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# Coping with Obsessive-Compulsive Disorder: A Step-by-Step Guide Using the Latest CBT Techniques (Coping with (Oneworld))

*Jan van Niekerk*

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**Coping with Obsessive-Compulsive Disorder: A Step-by-Step Guide Using the Latest CBT Techniques (Coping with (Oneworld))** Jan van Niekerk
Integrating established strategies with new methods derived from the recently developed Inference-Based Approach (IBA) to the treatment of OCD, this is a ground-breaking work. By initially laying the groundwork to help readers understand their condition, this book leads them through the decisions they will have to make about treatment, offering easy-to-use tools for preparing and carrying out their self-help program. By focusing on looking differently at life and relationships, following a healthy lifestyle and the practice of regular relaxation, this book is a practical guide to preventing relapse, and re-claiming an uninhibited life.

Dr. Jan van Niekerk is a Clinical Psychologist and resides in Cambridge, UK.

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