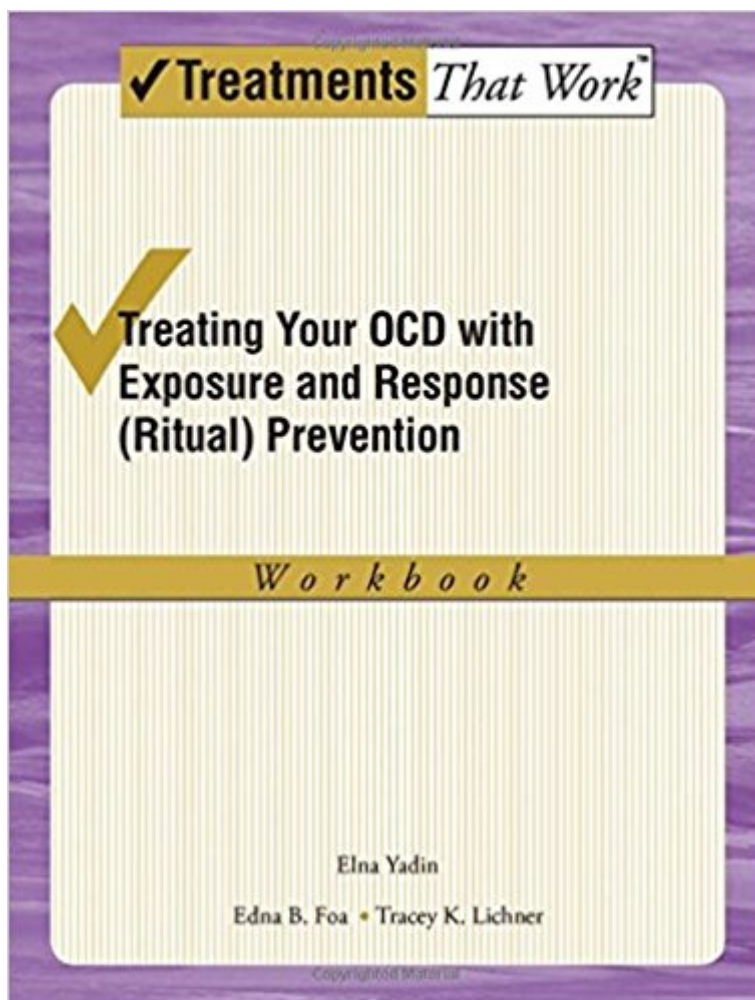


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# Treating Your OCD With Exposure And Response (Ritual) Prevention Therapy: Workbook (Treatments That Work)



## Synopsis

An estimated 2-3% of the population is affected by obsessive-compulsive disorder (OCD). This is a chronic condition that significantly affects daily functioning and quality of life. Many people with OCD would greatly benefit from receiving professional help to learn how to successfully manage this debilitating condition. This workbook aims to guide patients of obsessive-compulsive disorder (OCD) in how to best benefit from the treatment provided by their therapists. Treatments addressed in this publication include exposure and ritual (response) prevention, an effective, evidence-based treatment for this disorder. Designed to be used in conjunction with its companion therapist guide titled Exposure and Ritual (Response) Prevention for Obsessive Compulsive Disorder, this Workbook includes an exposure and ritual prevention treatment program which is broken down into 17 - 20 biweekly treatment sessions. During these sessions the patient will be gradually exposed to situations and places that trigger his or her OCD symptoms. The goal is that over time the OCD sufferer comes to realize that the things he or she fears will not necessarily occur if the rituals are not performed. Some exposures will be supervised by the therapist, but the workbook can help the patient to practice on their own at home in order to overcome some of the barriers and difficulties that are part and parcel of every treatment.

## Book Information

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## Customer Reviews

"Exposure and ritual (response) prevention (EX/RP) is the best treatment we have for obsessive

compulsive disorder. The Therapist Guide and Workbook by Foa, Yadin, and Licher will do two very important things. The first is to make EX/RP much more available to people suffering from OCD. The second is to help ensure that the treatment that is made more available is a treatment that should really work."--Michael R. Liebowitz M.D., Professor of Clinical Psychiatry, Columbia University and Former Director, Anxiety Disorders Clinic, New York State Psychiatric Institute

"In this well-organized and succinct manual, leading experts describe exposure and ritual (response) prevention (EX/RP), a proven first-line treatment for obsessive-compulsive disorder (OCD). They detail how to evaluate clients for EX/RP treatment, provide session-by-session instructions for treatment delivery, and offer invaluable advice on handling problems like patient nonadherence. This outstanding therapist manual, together with its accompanying client workbook, provides state-of-the-art tools for transforming the lives of people with OCD."--H. Blair Simpson, M.D. Ph.D., Professor of Clinical Psychiatry, Columbia University Director of the Anxiety Disorders Clinic and the OCD Research Program at the New York State Psychiatric Institute

"A concise, up-to-date, and extremely useful clinical guide to understanding and treating people struggling with OCD. State-of-the-art essentials for how to provide the most effective intervention for this often difficult to treat condition are covered in a clear and practical manner that is certain to facilitate positive outcomes."--Jonathan S. Abramowitz, Ph.D., ABPP, Professor of Psychology, University of North Carolina at Chapel Hill and Editor-in-Chief, Journal of Obsessive-Compulsive and Related Disorders

Elna Yadin, Ph.D. is a psychologist and Director of the OCD Clinic, Center for the Treatment and Study of Anxiety (CTSA), University of Pennsylvania. Edna B. Foa, Ph.D. is a Professor of Clinical Psychology in Psychiatry and Director of the Center for the Treatment and Study of Anxiety (CTSA), University of Pennsylvania. Tracey K. Lichner, Ph.D. is a psychologist and Director of Supervision at Center for the Treatment and Study of Anxiety (CTSA), University of Pennsylvania.

Very helpful for those in treatment.

A very dry read

Good program

There is nothing new in this book that is not in the Stop Obsessing book by the same writers and therefore consider a waste of money

Recommend this for therapists and their clients working on OCD treatment using exposure therapy.  
Written by the best! Study it and follow it! It works!

I'm obsessed with this book.

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