



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

By Matthew McKay PhD, Gail Steketee PhD

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The client manual to a 14-session treatment. Techniques include imagined exposure, in vivo exposure, response prevention, and avoidance reduction. 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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Editorial Review

Review

About the Author

Matthew McKay, PhD, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *The Relaxation and Stress Reduction Workbook*, *Self-Esteem, Thoughts and Feelings*, *When Anger Hurts*, and *ACT on Life Not on Anger*. McKay received his PhD in clinical psychology from the California School of Professional Psychology, and specializes in the cognitive behavioral treatment of anxiety and depression. He lives and works in the greater San Francisco Bay Area.

Gail Steketee, PhD, is a professor and co-chair in the department of clinical practice at the School of Social Work at Boston University. She is coauthor of *Buried in Treasures*.

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