



## Coping with Obsessive-Compulsive Disorder: A Step-by-Step Guide Using the Latest CBT Techniques

By Jan Van Niekerk

Oneworld Publications. Paperback. Book Condition: new. BRAND NEW, Coping with Obsessive-Compulsive Disorder: A Step-by-Step Guide Using the Latest CBT Techniques, Jan Van Niekerk, Obsessive Compulsive Disorder (OCD) is a condition that affects millions of people worldwide, afflicting its sufferers with obsessive thoughts and fears, and enslaving them to compulsive behaviours with which they strive to cope. Cognitive Behavioural Therapy has been clinically proven to be one of the most effective therapeutic treatments for OCD sufferers, and here clinical psychologist Jan van Niekerk draws on the latest research to offer a practical, step-by-step approach to coping with the condition. This positive self-help guide helps readers understand OCD and the various treatment options available to them, and uses real-life examples, easy-to-use tools, and practical strategies to enable them to reclaim their lives. The Coping With Series Other titles in this highly regarded series of accessible guides for sufferers of common mental disorders address fears and phobias, anxiety and depression in children, bipolar disorder, and schizophrenia.



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