

Obsessive Compulsive Disorder:

A Practical Guide

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Obsessive Compulsive Disorders : A Practical Guide to Management

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Obsessive Compulsive Disorder is now recognised as one of the most common psychiatric disorders, and the 10th most disabling of all medical disorders. Major advances in our understanding of its neurobiological basis and the discovery of robust treatments offer new hope for sufferers of the condition. Yet, sadly, people with OCD continue to remain under-diagnosed and inappropriately treated. Bringing together an international team of experts in one concise volume, *Obsessive Compulsive Disorders* presents a practical and accessible guide to the diagnosis, assessment and treatment of OCD. The most recent discoveries are reviewed and the book is particularly useful in providing an integrated approach to conceptualising the pathogenesis and management of OCD. It includes chapters on the neurobiology as well as the psychology of OCD on adults and children with the disorder and leading on from this, on the pharmacotherapy, psychotherapy and integrated treatment of OCD.

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