

Title:

New Hope For Sufferers Of Obsessive And Compulsive Disorders

Word Count:

652

Summary:

There are so many people suffering with one form or another of a group of disorders that don't

Relatively little is known about Obsessive Compulsive Disorder (OCD), Body Dysmorphic Disorder

Just lately I've noticed ...

Keywords:

obsessive, compulsive, BDD, OCD, eating disorders, hypnosis, hypnotherapy, hypnotherapists

Article Body:

There are so many people suffering with one form or another of a group of disorders that don't

Relatively little is known about Obsessive Compulsive Disorder (OCD), Body Dysmorphic Disorder

Just lately I've noticed an increase in the number of people asking him to help them with one

BDD - Body dysmorphic disorder - is a term used to describe a condition which involves feeling

These 'bad feelings' generated by BDD can be very exaggerated and tend to give rise to a large

For example, people with BDD will repeatedly check the way they look in the mirror or reflecti

To Stop the BDD, four basic techniques are used during treatment.

Firstly people who have suffered from body dysmorphic disorder are taught to relax and distres

Secondly, a brief look at the feelings and emotions causing this challenge for a person are so

Third, people are taught how to get out of those obsessive loops of thought which have given r

Fourth, people are helped to project themselves and their new positive and confident self imag

The estimated number of sessions for the treatment of BDD is 6 - 10, and theses sessions will

Alan is very happy to provide free consultations to anyone interested in finding out about his

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>