

## عنوان مقاله:

Exposure therapy for OCD from an acceptance and commitment therapy (ACT) framework

## محل انتشار:

اولین کنفرانس بین المللی نوآوری و تحقیق در علوم تربیتی، مدیریت و روانشناسی (سال: 1395)

تعداد صفحات اصل مقاله: 19

## نویسنده:

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## خلاصه مقاله:

and commitment therapy (ACT) framework. The model on which ACT is based is covered, including its philosophy, basic research, targeted process of change, individual treatment components and general manual. Specific suggestions for how to prepare, select, setup and conclude exposure exercises from an ACT perspective are included and illustrated using the case of Maryam as an example. Empirical support for this approach is briefly covered

## کلمات کلیدی:

Acceptance and Commitment Therapy Exposure with response prevention Obsessive Compulsive Disorder Exposure Psychological flexibility

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/628101>

