

# Overcoming Obsessive-Compulsive Disorder - Client Manual (Best Practices for Therapy)



Effective protocols save time, increase the probability of obtaining good results, make it easier to train and supervise new therapists, and satisfy the needs of third parties to know that the proposed treatment follows the best available practices. Protocols are consistently formatted and organized; a detailed session-by-session treatment program that includes worksheets, homework assignments, in-session treatment exercises, and didactic material; specific assessment measures both for the target disorder and for the overall treatment program; a treatment plan summary for managed care requirements. This protocol outlines a fourteen-session treatment for individual adults diagnosed with obsessive-compulsive disorder. This protocol is based on imagined exposure, in vivo exposure, response prevention, and avoidance reduction.

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