

DR FIONA CHALLACOMBE,
DR VICTORIA BREAM OLDFIELD and PROFESSOR PAUL SALKOVSKIS

BREAK FREE FROM

OCD

**Overcoming Obsessive
Compulsive Disorder with CBT**

Break Free From Ocd Overcoming Obsessive Compulsive Disorder With Cbt

Lee Brosan, Peter Cooper, Roz Shafran



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Break Free from OCD Fiona Challacombe,Victoria Bream Oldfield,Paul M. Salkovskis,2011 We all occasionally worry that we might have left the gas on or the window open not washed our hands thoroughly or forgotten to lock the front door But do these kinds of thoughts play on your mind or become obsessive If so you are not alone [Break Free from OCD](#) Fiona Challacombe,Victoria Bream Oldfield,Paul M Salkovskis,2011-09-09 Are you plagued by obsessive thoughts rituals or routines Would you like to regain control over your behaviour and cast your fears aside Whether you are compelled to wash your hands more and more thoroughly or feel the need to keep checking that you ve turned off appliances obsessive worries can be a drain on daily life However you don t need to suffer any more This practical guide written by three leading cognitive behavioural therapy experts enables you to make sense of your symptoms and gives a simple plan to help you conquer OCD Includes detailed information on the many different manifestations of OCD the differences between normal and obsessive worries clear information on treating your individual problem real life case studies and examples and advice and support for friends and family of OCD sufferers Whether your condition is mild or severe this definitive resource will help you reclaim your life and keep OCD away for good **Specialized Cognitive Behavior Therapy for Obsessive Compulsive Disorder**

Debbie Sookman,2015-09-16 Specialized Cognitive Behavior Therapy for Obsessive Compulsive Disorder is an expert clinician guide for administration of evidence based specialized cognitive behavior therapy CBT for obsessive compulsive disorder and its subtypes This book focuses on strategies to identify and resolve complex and varied reasons for resistance to CBT and to optimize symptom remission generalize improvement and forestall relapse during treatment for OCD The interventions discussed build upon and elaborate the clinical and research work of other OCD experts clinicians and researchers in the field of cognitive therapy and are based on the author s own research and clinical experience as an internationally known expert treating thousands of OCD patients Criteria are outlined for symptom recovery and for treatment resistance in the context of optimal evidence based specialized CBT delivery Featuring treatment models and illustrative case studies this book is a necessary addition to the library of mental health professionals who work with patients suffering from OCD

Overcoming Obsessive-Compulsive Disorder David Veale,Rob Willson,2009-08-27 A Books on Prescription Title Break free from unhelpful rituals and take control of your life Are you plagued by a recurring thought or idea that just won t go away Perhaps you feel the need to wash your hands frequently hoard things or repeatedly check that all appliances have been turned off before leaving home These are common symptoms of obsessive compulsive disorder or OCD a condition that causes distress to hundreds of thousands of people Cognitive Behavioural Therapy has been clinically proven to significantly reduce symptoms of OCD Learn how to break free from the destructive cycle of obsessive behaviour and regain control of your life Shows you how to reduce the distress caused by disturbing thoughts images and urges Reduces and gradually helps you overcome compulsions Offers advice on how partners relatives and friends can help

Overcoming Obsessive Compulsive Disorder, 2nd Edition David Veale, Rob Willson, 2021-08-26 Break free from unhelpful rituals and take control of your life Clear practical focused and useful extremely helpful both for those who suffer from obsessive compulsive disorder and those who care for them Paul Salkovkis University of Bath Are you plagued by a recurring thought or idea that just won't go away or feel the need to wash your hands repeatedly to hoard things or to repeatedly check all appliances in the house have been turned off before you leave These are common symptoms of obsessive compulsive disorder OCD a condition that causes distress to hundreds of thousands of people Using methods based on real clinical practice and proven cognitive behavioural therapy CBT techniques this revised and updated edition teaches you How to face fears and avoided situations How to control disturbing thoughts images and urges Strategies to break free from the destructive cycle of obsessive behaviour Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical **READING WELL** This book is recommended by the national Reading Well Books on Prescription scheme for England delivered by The Reading Agency and the Society of Chief Librarians with funding from Arts Council England and Wellcome www.readingwell.org.uk Series editor Professor Peter Cooper

Psychiatry Sarah L. Stringer, Juliet Hurn, Anna M. Burnside, 2015-09-21 Psychiatry Breaking the ICE contains everything psychiatry trainees need in order to feel confident and competent in general adult inpatient and community placements A practical and reassuring guide to life as a psychiatrist structured around the tasks expected both in day to day practice and in out of hours work Key themes running throughout the book include ethical and legal issues risk assessment and management patient experience and safe prescribing The authors are closely involved in the training mentoring and supervision of core trainees and know the real world challenges faced by junior psychiatrists **The Complete CBT Guide for Anxiety** Lee Brosan, Peter Cooper, Roz Shafran, 2013-01-25 Overcoming app now available A highly respectable and authoritative self help guide on all the anxiety disorders generalised anxiety disorder health anxiety panic phobias social anxiety OCD Edited by three leading CBT clinicians in the UK this comprehensive guide offers individual CBT based treatments for a wide range of anxiety problems Each individual treatment reflects current the treatment in the UK for that anxiety disorder and is written by the clinician responsible for developing that treatment in the first place Contributors include Lars Goran Ost phobias Dr Gillian Butler social phobia Gillian is the author of Overcoming Social Anxiety Shyness Anke Ehlers Jennifer Wild PTSD Nick Grey David M Clark panic disorder Heather Hadjistavropoulos health anxiety Kevin Meares Mark Freeston Generalised Anxiety Disorder Roz Shafran Adam Radomsky OCD An ideal resource not only for those experiencing anxiety problems but CBT therapists and IAPT workers **Essentials of Mental Health** Jahangir Moini, Anthony LoGalbo, Amparo Gutierrez, Patrick J. Aragon, 2024-10-30 Essentials of Mental Health is an authoritative guide designed to provide comprehensive mental health knowledge that caters to professionals and students alike The book reviews major mental disorders including mood anxiety and personality disorders as well as conditions like schizophrenia and

sleep wake disorders Each disorder has specific symptoms diagnostic criteria and case studies to illustrate real world applications Special populations such as older adults women children and cultural minorities are given focused attention underscoring unique mental health challenges and considerations The book concludes with a comprehensive section on treatment options ranging from hospital psychiatry to community based services and psychotherapy techniques It is a well rounded resource that equips readers with the latest insights and practical tools for effective mental health care and intervention Discusses the epidemiology of mental health conditions Written in an easy to read format with focus boxes for easy comprehension Includes case studies for all listed major mental disorders

Evidence-Based Treatment for Anxiety Disorders and Depression Gillian Todd,Rhena Branch,2022-01-13 Written by internationally recognized experts this comprehensive CBT clinician s manual provides disorder specific chapters and accessible pedagogical features The cutting edge research advanced theory and attention to special adaptations make this an appropriate reference text for qualified CBT practitioners students in post graduate CBT courses and clinical psychology doctorate students The case examples demonstrate clinical applications of specific interventions and explain how to adapt CBT protocols for a range of diverse populations It strikes a balance between core theoretical principles and protocol based interventions simulating the experience of private supervision from a top expert in the field

Low Intensity Cognitive Behaviour Therapy Mark Papworth,Theresa Marrinan,2018-10-04 This is the essential book for any health professionals whose role incorporates low intensity CBT It introduces readers to the principles and skills of cognitive behaviour therapy and guides them through the entire process of working with adult patients with common mental health problems Beginning at the initial assessment it takes students through the implementation of interventions to the management of ending Detailed case studies illustrate each step of patients recovery journeys This new edition is updated in line with changes in the PWP curriculum and broader IAPT policies includes new chapters on working with older adults and patients with long term conditions adds new exercises to help readers reflect on their own practice and builds confidence to help them become outstanding practitioners

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