



Cognitive-behavioral Therapy for OCD (Hardback)

By David A. Clark

Guilford Publications, United States, 2004. Hardback. Book Condition: New. 224 x 160 mm. Language: English . Brand New Book ***** Print on Demand *****.The last decade has witnessed a dramatic shift in theory, research, and treatment of Obsessive-Compulsive Disorder (OCD). Traditional behavioral models of the disorder have increasingly been integrated with cognitive perspectives, leading to better scientific understanding and enhanced treatment approaches. From leading scientist-practitioner David A. Clark, this authoritative, highly practical book reviews the breadth of current knowledge on OCD and its treatment and sets forth a cutting-edge framework for therapeutic work. Provided are readily applicable clinical tools that are theoretically grounded and evidence-based, making this an essential resource for anyone studying or treating this chronic and often debilitating disorder. Initial chapters explore the complexities of OCD, reviewing its diagnosis, course, clinical presentation, and subtypes, and examining how obsessions and compulsions develop and are maintained. Elaborating on and refining existing cognitive and behavioral theories, Clark presents an expanded account of obsessional phenomena which forms the basis of his innovative treatment approach. The latter portion of the book spells out the nuts and bolts of clinical intervention. Strategies are outlined for cognitive-behavioral assessment and case conceptualization, and available OCD assessment...



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