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Getting Control

Overcoming
Your Obsessions,
Compulsions
and OCD

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Getting Control Overcoming Your Obsessions And Compulsions:

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Clinical Case Formulations Barbara Lichner Ingram, 2006-06-27 A step by step model for individualized case conceptualization This innovative new guide addresses the essential question facing every therapist with a new client How do I create a treatment plan that is the best match for my client This unique resource provides a systematic method to integrate ideas skills and techniques from different theoretical approaches empirical research and clinical experience to create a case formulation that is tailor made for the client *Clinical Case Formulations* is divided into three parts *Getting Started* provides an overview that sets forth a framework for case formulation and data gathering 28 Core Clinical Hypotheses offers a meta framework embracing all theories orientations and mental health intervention models and presents clinical hypotheses within seven categories Biological Hypotheses Crisis Stressful Situations and Transitions Behavioral and Learning Models Cognitive

Models Existential and Spiritual Models Psychodynamic Models and Social Cultural and Environmental Factors These hypotheses are combined and integrated to develop a coherent conceptualization of the client's problems Steps to a Complete Case Formulation provides a structured framework known as the Problem Oriented Method POM Using the POM and integrating multiple hypotheses the therapist learns how to think intelligently critically and creatively in order to develop a tailor made treatment plan A list of thirty three standards for evaluating the application of this method is provided With this practical guide you will learn to conceptualize your clients needs in ways that lead to effective treatment plans while finding the tools for troubleshooting when interventions fail to produce expected benefits

The Severe and Persistent Mental Illness Treatment Planner David J. Berghuis, Arthur E. Jongsma, Jr., Timothy J. Bruce, 2011-02-17 The flexible format of The Severe and Persistent Mental Illness Treatment Planner 2nd Edition enables you to choose between evidence based and traditional best practice treatment approaches for your patients Fully revised to meet your needs as a mental health professional working in today's long term care facilities this time saving resource contains over 1 000 rewritten treatment goals objectives and interventions plus space for recording specific treatment plan options This guide is organized around 31 behaviorally based issues from employment problems and family conflicts to financial needs and homelessness to intimate relationship conflicts and social anxiety

The Complete Adult Psychotherapy Treatment Planner David J. Berghuis, L. Mark Peterson, 2012-07-03 The Complete Adult Psychotherapy Treatment Planner Fourth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features Empirically supported evidence based treatment interventions Organized around 43 main presenting problems including anger management chemical dependence depression financial stress low self esteem and Obsessive Compulsive Disorder Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Designed to correspond with the The Adult Psychotherapy Progress Notes Planner Third Edition and the Adult Psychotherapy Homework Planner Second Edition Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF JCAHO and NCQA

[The OCD Workbook](#) Bruce Hyman, Bruce M. Hyman, Cherry Pedrick, 2005 This revised edition of The OCD Workbook contains new findings on the causes of OCD including developments in genetic research It offers information on treatment options like neurosurgery and new medications and a new chapter on day to day coping strategies for people with OCD The new edition includes expanded coverage of related disorders like body dysmorphic disorder trichotillomania and skin picking New information on relapse prevention OCD in children and family involvement in OCD round out this important book Learn about the causes and symptoms of OCD Design a self directed cognitive behavior treatment plan Build a strong base of family support Evaluate professional treatment options Maintain your progress and deal with setbacks

The Imp of the Mind

Lee Baer, 2002-02-26 A leading expert on Obsessive Compulsive Disorder explores the hidden epidemic that afflicts millions of Americans In the first book to fully examine obsessive bad thoughts Dr Lee Baer combines the latest research with his own extensive experience in treating this widespread syndrome Drawing on information ranging from new advances in brain technology to pervasive social taboos Dr Baer explores the root causes of bad thoughts why they can spiral out of control and how to recognize the crucial difference between harmless and dangerous bad thoughts An illuminating and accessible guide to the kinds of thoughts that create extreme fear guilt and worry The Imp of the Mind provides concrete solutions to a tormenting and debilitating disorder Including special sections on the prescription medications that have proven effective it is a beautifully written book that can be a great help to people who want to know what to do about obsessions Isaac Marks M D author of Living with Fear Understanding and Coping with Anxiety

The Handbook of Adult Clinical Psychology

Alan Carr, Muireann McNulty, 2016-03-31 The second edition of the Handbook of Adult Clinical Psychology An Evidence Based Practice Approach like its predecessor provides clinical psychologists in training with a comprehensive practice handbook to help build the skills necessary to complete a clinical placement in the field of adult mental health While practical in orientation the book is based solidly on empirical evidence Building on the success of the previous edition this handbook has been extensively revised in a number of ways Throughout the book the text references and website addresses and have been updated to reflect important developments since the publication the first edition Recent research findings on the epidemiology aetiology course outcome assessment and treatment of all psychological problems considered in this volume have been incorporated into the text Account has been taken of changes in the diagnosis and classification of psychological problems reflected in the DSM 5 Chapters on ADHD in adults emotion focused therapy radically open dialectical behaviour therapy and schema therapy have been added The book is divided into 6 sections Section 1 covers conceptual frameworks for practice lifespan development classification and epidemiology CBT psychodynamic emotion focused systemic and bio medical models and general assessment procedures Section 2 deals with mood problems depression bipolar disorder suicide risk and anger management Section 3 focuses on anxiety problems social phobia generalized anxiety disorder panic disorder obsessive compulsive disorder post traumatic stress disorder and depersonalization disorder Section 4 deals with psychological problems linked to physical health health anxiety somatization chronic pain adjustment to cancer and eating disorders Section 5 focuses on other significant psychological problems that come to the attention of clinical psychologist in adult mental health services ADHD in adults alcohol and other drug problems psychosis and psychological problems in older adults Section 6 contains chapters on therapeutic approaches to psychological distress related to complex childhood trauma dialectical behaviour therapy for borderline personality disorder racially open dialectical behaviour for over controlled presentations and schema therapy Each of the chapters on clinical problems explains how to assess and treat the condition in an evidence based way with reference to case material Interventions from cognitive behavioural psychodynamic

interpersonal systemic and biomedical approaches are described where there is evidence that they are effective for the problem in question Skill building exercises and further reading for psychologists and patients are included at the end of each chapter This book is one of a set of three volumes which cover the lion s share of the curriculum for clinical psychologists in training in the UK and Ireland The other two volumes are the Handbook of Child and Adolescent Clinical Psychology Third Edition by Alan Carr and the Handbook of Intellectual Disability and Clinical Psychology Practice Second Edition edited by Alan Carr Christine Linehan Gary O Reilly Patricia Noonan Walsh John McEvoy

Coping with Obsessive-Compulsive Disorder Jan Van Niekerk,2009-04-16 Obsessive Compulsive Disorder OCD is one of the most common mental health problems It leaves sufferers plagued by recurring unwanted thoughts and compulsive patterns of behaviour disrupting their everyday activities and preventing them from living their lives to the full In this groundbreaking work clinical psychologist Jan van Niekerk provides easy to follow strategies for breaking free from obsessive thoughts anxieties and rituals This comprehensive and helpful guide o Offers the most up to date techniques from cognitive behavioural therapy o Provides effective strategies for overcoming obsessional fears and reducing compulsive behaviours and ritualistic thinking o Helps you deal with low mood and low motivation o Shows you the benefits of following a healthy lifestyle and practicing regular relaxation With step by step support sufferers of OCD will find a wealth of practical advice and encouragement to help them to understand their obsessions better reduce distress face their fears and overcome compulsions and so reclaim control of their lives

The Habit Change Workbook James Claiborn,Cherry Pedrick,2001 Without preaching moralizing or theorizing the authors deliver a program for breaking bad habits Grounded in proven cognitive behavioral principles the book helps readers assess their habits and proceed to dismantle them 35 charts

Obsessive-compulsive Disorders Michael A. Jenike, Lee Baer, William E. Minichiello,1998 This is the most complete clinical reference on obsessive compulsive disorders It incorporates scientific foundations and clinical studies Discussed in detail are the behavioural therapies and psychotropic medications that are used to control symptoms Practical advice is provided on clinical management The first edition received positive reviews in the New England Journal of Medicine as extremely useful as a reference source for any clinician interested in treating obsessive compulsive disorders The third edition is divided into six sections Section I The Clinical Picture presents a descriptive picture of the clinical features of OCD Section II Illnesses Related to OCD Spectrum Disorders Section III Pathophysiology and Assessment Section IV Treatment includes detailed information on treatments that have proven effective including behaviour therapy medications and the often overlooked area of neurosurgical treatment as well as specific clinical strategies and case studies Section V Patient and Clinic Management includes step by step information on running an OCD clinic Section VI Appendix includes rating scales referral sources references etc Complete coverage of the aetiology diagnosis and treatment of OCD in children adolescents and adults written by contributors who are the leading authorities on OCD The editors are from MGH OCD clinic a major U S treatment center also involved in the latest research in

OCD The leading reference on OCD Written by leading authorities in the field New drugs and latest information on indications and contraindications New information about the biology of disorders Major updating of obsessive compulsive spectrum and fringe disorders Expanded bibliography **The BDD Workbook** James Claiborn,Cherlene Pedrick,Cherry Pedrick,2002 OCD experts James Claiborn and Cherry Pedrick show readers who suffer from Body Dysmorphic Disorder how to overcome debilitating obsessions with perceived flaws in their appearance establish a balanced body image and enhance other aspects of their self image and self esteem *Your Mental Health* Allen Frances,Michael B. First,1998 For the millions of Americans desperate for an understanding of the mental disorders and substance abuse problems that ravage the lives of one in five persons the screening questionnaire in this book helps with self diagnosis Chapters on specific disorders describe available treatment approaches **The Complete Mental Health Directory** Richard Gottlieb,2006-03 Provides comprehensive coverage of 27 specific mental health disorders from adjustment disorders to tic disorders including a separate section devoted to pediatric and adolescent issues as well as support systems and other resources Polly's Magic Games Constance H. Foster,1994 A book for children with OCD to share with their families and friends Let's Talk Facts about Obsessive-Compulsive Disorder American Psychiatric Association,1988-07 **Cognitive-Behavioral Therapy in Groups** Peter J. Bieling,Randi E. McCabe,Martin M. Antony,2006-08 An authoritative practitioner guide and student text this book offers clear advice on how to structure and lead cognitive behavioral therapy CBT groups and overcome common challenges that arise Specific evidence based group assessment and treatment protocols are provided for a range of frequently encountered disorders Emphasizing that a CBT group is more than the sum of its individual members the authors show how to understand and use group process to optimize outcomes Up to date accessible and highly practical the book is filled with session outlines sample dialogues checklists troubleshooting tips and other user friendly features Counseling Strategies that Work! Richard D. Parsons,2007 Counseling Strategies that Worktargets the unique day to day problems encountered by today s school counselor and provides a new perspective on treatment selection This text is an anthology of intervention strategies that are rooted in scientific evidence supporting their effectiveness when applied to the day to day problems confronting today s school counselor It is an excellent source for counseling techniques courses or as a reading assigned as part of their field placement experiences as well as a useful reference text for all those currently employed as school counselors Every chapter provides a blending of theory practice and guided personalized application The content is broken down succinctly beginning with a brief introduction to the nature of the problems being addressed before delving into a detailed presentation with case illustration of the application of an intervention strategy Each chapter includes A brief introduction to the nature of the problems being addressed Precis of sample research supporting a specific intervention technique Detailed presentation with case illustration of the application of the intervention strategy A listing of clinical recommendations for direct application A list of web based and literature based resources of additional material

Treatments of Psychiatric Disorders ,2001

Whispering the Strategies of Language: An Emotional Quest through **Getting Control Overcoming Your Obsessions And Compulsions**

In a digitally-driven world where monitors reign supreme and immediate conversation drowns out the subtleties of language, the profound secrets and psychological subtleties hidden within phrases usually get unheard. Yet, nestled within the pages of **Getting Control Overcoming Your Obsessions And Compulsions** a captivating literary prize pulsating with natural feelings, lies an extraordinary quest waiting to be undertaken. Composed by an experienced wordsmith, this marvelous opus invites visitors on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the fabric of each word. Within the psychological depths of the emotional review, we shall embark upon a genuine exploration of the book is key subjects, dissect its interesting publishing model, and fail to the strong resonance it evokes heavy within the recesses of readers hearts.

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