



# Clinician's Handbook for Obsessive Compulsive Disorder: Inference-Based Therapy

*Kieron O'Connor, Frederick Aardema*

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This book is the first to bring together new research to offer a hands-on clinical guide to treating people with all types of obsessive compulsive disorder (OCD) using an inference-based therapy (IBT).

- Provides clinical examples from the full range of OCD subtypes
- Coverage integrates theory and application
- Describes case management in detail - from initial assessment to terminating therapy and follow-up
- Shows how IBT can also be generalized and applied to other serious psychiatric disorders

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