ANXIETY RELIEF GUIDE

Mindful Practices For Anxious People



ROBERT LAWRENCE

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<u>Understanding OCD</u> Leslie J. Shapiro, 2015-03-10 One of the most experienced therapists in the world for treatment resistant obsessive compulsive disorder OCD explains the disorder the treatments available and the skills needed to overcome and outsmart OCD This is an eye opening study of one of the most common psychiatric ailments diagnosed today obsessive compulsive disorder OCD Written by Leslie J Shapiro a renowned therapist at one of the most well known OCD facilities in the world this reference shares effective treatment strategies and clinical factors for helping therapists mental health professionals psychology students clergy and others deal with patients coping with this illness. The author offers case examples from her 15 years of residential work with patients demonstrating how sufferers even the most treatment resistant can get control of the condition Organized into three sections this guidebook first reveals how OCD and guilt are intertwined and explores survival instincts cultural factors and the nature of thoughts The second section covers aspects of the obsessive conscience such as scrupulosity moralosity and obsessive guilt The book s conclusion describes effective exposure and response prevention strategies for these symptoms and examines methods of treatment that augment and help maintain recovery An in depth discussion on the differences between compulsive and impulsive behaviors as well as other treatment impediments is included Implicit Bias and Mental Health Professionals: C. Curtis Holmes Ph.D., Courtney Lamb LMSW,2023-06-05 As mental health professionals working at a child advocacy center CAC both authors have experienced and researched issues that impact each professional field which makes up the multidisciplinary team MDT These fields primarily include mental health professionals of children school counselors and school social workers forensic interviewers child and family advocates sexual assault nurse examiners CAC administrators Child Protective Service investigators law enforcement investigators prosecutors and other attorneys and judges Even mental health professionals of children who never intended to specialize in the CAC world will inevitably be working with numerous clients with a trauma and abuse history Therefore it is best if all mental health professionals of children become more aware of the CAC world of the workings of MDTs and of a greater understanding of systems and of implicit bias that influence thinking recommendations and professional behavior with cases of child abuse Vanity Fair ,2014

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