

# Clinician's Handbook for Obsessive-Compulsive Disorder: A Comprehensive Guide to Assessment and Treatment

Obsessive-compulsive disorder (OCD) is a debilitating mental illness that affects millions of people worldwide. OCD is characterized by persistent, unwanted thoughts (obsessions) and repetitive behaviors (compulsions) that cause significant distress and impairment. The Clinician's Handbook for Obsessive-Compulsive Disorder is a comprehensive guide to the assessment and treatment of OCD.

The handbook is written by a team of experts in the field of OCD. The authors provide a detailed overview of the disorder, including its symptoms, causes, and course. They also discuss the various assessment tools and treatment options available for OCD.



## Clinician's Handbook for Obsessive Compulsive Disorder: Inference-Based Therapy by Frederick Aardema

★★★★★ 5 out of 5

Language : English  
File size : 5762 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 452 pages  
Lending : Enabled



The handbook is divided into four sections:

- **Section 1: to OCD**
- **Section 2: Assessment of OCD**
- **Section 3: Treatment of OCD**
- **Section 4: Special Topics in OCD**

### **Section 1: to OCD**

This section provides a general overview of OCD, including its symptoms, causes, and course. The authors discuss the different types of obsessions and compulsions, as well as the various factors that can contribute to the development of OCD.

### **Section 2: Assessment of OCD**

This section reviews the various assessment tools that can be used to diagnose OCD. The authors discuss the strengths and weaknesses of each assessment tool, and they provide guidance on how to select the most appropriate assessment tool for a particular patient.

### **Section 3: Treatment of OCD**

This section provides a comprehensive overview of the various treatment options available for OCD. The authors discuss the different types of psychotherapy, medication, and other treatments that can be used to treat OCD. They also provide guidance on how to develop a treatment plan for a particular patient.

## Section 4: Special Topics in OCD

This section discusses a variety of special topics related to OCD, including the following:

- OCD in children and adolescents
- OCD in pregnancy and postpartum
- OCD in the elderly
- OCD and comorbid disorders

The Clinician's Handbook for Obsessive-Compulsive Disorder is a valuable resource for clinicians who work with OCD patients. The handbook provides a comprehensive overview of the disorder, as well as detailed guidance on assessment and treatment.

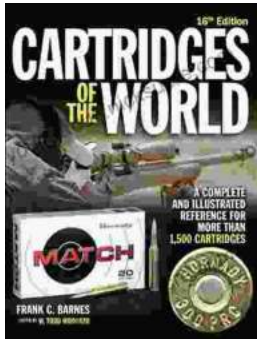


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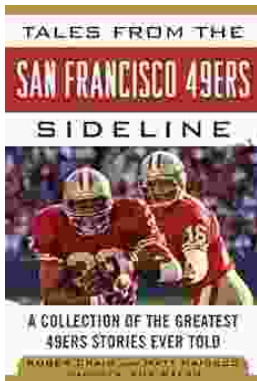
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