As you know, CRCT has started to prevail in Japan as a drastic therapeutic method for patients with various kinds of deviated behaviors. These behavioral traits include addictive diseases, eating disorders, and OCD (Obsessive Compulsive Disorders). Despite the development of treatments for various kinds of anxiety disorders, OCD has become widely known as one of the difficult disorders to cure sufficiently.

To tell the truth, until I came to know this method, I had had difficulty coping with a lot of OCD patients, including those with obsessive compulsive behavioral traits, or such tendencies, including those not being diagnosed as OCD.

I’m going to make a presentation leading to some discussions considering the recovery process of several patients with obsessive compulsive ideas or behaviors. I cannot help but hope that CRCT would spread throughout the world for the sake of enormous amount of patients in need, because of the following merits of this epoch-making method.

1. Additional method (to other conventional ones)
2. Brief therapy, to practice for beginners
3. Convenient procedures, and few side effects
4. Decisive tool, both theoretically and clinically
5. Economical means (low-cost)