Ocd - The Erp Cure: 5 Principles and 5 Steps to Turning Off Ocd!

By Dr Christian R Komor

Createspace, United States, 2012. Paperback. Book Condition: New. 194 x 124 mm. Language: English . Brand New Book ***** Print on Demand *****.In spite of millions of research dollars expended, the only consistently successful treatment for Obsessive Compulsive Disorder (OCD) continues to be Exposure to the feared stimulus while maintaining Awareness of the irrationality of the obsession and Preventing the normal ritual Response (or ERP for short). Based on his experience training thousands of counselors in optimal methodology for treating OCD and treating hundreds of OCD patients internationally-recognized OCD Spectrum Disorders expert Dr. Christian R. Komor has prepared this handy, step-by-step guide to what he calls ERP+. The guide is based on hundreds of interviews with people with OCD over a 15 year period and includes special techniques and elements not found elsewhere in the literature. There is also a special bonus exercise - The ERP Genie.

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