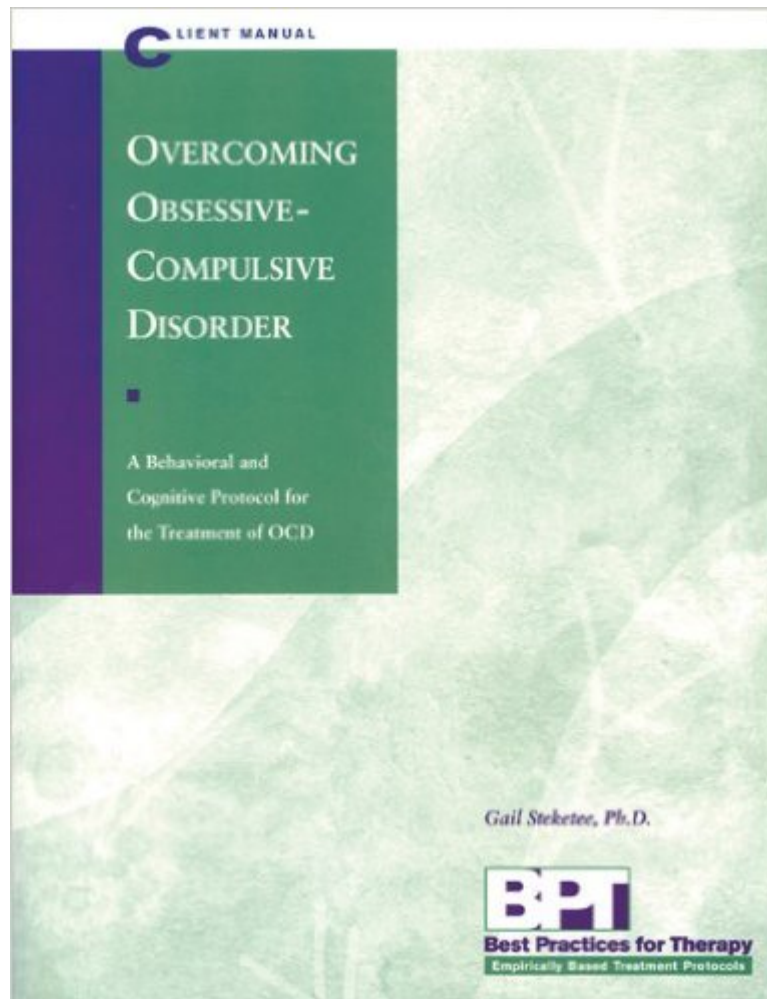


The book was found

# Overcoming Obsessive-Compulsive Disorder - Client Manual (Best Practices For Therapy)



## Synopsis

Effective protocols save time, increase the probability of obtaining good results, make it easier to train and supervise new therapists, and satisfy the needs of third parties to know that the proposed treatment follows the best available practices. Protocols are consistently formatted and organized; a detailed session-by-session treatment program that includes worksheets, homework assignments, in-session treatment exercises, and didactic material; specific assessment measures both for the target disorder and for the overall treatment program; a treatment plan summary for managed care requirements. This protocol outlines a fourteen-session treatment for individual adults diagnosed with obsessive-compulsive disorder. This protocol is based on imagined exposure, in vivo exposure, response prevention, and avoidance reduction.

## Book Information

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## Customer Reviews

I'm currently a doctoral student in a clinical psychology program and had the opportunity to use this manual with one of my clients. It provides an excellent Psychoeducation section with clear rationale for treatment. A simple and clear treatment guideline is described and sufficient examples are provided. Handouts are good and further drive-in the rationale for treatment. Treatment is essentially Exposure and Relapse Prevention with a primarily behavioral slant, but there is a well-developed cognitive component as well. Homework forms are useful, informative, and easy for the client to follow. My one complaint is that relevant research literature is not cited, or noted for

further information. Most people looking at this manual probably already have that information anyway though.

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