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| 1. Record Nr.           | UNINA9910814876103321                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Autore                  | Hershfield Jon                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Titolo                  | The mindfulness workbook for OCD : a guide to overcoming obsessions and compulsions using mindfulness and cognitive behavioral therapy / Jon Hershfield and Tom Corboy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Pubbl/distr/stampa      | Oakland, California : , : New Harbinger Publications, , [2020]<br>©2020                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| ISBN                    | 1-68403-565-1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Edizione                | [Second edition.]                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Descrizione fisica      | 1 online resource (233 pages)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Disciplina              | 616.85227                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Soggetti                | Obsessive-compulsive disorder<br>Cognitive therapy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Lingua di pubblicazione | Inglese                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Formato                 | Materiale a stampa                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Livello bibliografico   | Monografia                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Nota di bibliografia    | Includes bibliographical references.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Nota di contenuto       | Intro -- Contents -- Foreword -- Introduction -- Part 1: Mindfulness and OCD -- Chapter 1: The Brain, the Mind, and You -- Chapter 2: Mindfulness and Cognitive Therapy -- Chapter 3: Mindfulness and Behavioral Therapy -- Chapter 4: Mindfulness and Compulsions -- Part 2: Mindfulness and CBT for Specific Obsessions -- Chapter 5: Acceptance, Assessment, Action -- Chapter 6: Contamination OCD -- Chapter 7: Responsibility/Checking OCD -- Chapter 8: Just Right OCD -- Chapter 9: Harm OCD -- Chapter 10: Sexual Orientation OCD (aka SO-OCD or HOCD) -- Chapter 11: Pedophilia-Themed OCD (aka POCD) -- Chapter 12: Relationship-Themed OCD (aka ROCD) -- Chapter 13: Scrupulosity OCD (Religious and Moral Obsessions) -- Chapter 14: Hyperawareness/Sensorimotor OCD -- Chapter 15: Emotional/Mental Contamination OCD -- Chapter 16: Existential OCD -- Chapter 17: Real Event, False Memory, and Stuck Thought Obsessions -- Part 3: Mindfulness, OCD, and You -- Mindfulness, OCD, and You -- Chapter 18: Sharing Your OCD Experience -- Chapter 19: Mindfulness and Staying on Track -- Chapter 20: Getting Help -- References -- About the Authors. |
| Sommario/riassunto      | Combining mindfulness practices with cognitive behavioral therapy (CBT), this fully revised and updated second edition of The Mindfulness                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

Workbook for OCD offers practical and accessible tools for managing the unwanted thoughts and compulsive urges associated with obsessive-compulsive disorder (OCD). With this powerful workbook, readers will develop present-moment awareness, learn to challenge their own distorted thinking, and stop treating thoughts as threats and feelings as facts.

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