



Understanding and Treating Obsessive-Compulsive Disorder: A Cognitive Behavioral Approach

Jonathan S. Abramowitz

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Among the most prevalent and personally devastating psychological disorders the development of a cognitive approach to obsessive compulsive disorder (OCD) has transformed our understanding and treatment of it. In this highly practical and accessible book, Jonathan Abramowitz presents a model of OCD grounded in the most up-to-date research that incorporates both cognitive and behavioral processes.

He then offers a step-by-step guide to psychological treatment that integrates psychoeducation, cognitive techniques, and behavioral therapy (exposure and response prevention).

Unlike other manuals for the treatment of OCD, this book teaches the reader how to tailor the choice of techniques and delivery modes for individuals presenting with a wide range of specific OCD symptoms, such as contamination fears and cleaning rituals, fears of harm and compulsive checking, symmetry and ordering, and severe obsessions with mental rituals. The techniques are illustrated with numerous case examples; clinical forms and handouts are provided for use with patients. A final chapter suggests strategies for overcoming common obstacles in treatment.

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