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Treatment Plans and Interventions for Obsessive-Compulsive Disorder

By Simon A Rego PsyD, Abpp

Guilford Publications, United States, 2016. Paperback. Book Condition: New. 266 x 203 mm. Language: English . Brand New Book. Providing clinicians with evidence-based therapeutic techniques that they can tailor to the needs of individual clients, this state-of-the-art treatment planner is filled with case examples and clinical tools. Simon A. Rego presents the latest thinking on obsessive-compulsive disorder (OCD) and explains how it has been reclassified in DSM-5. He shows how to combine exposure and ritual prevention therapy with other cognitive and behavioral interventions--based on a comprehensive case formulation--and describes proven strategies for enhancing motivation and overcoming common obstacles in treatment. In a large-size format for easy photocopying, the book includes 10 reproducible handouts and forms. Purchasers get access to a Web page where they can download and print the reproducible materials.

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