## Richard Thwaites

## List of Publications by Year in descending order

Source: https:/|exaly.com/author-pdf/5317404/publications.pdf
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Understanding why people with OCD do what they do, and why other people get involved: supporting1 people with OCD and loved ones to move from safety-seeking behaviours to approach-supporting
behaviours. The Cognitive Behaviour Therapist, 2022, 15, .
$2 \hat{a} €^{\sim}$ Courses for Horsesâ $€^{\text {TM. }}$ : designing, adapting and implementing self practice/self-reflection programmes. The Cognitive Behaviour Therapist, 2019, 12, .
Developing Metacompetence in Low Intensity Cognitiveâ€Behavioural Therapy (CBT) Interventions: 6 Evaluating a Selfâ€Practice/Selfâ $€$ Reflection Programme for Experienced Low Intensity CBT Practitioners. Australian Psychologist, 2015, 50, 311-321.
A Measurable Impact of a Selfâ€Practice/Selfâ€Reflection Programme on the Therapeutic Skills of
Experienced Cognitiveâ€Behavioural Therapists. Clinical Psychology and Psychotherapy, 2015, 22, 176-184.

