



Cognitive-Behavioral Therapy for OCD

By David A. Clark PhD

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This authoritative book reviews current cognitive-behavioral models of OCD and delineates an innovative, theoretically and empirically grounded approach to assessment and treatment. Leading scientist-practitioner David A. Clark first elaborates and refines existing theories of obsessions and compulsions. He then spells out effective strategies for assessing client needs, developing a clear case formulation, implementing an array of cognitive and behavioral interventions, and troubleshooting potential difficulties. Illustrated with extensive clinical material, the volume is practical and user-friendly. Reproducible appendices feature over a dozen rating scales, client handouts, and homework tasks.

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Editorial Review

Review

"This is an outstanding book. Clark has undertaken the considerable task of reviewing all of the key literature on OCD, from early behavioral research to current cognitive theories and tactics. Coverage of definitions, diagnostic criteria, epidemiology, and assessment is balanced and up to date. Naturally, the book is particularly strong on the subject of obsessions, as Clark has made a significant research contribution here and is an accepted authority. Well organized and comprehensive, the book is bolstered by many tables and summaries. It may well become a standard reference and is likely to be required reading in clinical graduate programs."--S. Rachman, PhD, University of British Columbia

"This book fills an important gap in the treatment literature. The coverage is detailed and thorough, providing a good balance of theory, research, and step-by-step clinical suggestions. Clark's expertise and experience, both as a scientist and a clinician, are evident in this extremely well-written work. Students learning to apply evidence-based strategies to the treatment of OCD will find this to be an invaluable resource."--Martin M. Antony, PhD, Ryerson University, Toronto

"This very readable and wonderfully detailed volume provides up-to-date and comprehensive coverage of the phenomenology of OCD, as well as the theoretical and research basis for understanding this complicated condition. Initial chapters provide a wealth of information on diagnostic distinctions and set the stage for knowledgeably applying the treatment techniques contained in the second half of the book. These strategies are clearly presented with numerous examples and helpful tables, handouts, and therapy forms. Especially useful is the detailed presentation of the subtleties of effective cognitive and behavioral interventions. Overall, this is a truly excellent handbook that should be on the shelves of practicing clinicians, academic instructors, and advanced graduate students interested in the psychopathology and treatment of OCD."--Gail Steketee, PhD, Boston University School of Social Work

"This volume is exciting reading for anyone interested in recent developments in cognitive-behavioral theories and therapies of obsessive-compulsive disorders. David A. Clark has written a cohesive, comprehensive book that is scholarly yet at the same time contains much of value for the clinician. Provided is a much-needed, theoretically and empirically guided CBT treatment manual for obsessional disorders. Highly recommended!"--Paul M.G. Emmelkamp, PhD, University of Amsterdam

"[An] outstanding volume. Dr. Clark's informative, thought-provoking book is a must read for students, as well as experts, interested in learning more about this complex and difficult to treat disorder."
(*Cognitive Behavioral Therapy Book Reviews* 2006-10-03)

"This book is a must for anyone who will ever have a potential OCD patient walk into her or his office."
(*Bulletin of the Menninger Clinic* 2006-10-03)

About the Author

David A. Clark, PhD, is a professor in the Department of Psychology, University of New Brunswick, Canada. He received his doctorate from the Institute of Psychiatry, University of London, England. Dr. Clark has published widely on cognitive theory and therapy of depression and OCD, and is a founding fellow of

the Academy of Cognitive Therapy. With Aaron T. Beck, Dr. Clark recently developed the Clark-Beck Obsessive-Compulsive Inventory, which assesses self-reported severity of obsessive and compulsive symptoms. He has received a number of research grants to study the cognitive basis of emotional disorders, the most recent being a Canadian federal grant to investigate intentional control of unwanted intrusive thoughts. He is also a founding member of the Obsessive Compulsive Cognitions Working Group, an international research group devoted to the study of the cognitive aspects of OCD, and serves as an associate editor of Cognitive Therapy and Research.

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Users Review

From reader reviews:

Florence Whitney:

The knowledge that you get from Cognitive-Behavioral Therapy for OCD is a more deep you searching the information that hide into the words the more you get thinking about reading it. It doesn't mean that this book is hard to know but Cognitive-Behavioral Therapy for OCD giving you excitement feeling of reading. The writer conveys their point in particular way that can be understood through anyone who read it because the author of this reserve is well-known enough. This particular book also makes your own vocabulary increase well. It is therefore easy to understand then can go along, both in printed or e-book style are available. We advise you for having that Cognitive-Behavioral Therapy for OCD instantly.

Jeannette Coleman:

Exactly why? Because this Cognitive-Behavioral Therapy for OCD is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will zap you with the secret the item inside. Reading this book adjacent to it was fantastic author who have write the book in such remarkable way makes the content inside of easier to understand, entertaining method but still convey the meaning totally. So , it is good for you for not hesitating having this any more or you going to regret it. This book will give you a lot of positive aspects than the other book possess such as help improving your proficiency and your critical thinking approach. So , still want to hold off having that book? If I ended up you I will go to the guide store hurriedly.

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