



Treating Impulse Control Disorders: A Cognitive-Behavioral Therapy Program, Therapist Guide (Treatments That Work)

Jon E. Grant, Christopher B. Donahue, Brian L. Odlaug

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Impulse control disorders (I.C.Ds.) include pathological gambling, kleptomania, trichotillomania, intermittent explosive disorder, and pyromania, and are characterized by difficulties resisting urges to engage in behaviors that are excessive or ultimately harmful to oneself or others. I.C.Ds. are relatively common among adolescents and adults, carry significant morbidity and mortality, and can be effectively treated with behavioral and pharmacological therapies. This guide includes all the information and materials necessary to implement a successful cognitive behavioral therapy program for impulse control disorders (C.B.T.-I.C.D.). This evidence-based intervention was developed for the treatment of pathological gambling, kleptomania, compulsive buying, and pyromania. Originators of interventions for impulse control disorders, the authors review the background and diagnostic information for each I.C.D. as well as available treatment outcome studies; the assessment process for each I.C.D. problem and the individual therapy sessions are also reviewed. This format affords you the flexibility to treat one or more I.C.D. problem, and since they co-occur, this approach is essential. This therapist guide and its corresponding workbook form a complete treatment package. It is a resource that no clinician specializing in these disorders can do without.

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Exactly why? Because this Treating Impulse Control Disorders: A Cognitive-Behavioral Therapy Program, Therapist Guide (Treatments That Work) is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will surprise you with the secret it inside. Reading this book beside it was fantastic author who also write the book in such wonderful way makes the content within easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of benefits than the other book possess such as help improving your skill and your critical thinking method. So , still want to delay having that book? If I were being you I will go to the reserve store hurriedly.

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