

Daring To Challenge Ocd Overcome Your Fear Of Treatment And Take Control Of Your Life Using Exposure And Response Prevention

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Daring to Challenge OCD: Overcome Your Fear of Treatment ...

Daring to Challenge OCD: Overcome Your Fear of Treatment and Take Control of Your Life Using Exposure and Response Prevention. If you have obsessive-compulsive disorder (OCD), you may suffer from obsessive thoughts and anxiety, and use compulsions to alleviate your distress.

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In Daring to Challenge OCD, anxiety specialist Joan Davidson, PhD, gives a thorough overview of ERP, what to expect during treatment, and offers gentle guidance to help you finally overcome the common fears and obstacles that can stand in the way of getting the help you need. Three clients with different OCD symptoms share their personal stories and insights about OCD and treatment.

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