



# Concepts and Controversies in Obsessive-Compulsive Disorder (Series in Anxiety and Related Disorders)

*Jonathan S. Abramowitz, Arthur C. Houts*

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## **Concepts and Controversies in Obsessive-Compulsive Disorder (Series in Anxiety and Related Disorders)** Jonathan S. Abramowitz, Arthur C. Houts

This unique volume gives readers a front-row seat at an exciting and crucial symposium. Recent advances in theory and treatment have significantly increased our understanding of obsessive-compulsive disorder (OCD). Yet research on OCD generally falls in categories of either behavioral or biological, and rarely do the two meet. *Concepts and Controversies in Obsessive-Compulsive Disorder* bridges this gap admirably. Featuring an international panel of 42 experts, this volume focuses in depth on—and presents opposing viewpoints to—the seven conceptual and practical disputes that characterize the field today: - categorical versus dimensional perspectives on symptoms - animal versus behavioral models - single OCD entity versus OCD spectrum - neuropsychiatric versus cognitive-behavioral models - cognitive therapy versus exposure therapy - self-directed versus therapist-directed treatment - medication versus cognitive-behavioral therapy. These issues are presented in a debate format, with each side contributing a position paper on the topic, followed by a rebuttal from the opposite perspective. To further enrich the debate, timely chapters examine special areas such as sexual addictions, body dysmorphic disorder, trichotillomania, Tourette's syndrome, and compulsive shopping in the context of OCD. This level of discussion and argument, with its possibility for collaboration and integration, makes *Concepts and Controversies of Obsessive Compulsive Disorder* unique and productive reading for students, researchers, and therapists of all orientations as they design the next generation of theory and greater nuances of treatment.

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