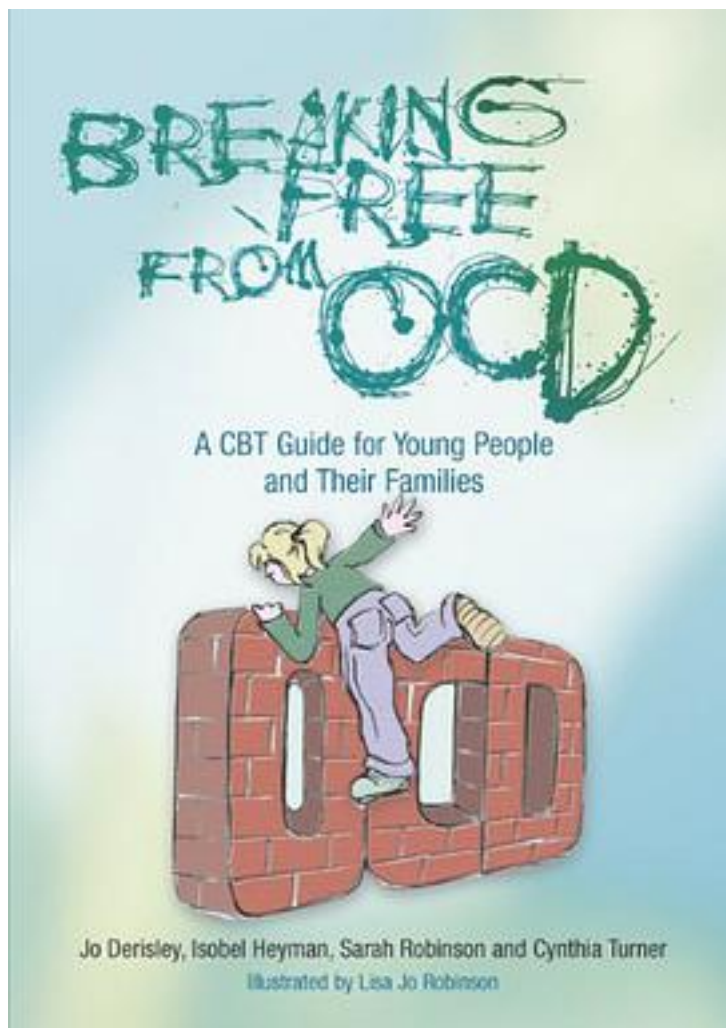


Breaking Free from OCD



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Obsessive-compulsive disorder is no joke. Those saddled with it have behaviors that

can interfere with or even destroy relationships, educational opportunities and careers. The authors, all practitioners as well as academicians, give young people with OCD techniques of cognitive-behavioral therapy (CBT) they can use on their own or with guidance to control their behaviors and reduce triggers or causes. The authors describe OCD and the prospects of getting better, define CBT, and analyze traps and triggers of obsessive or compulsive behaviors. The core of the book is devoted to treatment, including understanding the role of anxiety, deciding first steps, designing exposure and response preventative exercises, making progress, overcoming difficulties, determining the role of thoughts, challenging thoughts, testing whether thoughts will come true, maintaining gains, and taking stock of the big picture. Includes a full set of worksheets and advice for caregivers and families.

作者介绍:

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