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Nota di contenuto	Cover; Contents; Section 1: Description and Assessment of OCD; Chapter 1: Symptoms of OCD; Introduction; Definition of OCD; Prevalence; Course; Associated Disorders; Chapter 2: Theories of OCD; Learning Theories; Cognitive Theories; Neurochemical Theories; Neuroanatomical Factors; Chapter 3: Assessment of OCD; Diagnostic Interview; Differential Diagnosis; Section 2: Available Treatment of OCD; Chapter 4: Psychosocial Therapy for OCD; Cognitive-Behavioral Treatment; Cognitive Therapy; Chapter 5: Pharmacotherapy for OCD; Serotonergic Medications; Combined Treatment by Exposure and Medication Chapter 6: Choice of Treatment Discussion of Treatment Options With the Client; Additional Considerations; Section 3: Cognitive-Behavioral Treatment by Exposure and Ritual Prevention; Chapter 7: Treatment Planning: Understanding and Persuading; Understanding the Client; Persuading the Client; Chapter 8: Treatment Planning: In Vivo Exposure; Creating a List of Exposure Situations; Sample Exposure Plans; Chapter 9: Treatment Planning: Imaginal Exposure; Medium of Exposure; Problems With Imaginal Exposure; Guidelines for Imaginal Exposure; Model Introduction to Imaginal Exposure

Sample Narrative Script for Imaginal Exposure
Chapter 10: Treatment Planning: Ritual Prevention; Introducing the Concept and Persuading the Client; Sample Guidelines for Refraining From Rituals; Self-Monitoring of Rituals; Chapter 11: Treatment Planning: Social Support; Patterns of Collaboration; Interpersonal Conflicts; Chapter 12: Reviewing the Plan: Explicating the Contract; Chapter 13: Beginning Exposure: Revision and Consent; Goals of the Exposure Sessions; The Importance of Consistency; Refining the Program; A Typical Exposure Session; Homework Instructions
Chapter 14: Middle Exposure: From Bete Noir to Paper Tiger Introducing the Most Difficult Exposures; Tactics for Helping the Clients; Alternatives to the Planned Exposure; Crises Unrelated to Exposure; Chapter 15: End Exposure: Theme and Variations; Repetitions and Generalizations; Teaching Normal Patterns of Behavior; Rules for "Normal" Behavior; Chapter 16: Relapse Prevention: Self-Exposure; The Process of Relapse; Rules for Self-Exposure; Stress-Management Techniques; Meeting With Significant Others; New Activities and Interests; Scheduling Follow-Up Contacts
Chapter 17: Resistance and Other Difficulties Concealment of Symptoms; Symptom (Ritual) Substitution; Unforbidden Avoidance; Incomplete Abstinence From Rituals; Handling Arguments; Emphasizing the Client's Control Over Treatment; Intermediate Tasks; Emotional Obstacles; Chapter 18: Adjustment for Clients With Mental Retardation; Diagnosis of OCD; Treatment of OCD; Chapter 19: Adjustment for Children; Comorbidity in Pediatric OCD; Adjustment of Exposure Treatment; Teaching Children and Families About OCD; Pace of Exposure for Children; A Model Treatment Program
Family Involvement With Treatment

Sommario/riassunto

This program has at its foundation the use of ritual prevention and prolonged actual and imaginable exposure exercises. Therapists will learn the best methods for assessing OCD and formulating a treatment program tailored to their client's particular OCD symptoms. Sample lists of exposure items are provided for fear of contamination, fear of supernatural harm, and fear of causing harm to self and others by acts of negligence. This Therapist Guide is designed to help psychotherapists in assessing and treating obsessive-compulsive disorder (OCD). It is divided into three sections. In the first s
