



Cognitive-Behavioral Therapy for OCD

By David A. Clark PhD

Download now

Read Online ➔

Cognitive-Behavioral Therapy for OCD By David A. Clark PhD

This authoritative book reviews current cognitive-behavioral models of OCD and delineates an innovative, theoretically and empirically grounded approach to assessment and treatment. Leading scientist-practitioner David A. Clark first elaborates and refines existing theories of obsessions and compulsions. He then spells out effective strategies for assessing client needs, developing a clear case formulation, implementing an array of cognitive and behavioral interventions, and troubleshooting potential difficulties. Illustrated with extensive clinical material, the volume is practical and user-friendly. Reproducible appendices feature over a dozen rating scales, client handouts, and homework tasks.

⬇ [Download Cognitive-Behavioral Therapy for OCD ...pdf](#)

📄 [Read Online Cognitive-Behavioral Therapy for OCD ...pdf](#)

Cognitive-Behavioral Therapy for OCD

By David A. Clark PhD

Cognitive-Behavioral Therapy for OCD By David A. Clark PhD

This authoritative book reviews current cognitive-behavioral models of OCD and delineates an innovative, theoretically and empirically grounded approach to assessment and treatment. Leading scientist-practitioner David A. Clark first elaborates and refines existing theories of obsessions and compulsions. He then spells out effective strategies for assessing client needs, developing a clear case formulation, implementing an array of cognitive and behavioral interventions, and troubleshooting potential difficulties. Illustrated with extensive clinical material, the volume is practical and user-friendly. Reproducible appendices feature over a dozen rating scales, client handouts, and homework tasks.

Cognitive-Behavioral Therapy for OCD By David A. Clark PhD Bibliography

- Sales Rank: #1489948 in Books
- Brand: Brand: The Guilford Press
- Published on: 2006-10-01
- Original language: English
- Number of items: 1
- Dimensions: 8.96" h x .73" w x 6.06" l, 1.01 pounds
- Binding: Paperback
- 324 pages

 [Download Cognitive-Behavioral Therapy for OCD ...pdf](#)

 [Read Online Cognitive-Behavioral Therapy for OCD ...pdf](#)

Editorial Review

Review

"This is an outstanding book. Clark has undertaken the considerable task of reviewing all of the key literature on OCD, from early behavioral research to current cognitive theories and tactics. Coverage of definitions, diagnostic criteria, epidemiology, and assessment is balanced and up to date. Naturally, the book is particularly strong on the subject of obsessions, as Clark has made a significant research contribution here and is an accepted authority. Well organized and comprehensive, the book is bolstered by many tables and summaries. It may well become a standard reference and is likely to be required reading in clinical graduate programs."--S. Rachman, PhD, University of British Columbia

"This book fills an important gap in the treatment literature. The coverage is detailed and thorough, providing a good balance of theory, research, and step-by-step clinical suggestions. Clark's expertise and experience, both as a scientist and a clinician, are evident in this extremely well-written work. Students learning to apply evidence-based strategies to the treatment of OCD will find this to be an invaluable resource."--Martin M. Antony, PhD, Ryerson University, Toronto

"This very readable and wonderfully detailed volume provides up-to-date and comprehensive coverage of the phenomenology of OCD, as well as the theoretical and research basis for understanding this complicated condition. Initial chapters provide a wealth of information on diagnostic distinctions and set the stage for knowledgeably applying the treatment techniques contained in the second half of the book. These strategies are clearly presented with numerous examples and helpful tables, handouts, and therapy forms. Especially useful is the detailed presentation of the subtleties of effective cognitive and behavioral interventions. Overall, this is a truly excellent handbook that should be on the shelves of practicing clinicians, academic instructors, and advanced graduate students interested in the psychopathology and treatment of OCD."--Gail Steketee, PhD, Boston University School of Social Work

"This volume is exciting reading for anyone interested in recent developments in cognitive-behavioral theories and therapies of obsessive-compulsive disorders. David A. Clark has written a cohesive, comprehensive book that is scholarly yet at the same time contains much of value for the clinician. Provided is a much-needed, theoretically and empirically guided CBT treatment manual for obsessional disorders. Highly recommended!"--Paul M.G. Emmelkamp, PhD, University of Amsterdam

"[An] outstanding volume. Dr. Clark's informative, thought-provoking book is a must read for students, as well as experts, interested in learning more about this complex and difficult to treat disorder."
(*Cognitive Behavioral Therapy Book Reviews* 2006-10-03)

"This book is a must for anyone who will ever have a potential OCD patient walk into her or his office."
(*Bulletin of the Menninger Clinic* 2006-10-03)

About the Author

David A. Clark, PhD, is a professor in the Department of Psychology, University of New Brunswick, Canada. He received his doctorate from the Institute of Psychiatry, University of London, England. Dr. Clark has published widely on cognitive theory and therapy of depression and OCD, and is a founding fellow of

the Academy of Cognitive Therapy. With Aaron T. Beck, Dr. Clark recently developed the Clark-Beck Obsessive-Compulsive Inventory, which assesses self-reported severity of obsessive and compulsive symptoms. He has received a number of research grants to study the cognitive basis of emotional disorders, the most recent being a Canadian federal grant to investigate intentional control of unwanted intrusive thoughts. He is also a founding member of the Obsessive Compulsive Cognitions Working Group, an international research group devoted to the study of the cognitive aspects of OCD, and serves as an associate editor of Cognitive Therapy and Research.

Excerpt. © Reprinted by permission. All rights reserved.

CONTENTS PART I. THE NATURE OF OCD Chapter 1. Obsessive--Compulsive Disorder: A Diagnostic Enigma Chapter 2. Phenomenology of Obsessions and Compulsions PART II. COGNITIVE-BEHAVIORAL THEORY AND RESEARCH Chapter 3. Behavioral Perspectives Chapter 4. Neuropsychology and Information Processing in OCD Chapter 5. Cognitive Appraisals Theories of OCD Chapter 6. Thought Suppression and Obsessions Chapter 7. Cognitive Control: A New Model of Obsessions PART III. COGNITIVE-BEHAVIORAL THERAPY Chapter 8. Cognitive Behavioral Assessment Chapter 9. Getting Started: Basic Elements and Rationale Chapter 10. Cognitive Restructuring and Generating Alternatives Chapter 11. Behavioral Interventions Chapter 12. Modifying Secondary Appraisals of Control Chapter 13. Empirical Status and Future Directions References Index

Users Review

From reader reviews:

Maria Jennings:

The knowledge that you get from Cognitive-Behavioral Therapy for OCD is a more deep you excavating the information that hide in the words the more you get thinking about reading it. It doesn't mean that this book is hard to know but Cognitive-Behavioral Therapy for OCD giving you enjoyment feeling of reading. The article writer conveys their point in a number of way that can be understood simply by anyone who read it because the author of this reserve is well-known enough. This kind of book also makes your own personal vocabulary increase well. Making it easy to understand then can go together with you, both in printed or e-book style are available. We suggest you for having this kind of Cognitive-Behavioral Therapy for OCD instantly.

Richard Tipton:

A lot of people always spent their free time to vacation as well as go to the outside with them household or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity that's look different you can read some sort of book. It is really fun for you. If you enjoy the book you read you can spent the whole day to reading a reserve. The book Cognitive-Behavioral Therapy for OCD it doesn't matter what good to read. There are a lot of people that recommended this book. They were enjoying reading this book. When you did not have enough space to deliver this book you can buy often the e-book. You can m0ore quickly to read this book from your smart phone. The price is not very costly but this book has high quality.

Clyde Harlan:

Do you have something that you want such as book? The guide lovers usually prefer to decide on book like comic, brief story and the biggest some may be novel. Now, why not striving Cognitive-Behavioral Therapy for OCD that give your satisfaction preference will be satisfied by reading this book. Reading routine all over the world can be said as the way for people to know world much better then how they react toward the world. It can't be said constantly that reading behavior only for the geeky individual but for all of you who wants to be success person. So , for all of you who want to start reading through as your good habit, you could pick Cognitive-Behavioral Therapy for OCD become your own starter.

David Blackwood:

The book untitled Cognitive-Behavioral Therapy for OCD contain a lot of information on it. The writer explains her idea with easy technique. The language is very easy to understand all the people, so do not really worry, you can easy to read the idea. The book was written by famous author. The author gives you in the new age of literary works. It is easy to read this book because you can please read on your smart phone, or product, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site and order it. Have a nice go through.

**Download and Read Online Cognitive-Behavioral Therapy for OCD
By David A. Clark PhD #2ECD40JI1YF**

Read Cognitive-Behavioral Therapy for OCD By David A. Clark PhD for online ebook

Cognitive-Behavioral Therapy for OCD By David A. Clark PhD Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Cognitive-Behavioral Therapy for OCD By David A. Clark PhD books to read online.

Online Cognitive-Behavioral Therapy for OCD By David A. Clark PhD ebook PDF download

Cognitive-Behavioral Therapy for OCD By David A. Clark PhD Doc

Cognitive-Behavioral Therapy for OCD By David A. Clark PhD Mobipocket

Cognitive-Behavioral Therapy for OCD By David A. Clark PhD EPub

2ECD40JI1YF: Cognitive-Behavioral Therapy for OCD By David A. Clark PhD