

Get eBook

## COGNITIVE THERAPY FOR OBSESSIVE-COMPULSIVE DISORDER: A GUIDE FOR PROFESSIONALS



New Harbinger Publications, Inc. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 10.1in. x 7.0in. x 0.9in. A Cognitive Approach to Treating Obsessive-Compulsive Disorder Based on research funded by the National Institute of Mental Health, this manual presents for the first time a purely cognitive approach to treating obsessive-compulsive disorder (OCD). This approach avoids the highly distressing exposure component of exposure and response prevention therapy (ERP) that is commonly used to treat the symptoms of OCD. Not only does this cognitive therapy...

**Download PDF Cognitive Therapy for Obsessive-Compulsive Disorder: A Guide for Professionals**

- Authored by Aaron T. Beck MD
- Released at -



Filesize: 4.01 MB

### Reviews

---

*It is easy in study better to understand. Of course, it is actually play, nonetheless an amazing and interesting literature. I am quickly could possibly get a satisfaction of reading through a published ebook.*

-- **Ms. Lucinda Koelpin**

*I just started off reading this article publication. It is definitely simplistic but surprises in the 50 percent of your ebook. You are going to like how the author create this publication.*

-- **Clint Labadie**

---

## Related Books

- **Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts**
- **Fitness, Nutrition and Values**
- **The Day I Forgot to Pray**
- **DK Readers Animal Hospital Level 2 Beginning to Read Alone**
- **Coronation Mass, K. 317 Vocal Score Latin Edition**
- **Nancy Clancy, Super Sleuth Fancy Nancy**