



## Exposure and Response (Ritual) Prevention for Obsessive-Compulsive Disorder: Therapist Guide (Treatments That Work)

By Edna B. Foa, Elna Yadin, Tracey K. Lichner

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An estimated 2-3% of the population is affected by obsessive-compulsive disorder (OCD). This is a chronic condition that significantly affects daily functioning and quality of life. Many people with OCD would greatly benefit from receiving professional help to learn how to successfully manage this debilitating condition. This book guides clinicians in treating individuals with OCD through the use of exposure and ritual (response) prevention, one of the most effective and the most studied treatments for OCD.

Designed to be used in conjunction with its companion patient workbook titled *Treating Your OCD with Exposure and Ritual (Response) Prevention Therapy*, this Therapist Guide includes supporting theoretical, historical and research background information, diagnostic descriptions, differential diagnoses, session by session treatment outlines, case examples, sample dialogues, practice assignments, and tailored application to the vast variety of presentations and nuances of the disorder. The manual contains the 'nuts and bolts' of how to provide the treatment and is a comprehensive resource for therapists. It is an invaluable guide for clinicians in overcoming the barriers and difficulties that are part and parcel of every treatment.

"Exposure and ritual (response) prevention (EX/RP) is the best treatment we have for obsessive compulsive disorder. The *Therapist Guide* and *Workbook* by Foa, Yadin, and Licher will do two very important things. The first is to make EX/RP much more available to people suffering from OCD. The second is to help ensure that the treatment that is made more available is a treatment that should really work."--Michael R. Liebowitz M.D., Professor of Clinical Psychiatry, Columbia University and Former Director, Anxiety Disorders Clinic, New York State Psychiatric Institute

"In this well-organized and succinct manual, leading experts describe exposure and ritual (response) prevention (EX/RP), a proven first-line treatment for obsessive-compulsive disorder (OCD). They detail how to evaluate clients for

EX/RP treatment, provide session-by-session instructions for treatment delivery, and offer invaluable advice on handling problems like patient nonadherence. This outstanding therapist manual, together with its accompanying client workbook, provides state-of-the-art tools for transforming the lives of people with OCD."-- H. Blair Simpson, M.D. Ph.D., Professor of Clinical Psychiatry, Columbia University Director of the Anxiety Disorders Clinic and the OCD Research Program at the New York State Psychiatric Institute

"A concise, up-to-date, and extremely useful clinical guide to understanding and treating people struggling with OCD. State-of-the-art essentials for how to provide the most effective intervention for this often difficult to treat condition are covered in a clear and practical manner that is certain to facilitate positive outcomes."--Jonathan S. Abramowitz, Ph.D., ABPP, Professor of Psychology, University of North Carolina at Chapel Hill and Editor-in-Chief, *Journal of Obsessive-Compulsive and Related Disorders*

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## **Editorial Review**

### Review

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**Tracey K. Lichner, Ph.D.** is a psychologist and director of supervision at University of Pennsylvania's Center for the Treatment and Study of Anxiety (CTSA).

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