

كلية العلوم الإنسانية والاجتماعية

قسم التاريخ

شعبة الثقافة الشعبية

مذكرة التخرج لنيل شهادة الماجستير

تخصص الفنون العلاجية في التراث الجزائري

الأمراض النفسيّة والعلاج الغيبي

الوسواس القهري - نموذجا -

تحت إشراف: أ.د مليكا بن منصور

من إعداد الطالب : هواري غوتي

لجنة المناقشة:

رئيسا	جامعة تلمسان	أستاذة محاضرة(أ)	- د. بن عصمان جويدة
مشرفا و مقررا	جامعة تلمسان	أستاذة التعليم العالي	- أ.د. بن منصور مليكة
عضو و مناقشا	جامعة تلمسان	أستاذ محاضرة(أ)	- د. حضري فضيل
عضو و مناقشا	جامعة تلمسان	أستاذ محاضرة(أ)	- د. عطار عبد المجيد

## شكر وتقدير

أتقدم بالشكر الجزيل:

أولاً للأستاذة المشرفة الدكتورة بن منصور مليكة على تحملها تعب

الإشراف على هذه المذكرة،

كما أشكر أيضاً الأستاذة بن عصمان جويدة التي تكريمت وقبلت رئاسة لجنة المناقشة لهذا

العمل المتواضع،

تشكراتي أيضاً للأستاذ حضري فضيل، والأستاذ عبد المجيد عطار، اللذين وافقا على

مناقشة هذا العمل المتواضع.

وإلى كل من قدّم لي يد المساعدة من قريب أو بعيد.

## الإهداء

أهدي ثمرة جهدي المتواضع

• الى من حملتني وهنا على وهنا وسهرت اللّيالي: أمي الغالية.

• الى الذي عمل جاهدا لسعادنا: أبي العزيز.

أطال الله في عمرهما.

• الى روح التي ربّتني "جدتي" رحمها الله.

• الى من كانت لي عونا وسندًا في مشواري الدراسى والبحثى: زوجتى الحبيبة.

• الى فلذات كبدي وقرة عيني أبنائي: إلياس، مروة، وصفاء حفظهم الله.

• الى جميع اخوتي.

• الى كل من علمني حرفا، وكل من يحمل لي ذرة حب واحترام

• الى كل من مد لي يد العون من قريب أو بعيد.

أهدي هذا العمل المتواضع.



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(Anthony & Swanson, 2001)

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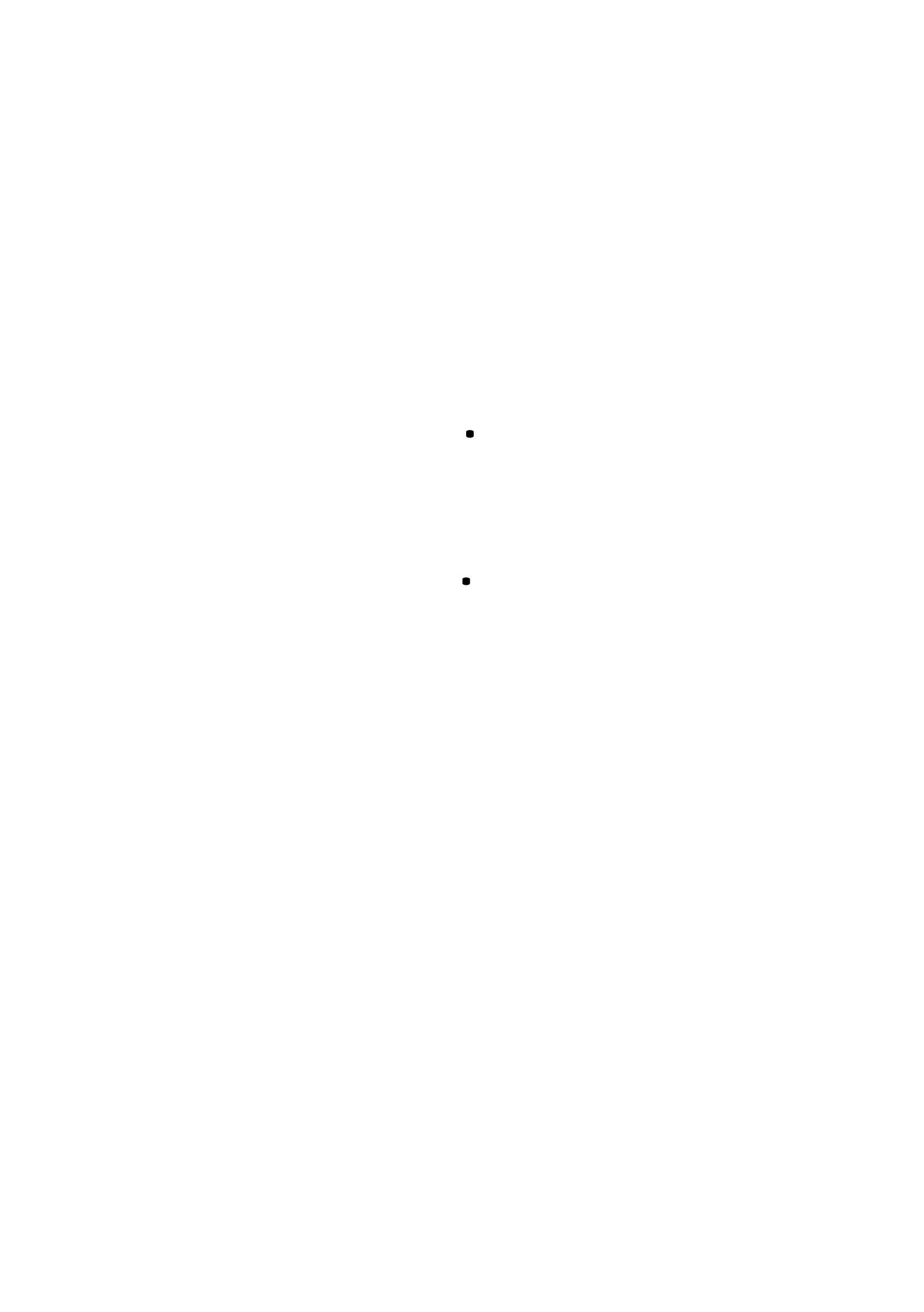
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Le rokian est une thérapie comportementale et cognitive qui vise à réduire les symptômes d'obsession et de compulsions. Il s'agit d'un traitement basé sur la théorie des processus cognitifs et comportementaux. Le rokian utilise des techniques telles que l'exposition et la réponse opposée, la thérapie par renforcement et la thérapie par extinction pour aider les patients à modifier leurs pensées et comportements négatifs.

### **Résumé:**

Nous avons reflété dans cette recherche clairement l'efficacité de traitement «rokian» sur les cas de Troubles obsessionnel compulsif et ceci a été confirmé par les résultats pré et post du test appliqués

### **Mots clés:**

Psychopathologie, obsession, rokian.

### **Abstract:**

We have reflected in this research clearly the effectiveness of treatment "rokian" on the cases of Obsessive Compulsive Disorder and this was confirmed by the pre / and post results of the applied test.

### **Keywords:**

Psychopathology, obsession, rokian.