



# Clinical Handbook of Obsessive-Compulsive and Related Disorders: A Case-Based Approach to Treating Pediatric and Adult Populations

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## Clinical Handbook of Obsessive-Compulsive and Related Disorders: A Case-Based Approach to Treating Pediatric and Adult Populations From Springer

This handbook examines evidence-based treatment of obsessive-compulsive and related disorders for a broad clinical audience. Focusing on both children and adults with these conditions, it discusses various manifestations of OCD (e.g., contamination, perfectionism), related conditions (e.g., hoarding, trichotillomania, and Tourette syndrome), and cases with complicating factors. Chapters describe case specifics, offer assessment guidelines, and illustrate evidence-based psychotherapy. Case examples depict real-life complexities of presentation, notably in terms of comorbid conditions and hard-to-treat subpopulations.

Topical areas addressed in the *Handbook* include:

- Phenomenology, assessment, and treatment of multiple types of OCD in adults and children.
- Treating “not just right experiences” in children with OCD.
- Treating obsessive compulsive disorder in very young children.
- Treatment of OCD comorbid with other disorders like depression and Autism Spectrum Disorder.
- Treatment of OCD when presenting with complicating factors like limited insight, extreme family accommodation, and poor motivation.

The *Clinical Handbook of Obsessive-Compulsive and Related Disorders* is an essential resource for clinicians and professionals as well as researchers, and graduate students in clinical psychology, psychiatry, social work, counseling programs, pediatrics, public health, and related disciplines.

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### **Editorial Review**

#### About the Author

**Eric Storch, Ph.D.**, holds the All Children's Hospital Guild Endowed Chair and is a Professor the Departments of Pediatrics, Health Policy and Management, Psychology and Psychiatry & Behavioral Neurosciences, University of South Florida. He has published more than 450 peer-reviewed journal articles and book chapters. In addition to his peer-reviewed articles, Dr. Storch has edited or co-edited 10 books dealing with treatment of complex cases in children, clinical complications in the assessment and treatment of anxiety disorders, obsessive-compulsive disorder, and childhood anxiety. He has received grant funding for his work in OCD, related disorders (e.g., tics), and anxiety from the National Institutes of Health, Center for Disease Control, International OCD Foundation, Agency for Healthcare Research and Quality, pharmaceutical companies, Tourette Syndrome Association, and National Alliance for Research on Schizophrenia and Affective Disorders (NARSAD). In addition to treatment outcome, Dr. Storch has specific research interests in treatment augmentation and dissemination. Clinically, Dr. Storch is highly regarded for his treatment of pediatric and adult patients with OCD and related disorders. He is the clinical director at Rogers Behavioral Health – Tampa Bay, and is on the Scientific Advisory Board of the International OCD Foundation.

**Adam Lewin, Ph.D., ABPP**, is a University of South Florida Associate Professor in the Department of Pediatrics at the USF Rothman Center for Neuropsychiatry with a joint appointment in Psychiatry and Behavioral Neurosciences and a courtesy appointment in Psychology. He received his Ph.D. in Clinical and Health Psychology from the University of Florida in 2007. Subsequently, Dr. Lewin completed his clinical residency and a postdoctoral National Institutes of Mental Health (NIMH) research fellowship (in Psychology and Behavioral Neuroscience) at the Semel Institute for Neuropsychiatry and Human Behavior at the University of California, Los Angeles (UCLA). Dr. Lewin's clinical and research activities focus on obsessive-compulsive spectrum and anxiety disorders. He has received a young investigator award from NARSAD (National Association for Research in Schizophrenia and Affective Disorders - now the Brain and Behavior Research Foundation) and was awarded the 2007-2008 Joseph Drown Foundation and Friends of the Semel Institute Fellowship to fund his research activities. Current research interests focus on improving the specificity of treatments, treatment dissemination and identifying biomarkers of OCD and tic disorders in children. He received grants from the International OCD Foundation (IOCDF) and the University of South Florida Research Foundation to help support his research and is a 2012-13 NIMH CHIPS (Child Intervention, Prevention and Services) Fellow. Dr. Lewin has over 100 peer-reviewed publications and is on the editorial board for four scientific journals. Clinically, Dr. Lewin specializes in OCD, anxiety, Tourette/tic, trichotillomania and developmental disorders. Dr. Lewin evaluates both pediatric and adult patients for cognitive-behavioral treatment of OCD, anxiety and habit reversal therapy for tic spectrum disorders, skin picking, hair pulling/trichotillomania. Dr. Lewin is Board Certified in Child and Adolescent Psychology by the American Board of Professional Psychology, and is the director of the cognitive-behavioral therapy component at the University of South Florida Obsessive-Compulsive Disorder Program.

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