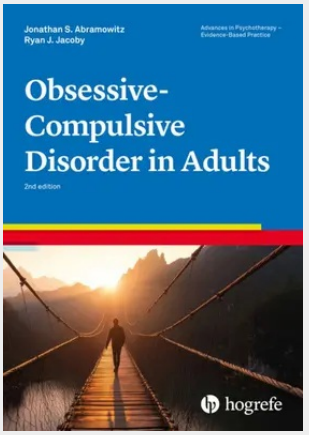
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Obsessive-Compulsive Disorder in Adults

An updated edition of the popular guide to successfully assessing and treating adults with OCD - Compact and current overview of science and practice - Details the best treatment approaches - Includes downloadable tools for clinical use The new edition of this concise and popular guide delivers up-to-date, hands-on guidance on the assessment and treatment of obsessive-compulsive disorder (OCD), offering a framework for understanding and helping people with this complex and challenging condition. Written by leading experts in the field, this book unpacks the intricacies of diagnosing OCD and explores models that explain the onset, development, and persistence of the disorder as well as its various manifestations. Using case studies and examples throughout, the authors detail the most evidence-based therapeutic approaches, emphasizing two techniques that have proven most effective in clinical practice: exposure and response prevention. Methods such as optimizing inhibitory learning, using acceptance and commitment therapy, and techniques for working with couples and families affected by OCD are also integrated to address the disorder's core symptoms and collateral effects. Further sections explore multicultural issues, less common forms of OCD (e.g., relationship obsessions), and in-person vs. virtual treatment. Printable tools and worksheets in the appendices provide invaluable resources allowing for immediate use in practice. This is essential reading for clinical psychologists, therapists, psychiatrists, counselors, and students engaged in treating OCD.



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