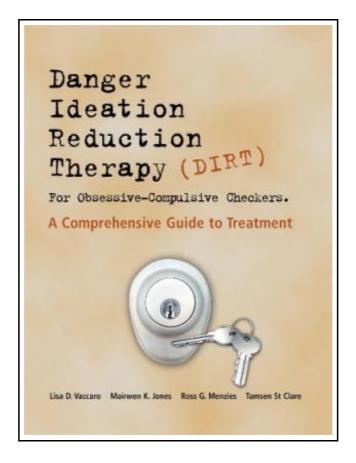
Danger Ideation Reduction Therapy (Dirt) for Obsessive Compulsive Checkers: A Comprehensive Guide to Treatment



Filesize: 4.04 MB

Reviews

A whole new e book with a brand new standpoint. I have read through and i also am certain that i am going to planning to read again yet again later on. I found out this book from my i and dad advised this pdf to learn.

(Audrey Lowe I)

DANGER IDEATION REDUCTION THERAPY (DIRT) FOR OBSESSIVE COMPULSIVE CHECKERS: A COMPREHENSIVE GUIDE TO TREATMENT



Australian Academic Press, Australia, 2010. Paperback. Book Condition: New. General ed.. 277 x 208 mm. Language: English . Brand New Book. DIRT for Checkers is a unique new evidence-based treatment program designed to specifically reduce expectancies of danger or threat in those with Obsessive Compulsive Disorder (OCD) with predominant checking concerns. Unlike many traditional OCD treatments, DIRT is based on the rationale that the therapist should provide as much factual information as possible to decrease the expectancy that harmful events such as the fear of fire, damage, theft, harm to others and other physical losses will follow any failure to check and thus reduce the high dropout rate seen in conventional OCD exposure and response prevention programs. DIRT consists of six discrete treatment components aimed at reducing the number of intrusive thoughts experienced and concurrently allowing the client to successfully change the remaining thoughts and beliefs. The treatment includes attentional focusing, cognitive restructuring, double-checking experiments, corrective information, filmed interviews, probability of catastrophe task. This manual includes a resource CD with over 100 patient handouts including information sheets on a range of security and safety concerns and a DVD of filmed occupational interviews about risk assessment covering 7 different occupations. DIRT has been shown to be a highly successful treatment package for OCD, able to shift even the most intractable of cases. Randomised control studies have established that DIRT represents a viable alternative to the standard behavioural approach. In addition, DIRT appears to have several potential advantages over behavioural and pharmacological treatments: * Unlike in an Exposure and Response Prevention (ERP) program, clients who undergo the DIRT regime are not asked to confront anxiety-provoking (feared) stimuli. This is particularly important since many sufferers either refuse exposure treatment or drop out before completion because of its anxiety-provoking effects.* Unlike medication used in...

- Read Danger Ideation Reduction Therapy (Dirt) for Obsessive Compulsive Checkers: A Comprehensive Guide to Treatment Online
- Download PDF Danger Ideation Reduction Therapy (Dirt) for Obsessive Compulsive Checkers: A Comprehensive Guide to Treatment

Other Books



On the Go with Baby A Stress Free Guide to Getting Across Town or Around the World by Ericka Lutz 2002 Paperback

Book Condition: Brand New. Book Condition: Brand New.

Save ePub »



Will My Kid Grow Out of It?: A Child Psychologist's Guide to Understanding Worrisome Behavior

Chicago Review Press. Paperback. Book Condition: new. BRAND NEW, Will My Kid Grow Out of It?: A Child Psychologist's Guide to Understanding Worrisome Behavior, Bonny J. Forrest, At some point most parents wonder whether their...

Save ePub »



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 \times 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to...

Save ePub »



The About com Guide to Baby Care A Complete Resource for Your Babys Health Development and Happiness by Robin Elise Weiss 2007 Paperback

Book Condition: Brand New. Book Condition: Brand New.

Save ePub »



Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America.

Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****. This isn t porn. Everyone always asks and some of our family thinks...

Save ePub »



A Cybercops Guide to Internet Child Safety

Securusmedia. Paperback. Book Condition: New. Paperback. 318 pages. Dimensions: 9.0in. x 6.0in. x 0.8in.Learn from a real life Cybercop about the dangers and the pitfalls of the Internet and how to keep your children safe

Download PDF »



9787538661545 the new thinking extracurricular required reading series 100 - fell in love with the language: interesting language story(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2012-04-01 Pages: 174 Publisher: Jilin Fine Arts Publishing House title: New

Download PDF »



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and

Download PDF »



Games with Books: 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.

Download PDF »



eBook Millionaire: Your Complete Guide to Making Money Selling eBooks-Fast!

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Ebook Millionaire is a complete step by step guide to building a massive

Download PDF »