

Mindfulness Workbook For Ocd A Guide To Overcoming Obsessions And Compulsions Using Mindfulness And Cognitive Behavioral Therapy New Harbinger Self Help Workbook

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Mindfulness Workbook for OCD - OCD Center of Los Angeles

"The Mindfulness Workbook for OCD is a unique must-have companion to enhance the standard application of ERP treatment for both therapists and individuals living with OCD. The authors' compassion is evident throughout, and reflects a deep understanding of the suffering that OCD imposes every day.

The Mindfulness Workbook for OCD: A Guide to Overcoming ...

The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy - Ebook written by Jon Hershfield, Tom Corboy. Read this book using Google Play Books app on your PC, android, iOS devices. Download for offline reading, highlight, bookmark or take notes while you read The Mindfulness Workbook for OCD: A Guide to Overcoming ...

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The Mindfulness Workbook for OCD

They involve developing an awareness and acceptance of the unwanted thoughts, feelings, and urges that are at the heart of OCD. Combining mindfulness practices with cognitive behavioral therapy (CBT), The Mindfulness Workbook for OCD offers practical and accessible tools for managing the unwanted thoughts and compulsive urges that are associated ...

The Mindfulness Workbook for OCD: A Guide to Overcoming ...

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The Mindfulness Workbook for OCD | NewHarbinger.com

The Mindfulness Workbook for OCD - A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy Jon Hershfield , Tom Corboy If you have obsessive-compulsive disorder (OCD), you might have an irrational fear of being contaminated by germs, or obsessively double-check things.

The Mindfulness Workbook for OCD - A Guide to Overcoming ...

The Mindfulness and Acceptance Workbook for OCD combines evidence-based acceptance and commitment therapy (ACT) with exposure and response prevention (ERP) for the most up-to-date, effective treatment for obsessive-compulsive disorder (OCD).

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The ACT Workbook for OCD: Mindfulness, Acceptance, and ...

Jon is coauthor of The Mindfulness Workbook for OCD and author of When a Family Member Has OCD. He is a frequent presenter at the annual conferences of both the International OCD Foundation and the Anxiety and Depression Association of America, and a professional contributor to multiple online OCD-related support groups and blogs.

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Hershfield is coauthor of the books Everyday Mindfulness For OCD and The Mindfulness Workbook for OCD and is the author of When a Family Member Has OCD, Overcoming Harm OCD, and The OCD W He specializes in the mindfulness-based and cognitive behavioral treatment of obsessive-compulsive disorder.

The Mindfulness Workbook for OCD: A Guide to Overcoming ...

The Mindfulness Workbook for OCD, by Jon Hershfield MFT et al. Jon Hershfield MFT is a specialist in the use of mindfulness and CBT to treat OCD and related disorders. He is the director of The OCD and Anxiety Center of Greater Baltimore, USA. Getting help for the treatment of obsessive-compulsive disorder can sometimes be challenging.

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The Mindfulness Workbook for OCD is the definitive guide to harnessing the power of the present to triumph over OCD." --Shala Nicely, LPC, author of Is Fred in the Refrigerator?--Shala Nicely, LPC "Jon Hershfield and Tom Corboy are the authorities when it comes to applying mindfulness and meditation strategies to managing OCD.

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Hershfield and Corboy are also the authors of the new book, The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks, 2013). This article was initially published in the Spring 2014 edition of the OCD Newsletter.

International OCD Foundation | Mindfulness and Cognitive ...

It means that everything a person can try—electroconvulsive therapy, mindfulness meditation, essential oils, etc—I've probably already read about it in my research. When I sat down with the Mindfulness Workbook for OCD by John Hershfield, MFT and Tom Corboy, MFT, I expected to put down the book and have the same conclusions as I usually do.

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The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy by Jon Hershfield. If you have obsessive-compulsive disorder (OCD), you might have an irrational fear of being contaminated by germs, or ...

The Mindfulness Workbook for OCD by Hershfield, Jon (ebook)

The Mindfulness Workbook for OCD offers practical and accessible tools for managing the unwanted thoughts and compulsive urges that are associated with OCD. With this workbook, you will develop present-moment awareness, learn to challenge your own distorted thinking, and stop treating thoughts as threats and feelings as facts.

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