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disorders in Western societies and intervention models applied in complex organizational settings Rather than adopting a rigid verificationist approach to validate theoretical models the book presents diverse practical considerations from professionals in the field encouraging readers to critically evaluate the effectiveness of different therapeutic models

Cognitive Behaviour Therapy for Obsessive-compulsive Disorder Victoria Bream, Fiona Challacombe, Asmita Palmer, Paul Salkovskis, 2017-07-13 Obsessive compulsive disorder can be a very disabling and distressing problem Cognitive behavioural therapy CBT has been shown to be very effective in helping people to overcome OCD However OCD is a highly heterogeneous disorder often complicated by contextual factors and therapists are often left wondering how to apply their knowledge of treatment to the particular problems as they face them in clinical practice This book provides the reader with an understanding of the background to and principles of using CBT for OCD in a clear practical how to style It also elucidates the particular challenges and solutions in applying CBT for OCD using illustrative case material and guidance on formulation driven intervention The book also addresses commonly occurring complexities in the treatment of OCD for example working with comorbidity perfectionism shame and family involvement in symptoms Throughout the book the authors provide tips on receiving and giving supervision to trouble shoot commonly encountered problems resulting in a guide that can help clinicians at all levels of experience The Sage Encyclopedia of Mood and Anxiety Disorders Dara G. Friedman-Wheeler, Amy Wenzel, 2024-10-15 Mood and anxiety disorders are among the most prevalent disorders covered in courses on psychological distress and disorders and encountered by mental health professionals The SAGE Encyclopedia of Mood and Anxiety Disorders will provide students and other interested readers with a comprehensive and accessible reference for understanding these disorders with respect to their phenomenology etiology and treatment through an inclusive lens that consistently considers how these symptoms appear and are construed across cultures addressing societal factors such as race culture equity and oppression Readers will become familiar with past and current approaches and theories and will enhance their understanding of the sociocultural factors that affect how we discuss approach and treat these types of psychological distress As such consideration of these factors will infuse this three volume set Clinical Handbook of Obsessive-Compulsive and Related Disorders Eric A. Storch, Adam B. Lewin, 2015-07-03 This handbook examines evidence based treatment of obsessive compulsive and related disorders for a broad clinical audience Focusing on both children and adults with these conditions it discusses various manifestations of OCD e g contamination perfectionism related conditions e g hoarding trichotillomania and Tourette syndrome and cases with complicating factors Chapters describe case specifics offer assessment guidelines and illustrate evidence based psychotherapy Case examples depict real life complexities of presentation notably in terms of comorbid conditions and hard to treat subpopulations Topical areas addressed in the Handbook include Phenomenology assessment and treatment of multiple types of OCD in adults and children Treating not just right experiences in children with OCD Treating obsessive compulsive disorder in very young children Treatment of OCD

comorbid with other disorders like depression and Autism Spectrum Disorder Treatment of OCD when presenting with complicating factors like limited insight extreme family accommodation and poor motivation The Clinical Handbook of Obsessive Compulsive and Related Disorders is an essential resource for clinicians and professionals as well as researchers and graduate students in clinical psychology psychiatry social work counseling programs pediatrics public health and related disciplines The Science of Cognitive Behavioral Therapy Stefan G. Hofmann, Gordon J. G. Asmundson, 2017-06-01 The Science of Cognitive Behavioral Therapy describes the scientific approach of CBT reviews the efficacy and validity of the CBT model and exemplifies important differences and commonalities of CBT approaches The overarching principle of CBT interventions is that cognitions causally influence emotional experiences and behaviors The book reviews recent mediation studies experimental studies and neuroimaging studies in affective neuroscience that support the basic model of CBT as well as those that clarify the mechanisms of treatment change Additionally the book explains the interplay of cognition and emotion in CBT specifies the treatment goals of CBT discusses the relationship of cognitive models with medical models and associated diagnostic systems and provides concrete illustrations of important general and disorder specific considerations of CBT Investigates the scientific foundation of CBT Explores the interplay of emotion and cognition in CBT Reviews neuroscience studies on the mechanisms of change in CBT Identifies similarities and differences in CBT approaches for different disorders Discusses CBT extensions and modifications Describes computer assisted applications of CBT

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