

David A. Clark Ph.D.

David A. Clark, PhD, is Professor Emeritus, Department of Psychology, University of New Brunswick, Canada and a practicing clinical psychologist with 30+ years in providing cognitive behavioural treatment for OCD. He received his PhD from the Institute of Psychiatry is a Fellow of the Canadian Psychological Association, Founding Fellow/Trainer Consultant of the Academy of Cognitive Therapy, and ad hoc consultant with the Beck Institute. He was a founding member of the Obsessive Compulsive Cognitions Working Group, and recipient of the Aaron T. Beck Award in 2008. Dr. Clark has conducted training workshops on CBT of OCD and anxiety disorders globally including Hong Kong, China, Australia, Europe, Britain, Turkey, and the United States to name but a few. He has co-authored several publications with Dr. Beck including *Cognitive Therapy for Anxiety Disorders* (Guilford, 2010), and *The Anxiety and Worry Workbook* (Guilford, 2012). He is sole author of *The Mood Repair Toolkit* (Guilford, 2014), *The Anxious Thoughts Workbook* (2018, New Harbinger), and *The Negative Thoughts Workbook* (2020, New Harbinger). His most recent OCD publication is *Cognitive-Behavioral Therapy for OCD and Its Subtypes* (2020, Guilford). A second edition of *The Anxiety and Worry Workbook* was published in April.