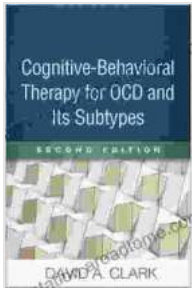


Cognitive Behavioral Therapy for OCD and Its Subtypes, Second Edition



Cognitive-Behavioral Therapy for OCD and Its Subtypes, Second Edition by David A. Clark

★★★★☆ 4.7 out of 5

Language	: English
File size	: 2319 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 448 pages
X-Ray for textbooks	: Enabled



Cognitive Behavioral Therapy (CBT) is a type of psychotherapy that has been shown to be effective in treating a variety of mental health disorders, including obsessive-compulsive disorder (OCD). CBT works by helping people to identify and change the negative thoughts and behaviors that contribute to their OCD.

Cognitive Behavioral Therapy for OCD and Its Subtypes, Second Edition provides a comprehensive and practical guide to using CBT for OCD. This book has been fully updated and revised to reflect the latest research and clinical advances.

The book is divided into three parts. Part I provides an overview of CBT for OCD, including the theoretical underpinnings of CBT and the different types

of CBT techniques that can be used to treat OCD.

Part II of the book provides a detailed description of the CBT treatment protocols for each of the major subtypes of OCD, including:

- Contamination and washing obsessions
- Checking obsessions
- Symmetry and Free Downloading obsessions
- Hoarding
- Sexual and religious obsessions

Part III of the book provides a variety of helpful resources for clinicians, including:

- Case examples
- Worksheets
- Handouts

Cognitive Behavioral Therapy for OCD and Its Subtypes, Second Edition is an essential resource for clinicians who treat OCD. This book provides a comprehensive and practical guide to using CBT to help people overcome OCD and its subtypes.

Reviews

"Cognitive Behavioral Therapy for OCD and Its Subtypes, Second Edition is an invaluable resource for clinicians who treat OCD. This book provides a comprehensive and practical guide to using CBT to help people overcome

OCD and its subtypes." - **David A. Clark, PhD, Director, OCD Research Unit, University of Oxford**

"This book is a must-read for anyone who wants to learn more about CBT for OCD. The authors have done an excellent job of providing a comprehensive and up-to-date guide to this effective treatment approach." - **Jonathan S. Abramowitz, PhD, Professor of Psychology, University of North Carolina at Chapel Hill**

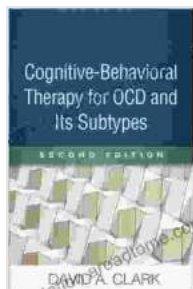
Free Download Your Copy Today

To Free Download your copy of Cognitive Behavioral Therapy for OCD and Its Subtypes, Second Edition, please visit our website or your favorite online bookseller.

We hope you find this book to be a valuable resource in your work with people with OCD.

Sincerely,

The Authors



Cognitive-Behavioral Therapy for OCD and Its Subtypes, Second Edition by David A. Clark

★★★★☆ 4.7 out of 5

- Language : English
- File size : 2319 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 448 pages
- X-Ray for textbooks : Enabled

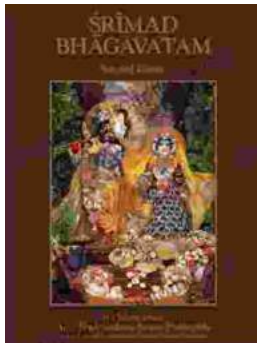
FREE

DOWNLOAD E-BOOK



Java Learn Java In Days: Your Fast-Track to Programming Proficiency

Are you ready to embark on an extraordinary journey into the world of programming with Java? David Chang, the acclaimed author and programming expert, brings...



Srimad Bhagavatam Second Canto by Jeff Birkby: A Literary Masterpiece

In the vast tapestry of ancient Indian literature, the Srimad Bhagavatam stands as a towering masterpiece, an inexhaustible source of wisdom and inspiration. Its Second Canto,...