

Thérapie cognitive-comportemental des troubles d'anxiété chez l'adulte

6- TCC du trouble obsessionnel-compulsif

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Le Trouble Obsessionnelcompulsif Le Manuel Du Theacuterapeute

Luc Mallet, Anne-Hélène Clair



Le Trouble Obsessionnelcompulsif Le Manuel Du Theacuterapeute:

Le trouble obsessionnel-compulsif Alain Sauteraud,2005 Ce manuel qui s adresse aux m decins devant s occuper de patients souffrant de trouble obsessionnel compulsif TOC suit de mani re d taill e la d marche de prise en charge d un malade diagnostic indication th rapeutique conduite du traitement Des exemples de dialogues patients th rapeutes illustrent le propos

Les Troubles obsessionnels compulsifs (TOC) Luc Mallet,Anne-Hélène Clair,2024-06-12T00:00:00+02:00 V rifier plusieurs fois que la porte est bien ferm e s assurer cent fois que tout est bien rang se laver les mains sans cesse par peur de la contamination Autant de pens es et de comportements r p t s difficiles contr ler qui s accompagnent de beaucoup d anxi t et qui sont les sympt mes de troubles obsessionnels compulsifs ou TOC Loin de la n vrose obsessionnelle le TOC est aujourd hui reconnu comme une maladie part enti re par les manuels de sant mentale Gr ce aux neurosciences nous savons d sormais que plusieurs dysfonctions c r brales en sont l origine Les deux traitements de premi re intention les m dicaments agissant sur la s rotonine et les th rapies cognitives et comportementales TCC parviennent traiter plus de la moiti des patients Pour les autres les chercheurs continuent de tester des dispositifs permettant de diminuer les sympt mes la souffrance et le handicap qui y sont souvent associ s La recherche progresse chaque jour pour mieux comprendre ce trouble et ainsi mieux le soigner

Les troubles obsessionnels compulsifs Martine Bouvard,2006 L originalit de cette deuxi me dition r side dans l introduction en fin d ouvrage d un manuel destin au patient qui permet de l informer sur le Toc sa fr quence et les diff rentes th rapies adapt es Ce suppl ment inclut 20 exercices pour s valuer seul ou avec le th rapeute en suivant la trame progressive de la th rapie cognitive et comportementale Se manifestant en g n ral chez le jeune adulte et souvent ignor par l entourage le Toc est une maladie tr s invalidante qui finit par envahir tout et d truire la vie familiale aussi bien que professionnelle du sujet Touchant pr s de 2 5 % de la population elle n est plus consid r e comme une maladie mentale rare et aujourd hui de r elles solutions th rapeutiques peuvent tre mises en place Ainsi l objectif de cet ouvrage est d offrir aux psychoth rapeutes psychiatres et psychologues une meilleure connaissance des traitements utiles aux patients souffrant de Toc Maladie h t rog ne certaines cat gories du Toc demandent en effet une strat gie th rapeutique sp cifique Deux m thodes de traitement reconnues sont expos es la th rapie comportementale et cognitive et la pharmacologie antid presseurs Aujourd hui ces traitements peuvent tre combin s et ont consid rablement am lior le pronostic de l affection Des exemples cliniques illustrent l ouvrage ainsi que des protocoles th rapeutiques adapt s et les diff rentes tapes d une th rapie

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