

New book gives therapists a complete guide to treating OCD with cognitive therapy.

Behavior therapy is among the most effective treatments for OCD—for those clients who can undergo it. Research tells us that as many as 25 percent of those with OCD refuse behavior therapy because of the exposure techniques it employs. Studies also say that cognitive therapy is as effective as behavior therapy in reducing symptoms of OCD. That's why psychologists Sabine Wilhelm and Gail Steketee have written *Cognitive Therapy for Obsessive-Compulsive Disorder: A Guide for Professionals*. In it they offer mental health practitioners:

- **A complete treatment protocol.** This includes guidelines for assessing the client's OCD, creating a cognitive model, assigning homework, client education, and application of specific cognitive techniques. It also includes sample agendas, sample dialogs, and examples of completed assigned exercises. In addition, the Appendix provides client worksheets, diagnostic checklists, diagrams illustrating the cognitive model, and client questionnaires.
- **Techniques for addressing common OCD issues.** The book includes information and guidelines for addressing perfectionism, desire for certainty, overestimation of danger, and other common OCD traits.
- **A thorough analysis of the research.** Wilhelm and Steketee provide a comprehensive look at what the data tells us about the effectiveness of current OCD treatments. They also examine client attitudes toward each one.

Cognitive Therapy for Obsessive-Compulsive Disorder is based on NIH-funded research.

ABOUT THE AUTHORS

Sabine Wilhelm, Ph.D., is associate professor of psychology at the Harvard Medical School. She directs the Cognitive Behavioral Therapy Program, the Body Dysmorphic Clinic and is clinical director of the Obsessive-Compulsive Disorder Clinic at Massachusetts General Hospital. A graduate of Marburg University in Germany, she completed her internship and post-doctoral fellowship at Massachusetts General Hospital/Harvard Medical School. Dr. Wilhelm's pioneering research on OCD and related disorders is funded by the National Institutes of Mental Health and by private foundations. She has lectured internationally and has published numerous articles and book chapters on OCD and related disorders. Dr. Wilhelm serves on several editorial boards and on the Scientific Advisory Board of the Obsessive-Compulsive Foundation. Her current research projects focus on understanding the nature of OCD, body dysmorphic disorder, and Tourette's syndrome and on developing new treatments for these disorders.

Gail S. Steketee, Ph.D., is professor and dean ad interim of the School of Social Work at Boston University. A graduate of Harvard University and Bryn Mawr College's Graduate School of Social Work and Social Research, Dr. Steketee has conducted research on the psychopathology and treatment of anxiety disorders, especially OCD and related conditions such as hoarding. She has published numerous articles and chapters on OCD and related anxiety disorders, as well as four books on OCD for clinicians and researchers and for sufferers and their families. She is principal investigator of two NIMH-funded studies on compulsive hoarding and together with Dr. Wilhelm has conducted an NIMH-funded study to develop and test a cognitive therapy for OCD. She serves on the Scientific Advisory Board for the Obsessive Compulsive Foundation and co-chairs a group of international researchers, the Obsessive-Compulsive Cognitions Working Group, who have developed and tested cognitive assessment strategies for OCD using multi-site research methods.

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