



Introduction to Coping with Obsessive Compulsive Disorder (Overcoming: Booklet series)

Leonora Brosan

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Obsessive Compulsive Disorder (OCD) affects thousands of people in the UK and it can be effectively treated with Cognitive Behavioural Therapy.

Written by an experienced practitioner, this introductory booklet explains what OCD is and how it makes you feel. It will help the reader to understand their symptoms and is ideal as an immediate coping strategy and as a preliminary to fuller therapy. The book covers:

The different forms of OCD, how it develops and what keeps it going.

Case studies.

The roles that your compulsions and thoughts play.

Different kinds of treatment.

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