



Brain Based Therapy for OCD: A Workbook for Clinicians and Clients

John Arden PhD

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Whatever the level of OCD, mild to severe, the step-by-step activities in the Brain Based Therapy for OCD: A Workbook for Clinicians and Clients will guide you or your client in developing skills to better cope with the disorder.

- = Decrease time spent obsessing and ritualizing
- = Neutralize anxiety-producing triggers
- = Lifestyle changes that reduce the anxiety underlying OCD
- = Manage setbacks and create a relapse prevention plan

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