



Treating OCD in Children and Adolescents: A Cognitive-Behavioral Approach

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Product Description

From foremost experts, this authoritative work offers a framework for helping children overcome obsessive-compulsive disorder (OCD) using the proven techniques of cognitive-behavioral therapy (CBT). Therapists gain knowledge and tools to engage 6- to 18-year-olds and their parents and implement individualized CBT interventions, with a focus on exposure and response prevention. In a user-friendly, conversational style, the authors provide real-world clinical guidance illustrated with vivid case examples. Purchasers get access to a Web page where they can download and print the volume's reproducible handouts in a convenient 8 1/2 x 11 size. Building on the earlier *OCD in Children and Adolescents: A Cognitive-Behavioral Treatment Manual* (by John March and Karen Mulle), this book reflects two decades of advances in the field; most of the content is completely new.
