

## **Mindfulness Workbook For Ocd A Guide To Overcoming Obsessions And Compulsions Using Mindfulness And Cognitive Behavioral Therapy New Harbinger Self Help Workbook**

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### **Mindfulness Workbook For Ocd A**

Combining mindfulness practices with cognitive behavioral therapy (CBT), The Mindfulness Workbook for OCD offers practical and accessible tools for managing the unwanted thoughts and compulsive urges that are associated with OCD. With this workbook, you will develop present-moment awareness, learn to challenge your own distorted thinking, and stop treating thoughts as threats and feelings as facts.

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He is author of When a Family Member Has OCD, and coauthor of The Mindfulness Workbook for OCD and Everyday Mindfulness for OCD. Tom Corboy, MFT, is the executive director of the OCD Center of Los Angeles, which he founded in 1999. He is a licensed psychotherapist specializing in MBCBT for the treatment of OCD and related anxiety-based conditions.

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The Mindfulness Workbook for OCD 156 Making matters worse, another human being is directly involved. There's a sense of responsibility for how the other person's life turns out. The fear that you stayed with the wrong person not only makes you hate what you've allowed yourself to become, but also

### **Mindfulness Workbook for OCD - OCD Center of Los Angeles**

Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbook) Paperback - 20 Feb 2014 by Jon Hershfield (Author), Tom Corboy (Author) 4.6 out of 5 stars 242 ratings See all 2 formats and editions

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The Mindfulness Workbook for OCD by Jon Hershfield & Tom Corboy If you have obsessive-compulsive disorder (OCD), you might have an irrational

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fear of being contaminated by germs, or obsessively double-check things. You may even feel like a prisoner, trapped with your intrusive thoughts.

### **The Mindfulness Workbook for OCD - What Study**

Jon Hershfield, MFT, and Tom Corboy, MFT, are the authors of the new book, *The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy* (New Harbinger Self-Help Workbooks, 2013). causes, and to resist trying to change it with compulsions.

### **www.ocdla.com**

Hershfield and Corboy are also the authors of the new book, *The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy* (New Harbinger Self-Help Workbooks, 2013). This article was initially published in the Spring 2014 edition of the OCD Newsletter.

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--Lee Baer, PhD, author of *Getting Control* and *The Imp of the Mind*, and clinical professor of psychology at Harvard Medical School "The Mindfulness Workbook for OCD is a unique must-have companion to enhance the standard application of ERP treatment for both therapists and individuals living with OCD.

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