

Cognitive Therapy Obsessive- Compulsive Disorder

A Guide for Professionals

- A research-based cognitive-only treatment for OCD
- No prolonged exposure and no necessity to leave the office
- Modular protocol tailored to unique client needs
- Reproducible handouts, therapist forms, homework, and exercises
- Based on NIMH-funded research on OCD

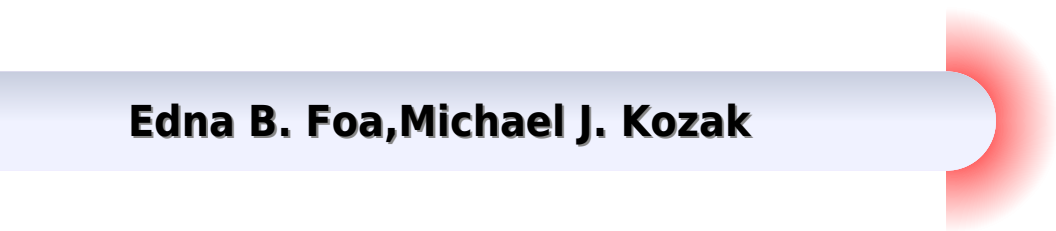
SABINE WILHELM, PH.D.

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Foreword by **AARON T. BECK, MD**, President of the
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Cognitive Therapy For Obsessive Compulsive Disorder A Guide For Professionals

Edna B. Foa, Michael J. Kozak



Cognitive Therapy For Obsessive Compulsive Disorder A Guide For Professionals:

Cognitive Therapy for Obsessive-compulsive Disorder Sabine Wilhelm, Gail Steketee, 2006 Based on research funded by the National Institute of Mental Health this manual presents for the first time a purely cognitive approach to treating obsessive compulsive disorder OCD BOOK JACKET

Cognitive-Behavioral Therapy for OCD and Its Subtypes David A. Clark, 2019-10-28 The book begins with a summary of the psychopathology of OCD as well as a critical explication of the phenomenology of obsessions and compulsions The first part of the book provides a working knowledge of the psychopathology of the disorder as well as the theoretical and empirical basis of the cognitive and behavioral approach to OCD The second part of the book updates the reader on current OCD theory and research including ERP The third part of the book offers detailed practical step by step instruction on how to conduct CBT for OCD The final section consists of four new chapters of OCD symptom subtypes

The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy Timothy J. Petersen, Susan E. Sprich, Sabine Wilhelm, 2015-09-29 Cognitive Behavioral Therapy CBT has a growing evidence base that supports its efficacy in treating a wide range of psychiatric disorders and has been adapted for use with more complicated patient populations and for different stages of psychiatric illness As the first Massachusetts General Hospital branded text on the subject this is a cutting edge tool that is unlike any current book on CBT The authors for this handbook are among the world's foremost experts in their specialty area and are actively engaged in dynamic research evaluating the efficacy of CBT as well as identifying mechanisms of action for this treatment This title provides in depth coverage of the historical background of the development of CBT a comprehensive review of relevant outcomes data a survey of mechanisms by which CBT exerts its effect and most importantly a take away tool box of CBT strategies and techniques that can be immediately implemented in clinicians practices The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy reaches and improves the clinical practices of a broad base of front line mental health practitioners including psychiatrists and therapists

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 *Treatment Plans and Interventions for Obsessive-Compulsive Disorder* Simon A. Rego, 2016-04-20 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 Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy* Susan E. Sprich, Timothy Petersen, Sabine Wilhelm, 2023-07-18 This book provides a fully updated in depth overview of Cognitive Behavioral Therapy CBT which is the most widely disseminated evidence based psychotherapy utilized today The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy 2nd edition displays the constantly evolving nature of CBT due to the continuous research trials conducted by clinicians This second edition presents updated information and literature to reflect the current clinical guidelines based on research studies that have been published in the past few years Chapters cover applying CBT to common disorders such as depression obsessive compulsive disorder and anxiety disorders as well as more specialized applications such as schizophrenia Chapters also provide information on how to tailor CBT for specific populations and in specific settings The book also features new chapters on the use of technology in treating psychiatric disorders and novel models of care and treatments for psychiatric disorders The fully updated and expanded second edition of The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy will continue to be a go to resource for all psychiatrists psychologists social workers licensed mental health counselors primary care doctors graduate students and psychiatry residents and fellows implementing cognitive behavioral therapy in their clinical practice

Specialized Cognitive Behavior Therapy for Obsessive Compulsive Disorder Debbie Sookman, 2015-09-16 Specialized Cognitive Behavior Therapy for Obsessive Compulsive Disorder is an expert clinician guide for administration of evidence based specialized cognitive behavior therapy CBT for obsessive compulsive disorder and its subtypes This book focuses on strategies to identify and resolve complex and varied reasons for resistance to CBT and to optimize symptom remission generalize improvement and forestall relapse during treatment for OCD The interventions discussed build upon and elaborate the clinical and research work of other OCD experts clinicians and researchers in the field of cognitive therapy and are based on the author s own research and clinical experience as an internationally known expert treating thousands of

OCD patients Criteria are outlined for symptom recovery and for treatment resistance in the context of optimal evidence based specialized CBT delivery Featuring treatment models and illustrative case studies this book is a necessary addition to the library of mental health professionals who work with patients suffering from OCD The Oxford Handbook of Obsessive-Compulsive and Related Disorders ,2023-07-18 With the publication of the Diagnostic and Statistical Manual of Mental Disorders 5th Edition DSM 5 much has changed about the conceptualization of obsessive compulsive disorder and its associated spectrum conditions Breaking free from the previous category of anxiety disorders a new diagnostic category of obsessive compulsive and related disorders ORCDs has emerged This new categorization has provided an opportunity to enhance our understanding of these unique disorders and to address new research questions The second edition of The Oxford Handbook of Obsessive Compulsive and Related Disorders presents the latest information from leaders in the field about the epidemiology phenomenology assessment and treatment of ORCDs The volume begins by reviewing the prevalence and profiles of obsessive compulsive disorder body dysmorphic disorder hoarding disorder trichotillomania hair pulling disorder and excoriation skin picking disorder Chapter authors then discuss modern conceptualizations of the ORCDs including neurocircuitry genetic behavioral and cognitive models From here assessment strategies are reviewed followed by state of the science biological and psychological treatments including pharmacotherapy neurosurgical strategies behavioral therapies and cognitive therapies Finally the volume examines the presentation and treatment of ORCDs across cultures as well as in special populations including children and older adults **Specialized Cognitive Behavior Therapy for Obsessive Compulsive Disorder** Debbie Sookman,2015-09-16 Specialized Cognitive Behavior Therapy for Obsessive Compulsive Disorder is an expert clinician guide for administration of evidence based specialized cognitive behavior therapy CBT for obsessive compulsive disorder and its subtypes This book focuses on strategies to identify and resolve complex and varied reasons for resistance to CBT and to optimize symptom remission generalize improvement and forestall relapse during treatment for OCD The interventions discussed build upon and elaborate the clinical and research work of other OCD experts clinicians and researchers in the field of cognitive therapy and are based on the author s own research and clinical experience as an internationally known expert treating thousands of OCD patients Criteria are outlined for symptom recovery and for treatment resistance in the context of optimal evidence based specialized CBT delivery Featuring treatment models and illustrative case studies this book is a necessary addition to the library of mental health professionals who work with patients suffering from OCD Mastery of Obsessive-Compulsive Disorder Edna B. Foa,Michael J. Kozak,2004-11-11 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 documents are described and illustrated as well as those aspects of their practical application that inhabit experimentally uncharted territory of clinical wisdom and artistry

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