



# Treating Your OCD with Exposure and Response (Ritual) Prevention Therapy: Workbook (Treatments That Work)

By Elna Yadin, Edna B. Foa, 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 workbook aims to guide patients of obsessive-compulsive disorder (OCD) in how to best benefit from the treatment provided by their therapists. Treatments addressed in this publication include exposure and ritual (response) prevention, an effective, evidence-based treatment for this disorder.

Designed to be used in conjunction with its companion therapist guide titled *Exposure and Ritual (Response) Prevention for Obsessive Compulsive Disorder*, this Workbook includes an exposure and ritual prevention treatment program which is broken down into 17 - 20 biweekly treatment sessions. During these sessions the patient will be gradually exposed to situations and places that trigger his or her OCD symptoms. The goal is that over time the OCD sufferer comes to realize that the things he or she fears will not necessarily occur if the rituals are not performed. Some exposures will be supervised by the therapist, but the workbook can help the patient to practice on their own at home in order to overcome some of the barriers and difficulties that are part and parcel of every treatment.

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## **Editorial Review**

### **Review**

"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*

### **About the Author**

**Elna Yadin, Ph.D.** is a psychologist and Director of the OCD Clinic, Center for the Treatment and Study of Anxiety (CTSA), University of Pennsylvania.

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

## **Users Review**

### **From reader reviews:**

#### **Floyd Wyatt:**

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their free time with their family, or their own friends. Usually they undertaking activity like watching television, about to beach, or picnic in the park. They actually doing same every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Might be reading a book might be option to fill your free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to try out look for book, may be the e-book untitled Treating Your OCD with Exposure and Response (Ritual) Prevention Therapy: Workbook (Treatments That Work) can be very good book to read. May be it can be best activity to you.

#### **Muriel Carpenter:**

Treating Your OCD with Exposure and Response (Ritual) Prevention Therapy: Workbook (Treatments That Work) can be one of your beginning books that are good idea. We recommend that straight away because this guide has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort that will put every word into joy arrangement in writing Treating Your OCD with Exposure and Response (Ritual) Prevention Therapy: Workbook (Treatments That Work) nevertheless doesn't forget the main position, giving the reader the hottest and based confirm resource data that maybe you can be among it. This great information can drawn you into completely new stage of crucial considering.

#### **Robert Long:**

In this age globalization it is important to someone to acquire information. The information will make professionals understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, paper, book, and soon. You can observe that now, a lot of publisher which print many kinds of book. The particular book that recommended to you is Treating Your OCD with Exposure and Response (Ritual) Prevention Therapy: Workbook (Treatments That Work) this book consist a lot of the information on the condition of this world now. This kind of book was represented how do the world has grown up. The dialect styles that writer require to explain it is easy to understand. The writer made some analysis when he makes this book. This is why this book acceptable all of you.

#### **Terry McConnell:**

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person must prefer to read a book. Just simply choose the best book that ideal with your aim. Don't become doubt to change your life at this time book Treating Your OCD with Exposure and Response (Ritual) Prevention Therapy: Workbook (Treatments That Work). You can more pleasing than now.

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