Exposure and Ritual Prevention for Obsessive Compulsive Disorder: Therapist Guide

Designed to be used in conjunction with its companion patient workbook titled Treating Your OCD with Exposure and Ritual (Response) Prevention Therapy, this Therapist Guide includes supporting theoretical, historical and research background information, diagnostic descriptions, differential diagnoses, session by session treatment outlines, case examples, sample dialogues, practice assignments, and tailored application to the vast variety of presentations and nuances of the disorder. The manual contains the ‘nuts and bolts’ of how to provide the treatment and is a comprehensive resource for therapists. It is an invaluable guide for clinicians in overcoming the barriers and difficulties that are part and parcel of every treatment.