during exposure-based activities. Children are vastly different than adults in their treatment needs and in the process through which effective therapy is implemented. If you're looking for clear, practical guidelines for designing, adapting, and implementing specific exposure exercises for your young clients, this book provides everything you need in one place.

Exposure Therapy for Eating Disorders

A 10-Step Workbook for Taking Back Your Life

Clinician's Guide to Integrated Treatment

The Most Effective CBT Approaches for Obsessive-Compulsive Disorder

A Clinician's Guide to Treating OCD

Exposure Therapy for Anxiety

Therapist Guide

Written by prominent OCD specialists, this volume provides practical, step-by-step descriptions of psychological approaches to treating OCD. Practitioners experienced in treating this disorder will appreciate the discussion of more advanced issues, including dealing with treatment resistance and comorbidity and treating OCD in special populations.

As a mental health professional, it can be difficult to help anxious clients face their fears and anxieties. Exposure therapy is widely appreciated as one of the most effective therapeutic treatments for anxiety spectrum disorders; however, it is often underutilized due to problems that present themselves during treatment, such as client unwillingness or hesitancy, or a lack of understanding on the professional's part regarding targeted applications. *The Clinician's Guide to Exposure Therapies for Anxiety Spectrum Disorders* offers guidance in creating specific exposure exercises for clients' individual fears and phobias, as well as tools to help you and your clients overcome common roadblocks that arise during exposure therapy. In addition, this clinician's guide presents detailed solutions and specific exposure strategies for the most common fears and phobias clients experience. You will learn to implement exposure therapy and integrate it with other evidence-based practices, such as cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT). The book also includes reproducible worksheets you can use to help clients develop hierarchies of exposure and information about using prolonged exposure therapy for post-traumatic stress disorder. If you are looking for a powerful resource for treating anxiety disorders, this is it.

Revised edition of the authors' *The psychology of language and communication*, c1986.

Thoroughly updated based on the latest science, this empowering workbook gives you the skills to overcome obsessional thoughts and compulsive behaviors--and live a freer, happier life. Leading OCD specialist Dr. Jonathan Abramowitz presents a step-by-step program grounded in cognitive-behavioral therapy (CBT), the most effective treatment for the disorder. Vivid stories and numerous practical tools (which you can download and print for repeated use) help you: *Understand how OCD affects your mind and body. *Develop a customized plan for change. *Find relief from distressing intrusive thoughts. *Confront the situations you avoid--and discover a new sense of safety. *Break free of compulsive rituals. *Reduce anxiety and improve your relationships. The second edition is revised throughout with cutting-edge strategies for coping with unwanted thoughts that can't be eliminated completely, plus new learning techniques drawn from brain research. Ready to get over OCD? Your journey starts here.

How to Parent Your Anxious Toddler

A Step-by-Step, Definitive Guide to Understanding, Diagnosis, and Treatment

The OCD Workbook

The Big Book of Exposures

Understanding and Treating Obsessive-Compulsive Disorder

Cognitive-Behavioral Therapy for OCD

Treating Your OCD with Exposure and Response (ritual) Prevention Therapy

This workbook will help clients recognize symptoms of obsessive-compulsive disorder and develop and put into practice a program of exercises to reduce these symptoms.

Wide-ranging and accessible, this book covers all evidence-based approaches to obsessive compulsive disorder in adults and children.

This book has been replaced by *Cognitive-Behavioral Therapy for OCD and Its Subtypes, Second Edition*, ISBN 978-1-4625-4101-0.

An estimated 2-3% of the population is affected by obsessive-compulsive disorder (OCD). This is a chronic condition that significantly affects daily functioning and quality of life. Many people with OCD would greatly benefit from receiving professional help to learn how to successfully manage this debilitating condition. This workbook aims to guide patients of obsessive-compulsive disorder (OCD) in how to best benefit from the treatment provided by their therapists. Treatments addressed in this publication include exposure and ritual (response) prevention, an effective, evidence-based treatment for this disorder. Designed to be used in conjunction with its companion therapist guide titled Exposure and Ritual (Response) Prevention for Obsessive Compulsive Disorder, this Workbook includes an exposure and ritual prevention treatment program which is broken down into 17 - 20 biweekly treatment sessions. During these sessions the patient will be gradually exposed to situations and places that trigger his or her OCD symptoms. The goal is that over time the OCD sufferer comes to realize that the things he or she fears will not necessarily occur if the rituals are not performed. Some exposures will be supervised by the therapist, but the workbook can help the patient to practice on their own at home in order to overcome some of the barriers and difficulties that are part and parcel of every treatment.

The Psychology of Language and Communication

Obsessive Compulsive Disorder

Psychological Treatment of Obsessive-compulsive Disorder

Getting Over OCD, Second Edition

Everyday Mindfulness for OCD

Cognitive Therapy for Obsessive-compulsive Disorder

Overcoming Harm OCD

If you have obsessive-compulsive disorder (OCD), chances are that your persistent obsessive thoughts and time-consuming compulsions keep you from enjoying life to the fullest. But when you are in the habit of avoiding the things you fear, the idea of facing them head-on can feel frightening and overwhelming. This book can help. The OCD Workbook has helped thousands of people with OCD break the bonds of troubling OCD symptoms and regain the hope of a productive life.

Endorsed and used in hospitals and clinics the world over, this valuable resource is now fully revised and updated with the latest evidence-based approaches to understanding and managing OCD. It offers day-to-day coping strategies you can start using right away, along with proven-effective self-help techniques that can help you maintain your progress. The book also includes information for family members seeking to understand and support loved ones who suffer from this often baffling and frustrating disorder. Whether you suffer with OCD or a related disorder, such as body dysmorphic disorder or trichotillomania, let this new edition of The OCD Workbook be your guide on the path to recovery. This new edition will help you: use self-assessment tools to identify your symptoms and their severity; create and implement a recovery strategy using cognitive behavioral self-help tools and techniques; learn about the most effective medications and medical treatments; find the right professional help and access needed support for your recovery; and maintain your progress and prevent future relapse.

As a clinician, do you suffer from “exposure phobia?” This breakthrough book offers 400 creative, innovative, and easy-to-implement exposure exercises to help you and your clients move past fears, energize treatment sessions, and improve client outcomes. In cognitive behavioral therapy (CBT), exposures are the gold standard for treating anxiety-related disorders, including obsessive-compulsive disorder (OCD), panic, and phobias. But if you’re like many therapists, you’ve likely encountered clients who are fearful or reluctant to exposure therapy. As a result, you may also shy away from doing exposures out of fear of worsening your client’s anxiety or rupturing the client/therapist rapport. So, how can you find a new approach for using this effective—yet intimidating—treatment? The Big Book of Exposures offers unconventional new exposures to help you provide the most effective treatment possible. In addition, you’ll also find a comprehensive overview of exposure therapy; a rationale for its use in treating anxiety-related disorders; troubleshooting tips for dealing with common roadblocks, such as avoidance; and techniques for helping clients stay motivated during treatment. With this essential resource, you’ll learn to create engaging and enjoyable exposure exercises to improve treatment outcomes and help your clients live better lives.

Does your child have OCD? In this much-needed Instant Help workbook, kids will learn to identify obsessions and compulsions, understand them, and use simple tools based in exposure and ritual prevention to cope with and overcome this difficult disorder. If your child has obsessive-compulsive disorder (OCD), he or she may suffer from obsessive thinking, use rituals to soothe anxiety, and act compulsively in ways that are disruptive and sometimes harmful. As you know all too well, OCD can greatly interfere with school, friends, and home life. So, how can you help your child be their very best? With this evidence-based workbook for kids, your child will learn how and why they struggle, and gain a greater understanding of what OCD is by identifying common symptoms, including contamination concerns, fear of harm, need for order/symmetry, and excessive doubting. Your child will then be gently guided to name their own symptoms and rate the extent to which each symptom causes them anxiety. The workbook also provides a framework for children to apply exposure and ritual prevention strategies to anxiety-provoking situations independently or with help from you or a caregiver. Detailed instructions for completing exposure exercises will be covered, including how long exposures should last, and how often they should be repeated. Finally, the workbook will show you and your child how to build a solid support system of family, friends, teachers, and professionals to aid you in managing OCD symptoms and building a lifestyle that will help you both deal with your child’s symptoms more effectively. If your child’s OCD is holding them back from living the happy childhood you want for them, this easy-to-read and practical workbook can help them cope with symptoms and really thrive—at home, in the classroom, and well into adulthood.

Sexual obsessions are a common symptom of OCD, but addressing them in treatment is uniquely challenging due to feelings of shame, prior misdiagnosis, and the covert nature of ritualizing behaviors. These complicating factors make it difficult for clients to disclose their symptoms and for clinicians to know how to approach treatment. Sexual Obsessions in Obsessive-Compulsive Disorder provides clinicians with the information and guidance needed to help clients experiencing unwanted and intrusive thoughts of a sexual nature. Opening with background information on sexual obsessions and OCD, including assessment and differential diagnosis, Williams and Wetterneck then offer a complete, step-by-step manual describing treatment using a combination of empirically-supported CBT strategies, such as exposure and response prevention, cognitive therapy, and acceptance and commitment therapy, as well as useful mindfulness techniques.

Accompanying these practical, step-by-step instructions are educational handouts and diagrams for clients designed to promote learning. The book concludes with a discussion of relationship issues that commonly result from sexually-themed OCD, and how therapists can tackle these problems. Sexual Obsessions in Obsessive-Compulsive Disorder is an essential resource for clinicians who treat OCD, as well as students and trainees from across the mental health professions.

Treating Your OCD with Exposure and Response (Ritual) Prevention Therapy

Emotional Processing of Traumatic Experiences

Exposure and Response (Ritual) Prevention for Obsessive Compulsive Disorder

Prolonged Exposure Therapy for PTSD

Mastery of Obsessive-Compulsive Disorder: A Cognitive-Behavioral Approach Therapist Guide

The Mindfulness Workbook for OCD

In the US over 3 million adults or approximately 2.3% of the population between the ages of 18-54 suffers from Obsessive-Compulsive Disorder (OCD). This fully revised new edition of this workbook is completely reformatted and revised to reflect the most current findings.

“The most empowering OCD book I have ever read.” —Reid Wilson, PhD, author of *Stopping the Noise in Your Head* Don’t just survive—thrive. In *Everyday Mindfulness for OCD*, two experts in obsessive-compulsive disorder (OCD) offer a blend of mindfulness, humor, and self-compassion to help you stop dwelling on what’s wrong and start enhancing what’s right—leading to a more joyful life. If you’ve been diagnosed with OCD, you already understand how your obsessive thoughts, compulsive behavior, and need for rituals can interfere with everyday life. Maybe you’ve already undergone therapy or are in the midst of working with a therapist. It’s important for you to know that life doesn’t end with an OCD diagnosis. In fact, it’s possible to not only live with the disorder, but also live joyfully. This practical and accessible guide will show you how. In *Everyday Mindfulness for OCD*, you’ll discover how you can stay one step ahead of your OCD. You’ll learn about the world of mindfulness, and how living in the present moment non-judgmentally is so important when you have OCD. You’ll also explore the concept of self-compassion—what it is, what it isn’t, how to use it, and why people with OCD benefit from it. Finally, you’ll discover daily games, tips, and tricks for outsmarting your OCD, meditations and mindfulness exercises, and much, much more. Living with OCD is challenging—but it doesn’t have to define you. If you’re tired of focusing on how “hard” living with OCD is and are looking for fun ways to make the most of your unique self, this book will be a breath of fresh air.

Exposure therapy is the most effective psychological treatment for anxiety, yet many clinicians lack confidence in their ability to implement it effectively while keeping clients engaged. This indispensable book provides guidelines for conducting exposure-based interventions and overcoming common roadblocks. Drawing on cutting-edge theory and research, the authors walk clinicians through assessment and treatment planning and demonstrate a wealth of specific exposure exercises. Chapters are organized around common anxiety triggers that may cut across different diagnoses, making it easier to tailor treatment to each individual's needs. Several reproducible handouts and forms can be downloaded and printed in a convenient 8 1/2" x 11" size. A very important part of getting over OCD is exposing yourself to feared situations. In my opinion, without exposures, it is impossible to overcome OCD. However, doing exposures is difficult and often gives a lot of confusion to the sufferer. During exposures many questions come up. It is extremely important that the exposures are done correctly. If done incorrectly, an exposure exercise can make OCD worse instead of better.

A Comprehensive Guide

ERP (Exposure Response Prevention Therapy) For OCD Recovery

Understanding OCD: Skills to Control the Conscience and Outsmart Obsessive Compulsive Disorder

Clinical Handbook of Psychological Disorders, Sixth Edition

Fundamentals and Beyond

Treatment of Obsessive Compulsive Disorder

The Obsessive Mind

Providing clinicians with evidence-based therapeutic techniques that they can tailor to the needs of individual clients, this state-of-the-art treatment planner is filled with case examples and clinical tools. Simon A. Rego presents the latest thinking on obsessive-compulsive disorder (OCD) and explains how it has been reclassified in DSM-5. He shows how to combine exposure and ritual prevention therapy with other cognitive and behavioral interventions--based on a comprehensive case formulation--and describes proven strategies for enhancing motivation and overcoming common obstacles in treatment. In a large-size format for easy photocopying, the book includes 10 reproducible handouts and forms. Purchasers get access to a Web page where they can download and print the reproducible materials.

The Wiley Handbook of Obsessive Compulsive Disorders, 2 volume set, provides a comprehensive reference on the phenomenology, epidemiology, assessment, and treatment of OCD and OCD-related conditions throughout the lifespan and across cultures. Provides the most complete and up-to-date information on the highly diverse spectrum of OCD-related issues experienced by individuals through the lifespan and cross-culturally Covers OCD-related conditions including Tourette’s syndrome, excoriation disorder, trichotillomania, hoarding disorder, body dysmorphic disorder and many others OCD and related conditions present formidable challenges for both research and practice, with few studies having moved beyond the most typical contexts and presentations Includes important material on OCD and related conditions in young people and older adults, and across a range of cultures with diverse social and religious norms

This book guides clinicians in treating individuals with OCD through the use of exposure and ritual (response) prevention, one of the most effective and the most studied treatments for OCD.

*Don’t let your thoughts and fears define you. In *Overcoming Harm OCD*, psychotherapist Jon Hershfield offers powerful cognitive behavioral therapy (CBT) and mindfulness tools to help you break free from the pain and self-doubt caused by harm OCD. Do you suffer from violent, unwanted thoughts and a crippling fear of harming others? Are you afraid to seek treatment for fear of being judged? If so, you may have harm OCD—an anxiety disorder associated with obsessive-compulsive disorder (OCD). First and foremost, you need to know that these thoughts do not define you as a human being. But they can cause a lot of real emotional pain. So, how can you overcome harm OCD and start living a better life? Written by an expert in treating harm OCD, this much-needed book offers a direct and comprehensive explanation of what harm OCD is and how to manage it. You’ll learn why you have unwanted thoughts, how to identify mental compulsions, and find an overview of cognitive-behavioral and mindfulness-based treatment approaches that can help you reclaim your life. You’ll also find tips for disclosing violent obsessions, finding adequate professional help, and working with loved ones to address harm OCD*

systemically. And finally, you'll learn that your thoughts are just thoughts, and that they don't make you a bad person. If you have harm OCD, it's time to move past the stigma and start focusing on solutions. This evidence-based guide will help light the way.

The Wiley Handbook of Obsessive Compulsive Disorders

A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy

Exposure Therapy for Treating Anxiety in Children and Adolescents

The OCD Workbook for Kids

Mastery of Obsessive-compulsive Disorder

Tips, Tricks, and Skills for Living Joyfully

Skills to Help Children Manage Obsessive Thoughts and Compulsive Behaviors

A complete, hands-on resource, this volume provides everything the mental health professional needs for working with clients who suffer from obsessions and compulsions. The initial chapters supply the background by describing in detail the most up-to-date, clinically relevant information available on obsessive compulsive disorder (OCD). The latter chapters comprise a step-by-step guide for conducting behavioral treatment. The book also features unusually practical appendices that include checklists, an inventory, rating scales, and suggested readings.

As a clinician, you know how difficult it can be to treat clients with obsessive-compulsive disorder (OCD) using a one-size-fits-all approach. This powerful and evidence-based guide offers a variety of customizable treatment strategies—made simple and practical—for helping clients with OCD. Written by a psychologist and expert in treating obsessive-compulsive disorder, *A Clinician's Guide to Treating OCD* combines powerful, evidence-based therapies to help you create a concise and customizable treatment plan. The methods including cognitive behavioral therapy (CBT), exposure and response prevention therapy (ERP), inference-based therapy (IBT), metacognitive therapy (MCT) and acceptance and commitment therapy (ACT), are presented in an easy-to-follow format, incorporate the newest research, and offer a wide range of skills for helping OCD clients. The standalone treatment protocols outlined in each chapter represent a specific model and procedure for addressing the mechanisms underlying the OCD. In addition, you'll find worksheets and online resources to help you create individualized treatment programs to best suit your clients' needs. If you're looking for a simple, customizable approach to treating clients with OCD, this book has everything you need to get started.

If you have obsessive-compulsive disorder (OCD), you might have an irrational fear of being contaminated by germs, or obsessively double-check things. You may even feel like a prisoner, trapped with your intrusive thoughts. And while OCD can have a devastating impact on your life, getting real help can be a challenge. Combining mindfulness practices with cognitive-behavioral therapy (CBT), *The Mindfulness Workbook for OCD* offers practical and accessible tools for managing the unwanted thoughts and compulsive urges that are associated with OCD. With this workbook, you will develop present-moment awareness, learn to challenge your own distorted thinking, and stop treating thoughts as threats and feelings as facts. This fully revised and updated second edition also includes new meditations, information, and chapters on emotional and mental contamination, existential obsessions, false memories, and more. If you're ready to take back your life back from OCD—and start living with more joy in the moment—this workbook has everything you need to get started right away.

Two OCD experts provide therapists with a breakthrough treatment model employing purely cognitive treatment methods, proven effective for people with pure obsessions, harming, religious, and sexual obsessions, as well as checking and mental rituals.

Principles and Practice