



Obsessive Compulsive Disorder: Cognitive Behaviour Therapy with Children and Young People (CBT with Children, Adolescents and Families)

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Obsessive Compulsive Disorder (OCD) is characterised by a person's obsessive, distressing, intrusive thoughts and their related compulsions. It affects an estimated one percent of teenagers and has been detected in children as young as three years old.

In this concise, accessible book experienced contributors provide detailed guidance on carrying out assessments and treatment for children and young people with OCD from a cognitive behavioural perspective. This approach has been developed from extensive research and clinical work with young people with OCD and associated problems. The book includes:

- an overview of OCD
- an introduction to CBT and its relevance to OCD in young people
- assessment and treatment methods
- case studies and clinical vignettes
- worksheets for use with the client.

This straightforward text provides essential direction for practitioners and trainees in a range of professions including psychiatry, psychotherapy, counselling, nursing, education and social work.

Online resources:

The appendices of this book provide worksheets that can be downloaded free of charge to purchasers of the print version. Please visit the website to find out more about this facility.

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