

Can I Tell You About OCD

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When a Family Member Has OCD - Jon Hershfield 2015-12-01

When someone has obsessive-compulsive disorder (OCD), it can affect the entire family. This book is an essential guide to help family members cope with their loved one's compulsive behaviors, obsessions, and constant need for reassurance. If your loved one has OCD, you may be unsure of how to express your concerns in a compassionate, effective way. In *When a Family Member Has OCD*, you and your family will learn ways to better understand and communicate with each other when OCD becomes a major part of your household. In addition to proven-effective cognitive behavioral therapy (CBT) and mindfulness techniques, you'll find comprehensive information on OCD and its symptoms, as well as advice for each affected family member. OCD affects millions of people worldwide. Though significant advances have been made in medication and therapeutic treatments of the disorder, there are few resources available to help families deal with the impact of a loved one's symptoms. This book provides a helpful guide for your family.

Overcoming Harm OCD - Jon Hershfield 2018-12-01

Don't let your thoughts and fears define you. In *Overcoming Harm OCD*, psychotherapist Jon Hershfield offers powerful cognitive behavioral therapy (CBT) and mindfulness tools to help you break free from the pain and self-doubt caused by harm OCD. Do you suffer from violent, unwanted thoughts and a crippling fear of harming others? Are you afraid to seek treatment for fear of being judged? If so, you may have harm OCD—an anxiety disorder associated with obsessive-compulsive disorder (OCD). First and foremost, you need to know that these thoughts do not define you as a human being. But they can cause a lot of real emotional pain. So, how can you overcome harm OCD and start living a better life? Written by an expert in treating harm OCD, this much-needed book offers a direct and comprehensive explanation of what harm OCD is and how to manage it. You'll learn why you have unwanted thoughts, how to identify mental compulsions, and find an overview of cognitive-behavioral and mindfulness-based treatment approaches that can help you reclaim your life. You'll also find tips for disclosing violent obsessions, finding adequate professional help, and working with loved ones to address harm OCD systemically. And finally, you'll learn that your thoughts are just thoughts, and that they don't make you a bad person. If you have harm OCD, it's time to move past the stigma and start focusing on solutions. This evidence-based guide will help light the way.

Can I Tell You about OCD? - Amita Jassi 2013

Introducing Katie, who has OCD - Obsessions - Compulsions - Avoidance - How I was diagnosed - Why have I got OCD? - How OCD affects school - How OCD affects home - How OCD affects friendships - Treatments for OCD - How family and friends can help - How I can be helped at school. *Touch and Go Joe* - Joe Wells 2006

Runner up in the Nasen and TES Special Education Needs Book Awards 2006 €. 'I feel as if I have been waiting for this book. Children and teenagers with obsessive compulsive disorder (OCD) have been asking for this book for years.' - from the foreword by Isobel Heyman. 'A fantastic achievement - as equally valuable as an inspiration for those with the condition and an insight for those who wish to understand it better. A brave and fascinating book.' - Jarvis Cocker, Pulp. 'Joe comes across wise beyond his years when it comes to perception of OCD and how it should be treated, not to menti.

Stand Up to OCD! - Kelly Wood 2019-06-21

Stand up to OCD! Imagine each person's brain has a captain and crew. For a person struggling with OCD, it's as if OCD has kidnapped the captain and changed the settings in the brain. Luckily there are plenty of tips and skills you can learn to disobey OCD and not do what he tells you. Join David, Riya and Sarah as they find out about how OCD sneaks into their lives and all the tricks you can use to stand up to OCD! This illustrated CBT self-help guide and workbook is ideal for young people

with OCD ages 12-17 years. It gives teens a deeper understanding of how OCD works and how they can carry out their own CBT with the help of the interactive workbook at the back of the book.

Freedom from Obsessive Compulsive Disorder - Jonathan Grayson 2014-05-06

Nearly six million Americans suffer from the symptoms of obsessive-compulsive disorder, which can manifest itself in many ways: paralyzing fear of contamination; unmanageable "checking" rituals; excessive concern with order, symmetry, and counting; and others. *Freedom from Obsessive-Compulsive Disorder* provides Dr. Jonathan Grayson's revolutionary and compassionate program for finally breaking the cycle of overwhelming fear and endless rituals, including: Self-assessment tests that guide readers in identifying their specific type of OCD and help track their progress in treatment Case studies from Dr. Grayson's revolutionary and profoundly successful treatment program Blueprints for programs tailored to particular manifestations of OCD Previously unexplored manifestations of OCD such as obsessive staring, Relationship OCD (R-OCD), obsessive intolerance of environmental sounds and chewing sounds Therapy scripts to help individuals develop their own therapeutic voice, to motivate themselves to succeed New therapies used in conjunction with exposure techniques "Trigger sheets" for identifying and planning for obstacles that arise in treatment Information on building a support group And much more Demystifying the process of OCD assessment and treatment, this indispensable book helps sufferers make sense of their own compulsions through frank, unflinching self-evaluation, and provides not only the knowledge of how to change—but the courage to do it.

Obsessive-Compulsive Disorder - Natalie Rompella 2009-04-23

Obsessive-Compulsive Disorder strikes one in fifty adults. However, the disorder often remains untreated in young adults, despite advances in diagnostics. Though so many people suffer from OCD, very few seek professional help. *Obsessive-Compulsive Disorder: The Ultimate Teen Guide* helps teens understand OCD in greater detail. The guide explains different forms of OCD (checking, cleaning, scrupulosity) and related disorders (such as Obsessive-Compulsive Personality Disorder, Tourette's Syndrome, and Asperger's Disorder). Author Natalie Rompella voices many common concerns teens have when confronted with OCD, including how to deal with school, work, and friends. The book also discusses uncomfortable topics, such as obsessions with sexuality and other unwanted thoughts. The book features insights from teens who suffer from OCD, letting others know they are not alone. The book also encourages teens to seek help through treatment and provides details of different treatment options.

Talking Back to OCD - John S. March 2006-12-28

No one wants to get rid of obsessive-compulsive disorder more than someone who has it. That's why *Talking Back to OCD* puts kids and teens in charge. Dr. John March's eight-step program has already helped thousands of young people show the disorder that it doesn't call the shots—they do. This uniquely designed volume is really two books in one. Each chapter begins with a section that helps kids and teens zero in on specific problems and develop skills they can use to tune out obsessions and resist compulsions. The pages that follow show parents how to be supportive without getting in the way. The next time OCD butts in, your family will be prepared to boss back—and show an unwelcome visitor to the door. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

OCD For Dummies - Laura L. Smith 2022-10-25

Manage OCD and live a better life, thanks to this friendly *Dummies* guide. People with obsessive-compulsive disorder (OCD) need skills and tools to manage their symptoms. *OCD For Dummies* offers help for you or your loved one when it comes to recognizing, diagnosing, treating, and living with this common mental and behavioral disorder. *Dummies* gives you all

the information you need on getting your symptoms under control and working toward remission. This edition updates you with the latest research on OCD, new therapeutic treatments, and all the most up-to-date resources to help you along on your OCD journey. You're not alone—there are millions of people out there who understand what you're going through, and *OCD For Dummies* does, too. Understand obsessive-compulsive disorder and get the help you need with this book. Discover what causes OCD and learn how to identify the symptoms and early warning signs. Learn about the latest medications, treatments, and resources available to help manage OCD symptoms. Differentiate between OCD and related disorders so you can get the right help. Help a loved one who suffers from OCD and get tips on how you can be supportive. If you or someone you know has symptoms of OCD or has received a recent diagnosis, this book will gently guide you through building the skills and awareness that will let you live life to its fullest.

Pure - Rose Bretécher 2016-04-07

Now a major Channel 4 series, Rose Cartwright has OCD, but not as you know it. *Pure* is the true story of her ten-year struggle with 'Pure O', a little-known form of the condition, which causes her to experience intrusive sexual thoughts of shocking intensity. It is a brave and frequently hilarious account of a woman who refused to give up, despite being undermined at every turn by her obsessions and enduring years of misdiagnosis and failed therapies. Eventually, the love of family and friends, and Rose's own courage and sense of humour prevailed, inspiring this deeply felt and beautifully written memoir. At its core is a lesson for all of us: when it comes to being happy with who we are, there are no neat conclusions.

The Man Who Couldn't Stop - David Adam 2014-04-10

A Sunday Times Bestseller. Have you ever had a strange urge to jump from a tall building, or steer your car into oncoming traffic? You are not alone. In this captivating fusion of science, history and personal memoir, writer David Adam explores the weird thoughts that exist within every mind, and how they drive millions of us towards obsessions and compulsions. David has suffered from OCD for twenty years, and *The Man Who Couldn't Stop* is his unflinchingly honest attempt to understand the condition and his experiences. What might lead an Ethiopian schoolgirl to eat a wall of her house, piece by piece; or a pair of brothers to die beneath an avalanche of household junk that they had compulsively hoarded? At what point does a harmless idea, a snowflake in a clear summer sky, become a blinding blizzard of unwanted thoughts? Drawing on the latest research on the brain, as well as historical accounts of patients and their treatments, this is a book that will challenge the way you think about what is normal, and what is mental illness. Told with fierce clarity, humour and urgent lyricism, this extraordinary book is both the haunting story of a personal nightmare, and a fascinating doorway into the darkest corners of our minds.

OCD - Michael A. Tompkins 2012-01-01

When someone is diagnosed with obsessive-compulsive disorder (OCD), chances are they've been living with the symptoms for a long time. People with OCD may have long felt embarrassed by their thoughts and behaviors, which may include fear of contamination, the need for symmetry, pathological doubt, aggressive thoughts, repeating behaviors, and obsessive cleaning. *OCD: A Guide for the Newly Diagnosed* helps readers understand how OCD works so they can develop better strategies for coping with their symptoms. This pocket guide offers guidance for coping with the diagnosis itself, discusses stigmas related to OCD, and includes help for readers unsure of who they should tell about the diagnosis. Readers also learn about the most effective treatment approaches and easy ways to begin to manage their OCD symptoms. An OCD diagnosis can be a devastating event, or it can be a catalyst for positive change. Books in the *Guides for the Newly Diagnosed* series provide readers with all the tools they need to process a diagnosis in the healthiest way possible, and then move forward to manage their symptoms so that the disorder doesn't get in the way of living a fulfilling life. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives. This book is a part of New Harbinger Publications' *Guides for the Newly Diagnosed* series. The series was created to help people who have recently been diagnosed with a mental health condition. Our goal is to offer user-friendly resources that provide answers to common questions readers may have after receiving a

diagnosis, as well as evidence-based strategies to help them cope with and manage their condition, so that they can get back to living a more balanced life. Visit www.newharbinger.com for more books in this series.

Obsessive-Compulsive and Related Disorders - Dan J. Stein 2015

This resource includes individual chapters on the phenomenology, pathogenesis, pharmacotherapy and psychotherapy of OCD and other related disorders, and features fully updated content and research, as well as a resources chapter, and an appendix with summaries of the major rating scales used to assess patients with OCD.

The Beating OCD Workbook: Teach Yourself - Stephanie Fitzgerald 2015-09-10

Are you suffering from OCD? Do you want to learn techniques for overcoming destructive rituals or troubling thoughts? Would you like lasting strategies to help you stay free of OCD for good? This workbook provides an interactive course of CBT to tackle OCD. It doesn't just tell you how to feel better -- by using diagnostic tests, practical exercises and thought challenges, it will show you how to feel better. The coverage includes all the forms and presentations of OCD, while the exercises and support throughout will give you a feeling of real progress. Helpful sections for relatives on how to help you best will all go towards preventing future relapses and help you to regain control of your life for good. "A great CBT workbook to guide towards OCD recovery" - Ashley Fulwood, Chief Executive of www.OCDUK.org

Freeing Your Child from Obsessive-Compulsive Disorder - Tamar Chansky, Ph.D. 2001-07-10

If you're a parent of one of the more than one million children in this country with obsessive-compulsive disorder, you know how confusing, even frightening, the symptoms of OCD can be. You're terrified of losing your child and angry about the havoc this disorder has wreaked in your family. More than anything, you want to be able to unlock the secrets of OCD, understand the cause of your child's bizarre symptoms, and help your child break free of these disruptive, relentless thoughts and actions. In her landmark book, *Freeing Your Child from Obsessive-Compulsive Disorder*, Dr. Tamar E. Chansky creates a clear road map to understanding and overcoming OCD based on her successful practice treating hundreds of children and teenagers with this disorder. In Part I, Dr. Chansky "cracks the code" of the peculiar rules and customs of OCD - the handwashing, tapping, counting, and so forth. She explains how OCD is diagnosed, how to find the right therapist partner, and how to tailor treatment options to your child's needs. You'll learn how powerful behavioral modification can be and when medication can help. In Part II, you'll learn how not to be pulled in by your child's debilitating rituals at home or at school, how to talk to your child about the "brain tricks" OCD causes, and how to create an effective OCD battle plan that will empower your child to "boss back" the OCD monster. You'll also learn how to cope in moments of crisis. Part III offers specific advice for how to help your child handle the most common manifestations of OCD such as fears of contamination, checking, getting things "just right," intrusive thoughts, and more. Part IV is an indispensable guide to additional resources, including books, videos, organizations, and websites. Filled with Dr. Chansky's compassionate advice and inspiring words from the many children with OCD whom she has helped, this book will be your lifeline. Battling back from OCD is hard work, but with the comprehensive, proven guidance in this book, you can help your child reclaim a life free from its grip.

OCD - Michael R. Emlet 2004

Obsessive-compulsive thinking and behavior: Is it disobedience? Is it a disease/disorder? Both? How can you tell? How can you help? Emlet discusses the causes of OCD and gives a biblical approach to helping those who fight it. He shows how trusting in Jesus Christ "brings freedom from the tyranny of performance and perfectionism."

Diagnostic and Statistical Manual of Mental Disorders - 2022

"DSM-5-TR includes fully revised text and references, updated diagnostic criteria and ICD-10-CM codes since DSM-5 was published in 2013. It features a new disorder, prolonged grief disorder, as well as codes for suicidal behavior available to all clinicians of any discipline without the requirement of any other diagnosis. With contributions from over 200 subject matter experts, this updated volume boasts the most current text updates based on the scientific literature. Now in four-color and with the ability to authenticate each printed copy, DSM-5-TR provides a cohesive, updated presentation of criteria, diagnostic codes, and text. This latest volume offers a common language for clinicians involved in the diagnosis and study of mental disorders and facilitates an objective assessment of symptom presentations across a variety of clinical settings-inpatient, outpatient, partial hospital, consultation-liaison, clinical, private practice,

and primary care. Important updates in DSM-5-TR include 1) fully revised text for each disorder with updated sections on associated features, prevalence, development and course, risk and prognostic factors, culture, diagnostic markers, suicide, differential diagnosis, and more; 2) addition of prolonged grief disorder (PGD) to Section II; 3) over 70 modified criteria sets with helpful clarifications since publication of DSM-5; 4) fully updated Introduction and Use of the Manual to guide usage and provide context for important terminology; 5) considerations of the impact of racism and discrimination on mental disorders integrated into the text; 6) new codes to flag and monitor suicidal behavior, available to all clinicians of any discipline and without the requirement of any other diagnosis; 7) fully updated ICD-10-CM codes implemented since 2013, including over 50 coding updates new to DSM-5-TR for substance intoxication and withdrawal and other disorders"--

Being Me with OCD - Alison Dotson 2013-10-18

Part memoir, part self-help for teens, *Being Me with OCD* tells the story of how obsessive-compulsive disorder (OCD) dragged the author to rock bottom—and how she found hope, got help, and eventually climbed back to a fuller, happier life. Using anecdotes, self-reflection, guest essays, and thorough research, Dotson explains what OCD is and how readers with OCD can begin to get better. With humor, specific advice, and an inspiring, been-there-beat-that attitude, readers will find the book simultaneously touching and practical.

Overcoming OCD and Finding Myself - Eesa Khan 2017-06-21

In *Overcoming OCD and Finding Myself*, Eesa Khan gives a detailed explanation on how his OCD developed and affected his childhood, adolescence, and adulthood. The book also details the various therapies he undertook, as well as his own personal research that led to finding a cure for this mind-numbing disorder. Knowledge and understanding of OCD is a good starting point in the treatment of this often-misunderstood disorder. The last thing a sufferer of this anxiety disorder should do is forcefully try to stop the intrusive thoughts, as that would only fuel the anxiety, yet most sufferers do exactly that. Many parents need to realise that their children have very little control over their OCD. If you focus too much on the OCD, it may get worse. In most cases, it's not helpful to encourage your child to try to stop the compulsions. Your child may be able hold back the rituals for a short while, but eventually they will come out. If I were to tell you to use your will power to not think of a red apple, you would find that quite difficult! It's the same with this type of anxiety disorder. The book shows how the author developed the OCD to make sense of the world that he did not understand and after over twenty years of living with this disorder, how his dream of becoming normal became a reality.

Obsessive Compulsive Disorder Diary - Charlotte Dennis 2019-09-19

"Let's begin to talk about our mental health and page by page, bit by bit, we will be okay" Drawing on her experience of living with OCD and her journey to recovery, this diary combines Charlotte's personal story with Cognitive Behavioural Therapy self-help activities. The book is packed full of journaling and sketching activities, and Charlotte's own designs and entries will give you a jumping off point to add your own sketches, doodles and photos to help you understand your OCD. It also has daily tasks adapted or expanded from CBT that help manage anxiety, avoidance, obsessions and compulsions. There are completed activities as examples throughout and Charlotte shares her own story of OCD throughout the book, to raise awareness and to remind you that you are not alone. Her relatable OCD struggles and victories will help you tackle OCD.

Daring to Challenge OCD - Joan Davidson 2014-08-01

If you have obsessive-compulsive disorder (OCD), you may suffer from obsessive thoughts and anxiety, and use compulsions to alleviate your distress. You know, more than anyone, how debilitating this condition can be. But you may also be reluctant to start treatment due to fears and misconceptions regarding therapy—particularly exposure and response prevention (ERP) therapy. You may even think of a number of reasons not to go, or to drop out, but if you are committed to getting better, you need to take that important step toward healing. ERP is a proven-effective treatment that can help people with OCD break free from the constraints of their disorder; however, starting treatment can feel frightening. Many people wonder what treatment will be like and how they will ever face some of their worst fears. They want to hear from others who have successfully completed therapy. In *Daring to Challenge OCD*, anxiety specialist Joan Davidson, PhD, gives a thorough overview of ERP, what to expect during treatment, and offers gentle guidance to help you finally overcome the common fears and obstacles that can stand in

the way of getting the help you need. Three clients with different OCD symptoms share their personal stories and insights about OCD and treatment. If you are considering treatment, you may ask yourself, What will my therapist expect me to do? Will treatment be too difficult for me to handle? Will I be asked to do things that put me at risk? What are realistic expectations for recovery? This book will demystify treatment for OCD so that you can face your fears and start changing your life. And if you are a therapist helping clients build motivation to engage in ERP, this book offers real treatment stories and exercises for clients, making it an invaluable resource for therapists and wonderful suggested reading for clients building motivation to commit to treatment.

OCD Treatment Through Storytelling - Allen H. Weg 2011-01-13

OCD Treatment Through Storytelling contains dozens of stories that therapists can adapt and employ in their own practices to explain hard-to-grasp aspects of OCD and its most effective treatment, Exposure and Response Prevention.

What to Do when Your Brain Gets Stuck - Dawn Huebner 2007-01

Describes what obsessive-compulsive disorder is and how it works, and teaches young readers techniques to reduce and overcome it through writing and drawing activities and self-help exercises and strategies.

Overcoming OCD - Janet Singer 2015-01-22

Daniel Singer hadn't eaten in a week. Hunched over with his head in his hands, he'd sit in his "safe" chair for hours, doing nothing but shaking, mumbling and moaning; he was in the throes of severe obsessive-compulsive disorder. Dan went from seven therapists to ten medications to a nine week stay at a world renowned residential treatment program. His parents worried he'd never again be able to function in society, or even worse, survive. *Overcoming OCD: A Journey to Recovery* is a mother's account of the courage and perseverance of a young man who at times was hindered by the very people who were supposed to be helping him. It is a story of hope and the power of family, as well as a useful guide for all those whose lives have been touched by this often misunderstood and misrepresented disorder. Weaving expert commentary and useful information about OCD and its treatment throughout, the authors are able to offer not just a personal account of how the disorder can affect sufferers and families, but also a glimpse into the possibilities for diagnosis, clinical approaches, and successful outcomes. Today, thanks to Exposure and Response Prevention (ERP) therapy, one of the available treatments for OCD, Dan is a college graduate working in his chosen field and living life to the fullest. He is living proof that even those with the most severe cases of OCD can not only recover, but triumph.

Obsessive-Compulsive Disorder For Dummies - Charles H. Elliott 2008-10-27

Arguably one of the most complex emotional disorders, Obsessive Compulsive Disorder is surprisingly common. Furthermore, most people at some time in their lives exhibit a smattering of OCD-like symptoms. *Obsessive Compulsive Disorder For Dummies* sorts out the otherwise curious and confusing world of obsessive compulsive disorder. Engaging and comprehensive, it explains the causes of OCD and describes the rainbow of OCD symptoms. The book shows readers whether OCD symptoms represent normal and trivial concerns (for example, a neat freak) or something that should be checked out by a mental health professional (for example, needing to wash hands so often that they become raw and red). In easy to understand steps, the authors lay out the latest treatments that have been proven to work for this disorder, and provide practical and real tools for living well long-term. Whether you or someone you care about has this disorder, *Obsessive Compulsive Disorder For Dummies* gives you an empathic understanding of this fascinating yet treatable mental disorder.

Stop Obsessing! - Edna B. Foa 2009-11-04

Newly Revised and Updated! Are you tormented by extremely distressing thoughts or persistent worries? Compelled to wash your hands repeatedly? Driven to repeat or check certain numbers, words, or actions? If you or someone you love suffers from these symptoms, you may be one of the millions of Americans who suffer from some form of obsessive-compulsive disorder, or OCD. Once considered almost untreatable, OCD is now known to be a highly treatable disorder using behavior therapy. In this newly revised edition of *Stop Obsessing!* Drs. Foa and Wilson, internationally renowned authorities on the treatment of anxiety disorders, share their scientifically based and clinically proven self-help program that has already allowed thousands of men and women with OCD to enjoy a life free from excessive worries and rituals. You will discover:

- Step-by-step programs for both mild and severe cases of OCD
- The most effective ways to help you let go of your obsessions and gain

control over your compulsions • New charts and fill-in guides to track progress and make exercises easier • Questionnaires for self-evaluation and in-depth understanding of your symptoms • Expert guidance for finding the best professional help • The latest information about medications prescribed for OCD

Freeing Your Child from Obsessive-Compulsive Disorder - Tamar Chansky, Ph.D. 2011-06-15

If you're a parent of one of the more than one million children in this country with obsessive-compulsive disorder, you know how confusing, even frightening, the symptoms of OCD can be. You're terrified of losing your child and angry about the havoc this disorder has wreaked in your family. More than anything, you want to be able to unlock the secrets of OCD, understand the cause of your child's bizarre symptoms, and help your child break free of these disruptive, relentless thoughts and actions. In her landmark book, *Freeing Your Child from Obsessive-Compulsive Disorder*, Dr. Tamar E. Chansky creates a clear road map to understanding and overcoming OCD based on her successful practice treating hundreds of children and teenagers with this disorder. In Part I, Dr. Chansky "cracks the code" of the peculiar rules and customs of OCD - the handwashing, tapping, counting, and so forth. She explains how OCD is diagnosed, how to find the right therapist partner, and how to tailor treatment options to your child's needs. You'll learn how powerful behavioral modification can be and when medication can help. In Part II, you'll learn how not to be pulled in by your child's debilitating rituals at home or at school, how to talk to your child about the "brain tricks" OCD causes, and how to create an effective OCD battle plan that will empower your child to "boss back" the OCD monster. You'll also learn how to cope in moments of crisis. Part III offers specific advice for how to help your child handle the most common manifestations of OCD such as fears of contamination, checking, getting things "just right," intrusive thoughts, and more. Part IV is an indispensable guide to additional resources, including books, videos, organizations, and websites. Filled with Dr. Chansky's compassionate advice and inspiring words from the many children with OCD whom she has helped, this book will be your lifeline. Battling back from OCD is hard work, but with the comprehensive, proven guidance in this book, you can help your child reclaim a life free from its grip.

Obsessive-compulsive Disorders - Fred Penzel 2000

Offers advice on how to choose the most effective therapies and medications, and how to avoid relapses.

Obsessed - Allison Britz 2017-09-19

A brave teen recounts her debilitating struggle with obsessive-compulsive disorder—and brings readers through every painful step as she finds her way to the other side—in this powerful and inspiring memoir. Until sophomore year of high school, fifteen-year-old Allison Britz lived a comfortable life in an idyllic town. She was a dedicated student with tons of extracurricular activities, friends, and loving parents at home. But after awakening from a vivid nightmare in which she was diagnosed with brain cancer, she was convinced the dream had been a warning. Allison believed that she must do something to stop the cancer in her dream from becoming a reality. It started with avoiding sidewalk cracks and quickly grew to counting steps as loudly as possible. Over the following weeks, her brain listed more dangers and fixes. She had to avoid hair dryers, calculators, cell phones, computers, anything green, bananas, oatmeal, and most of her own clothing. Unable to act "normal," the once-popular Allison became an outcast. Her parents questioned her behavior, leading to explosive fights. When notebook paper, pencils, and most schoolbooks were declared dangerous to her health, her GPA imploded, along with her plans for the future. Finally, she allowed herself to ask for help and was diagnosed with obsessive-compulsive disorder. This brave memoir tracks Allison's descent and ultimately hopeful climb out of the depths.

Teens with OCD - Tina Morlock 2022-09-09

Obsessive Compulsive Disorder affects millions around the world—even adolescents and teenagers like you! YOU ARE NOT ALONE. Have you experienced repetitive unwanted and intrusive thoughts? Compulsions? Or maybe you've even gotten an OCD diagnosis? Then this short read is for you! *Teens with OCD* is a short overview of what it means to have OCD, how it can manifest in your mind (and your life), and how it can change your everyday routine. In this book, you'll learn about the following things: What is OCD? How do doctors diagnose it? What are the common OCD themes people experience? Why is it important to talk to a doctor about OCD? Do you tell your friends and relatives about it? Tina Morlock is a social issue fiction and self-help author who advocates for young adults with mental health challenges. In *Teens with OCD*, she

writes from personal experience because she has struggled with OCD herself. She writes these short self-books because she wants you to know that you are not alone. If you want to be introduced to what it's like to be a teen with OCD, download and read *Teens with OCD* today—it takes less than an hour, and you will walk away understanding what it is and what you need to do next.

What to Do when Your Child Has Obsessive-compulsive Disorder - Aureen Pinto Wagner 2002

There are over one million children in the US who suffer from Obsessive-Compulsive Disorder. These children often have uncontrollable worries and engage in seemingly senseless rituals. Parents and school professionals often feel helpless and frustrated as they struggle to understand and help the child stop the bizarre doubts and habits that take over the child's mind and life. Now, there is hope and help. Dr. Aureen Wagner brings you the latest scientific advances in the treatment of this beguiling disorder along with her many years of experience in treating children and teenagers. Using the metaphor of the Worry Hill, for which she has received international recognition, Dr. Wagner presents a powerful step-by-step approach that countless children have used successfully to triumph over OCD. Her skill, compassion and expert guidance will provide new hope, energy and resolve to help children and their caregivers conquer OCD. Designed to be used alone or with the children's integrated companion book: *Up and Down the Worry Hill*.

Loving Someone with OCD - Karen J. Landsman 2005-05-01

People who suffer from mental illness rarely do so alone. Their families and loved ones face their own set of unique challenges-problems that deserve their own resources and sources of support. This is the first book written specifically to the loved ones of people with obsessive-compulsive disorder (OCD). It helps readers examine how OCD affects their lives and offers a straightforward system for building a healthier, more constructive relationship with OCD sufferers. The book contains basic information about OCD-its definition, cause, and symptoms-and a brief overview of treatments available for the disorder. After these introductory sections, the book focuses on ways readers can foster a healthy relationship with someone with OCD. It includes tips for increasing family involvement, making accommodation for the disorder in daily life, and creating an action plan for change using family contracts. The book also covers relational topics such as parenting and marriage, self-care, and support networking. Throughout, the book illustrates important points with the real-life stories of families living with OCD.

Because We Are Bad - Lily Bailey 2018-03-13

WASHINGTON POST TOP 50 NON-FICTION BOOK 'Extremely compelling' - The Guardian 'Searing... funny, eloquent and honest' - Psychologies 'Remarkable... I hope this book finds a wide readership' - Washington Post _____ As a child, Lily Bailey knew she was bad. By the age of 13, she had killed someone with a thought, spread untold disease, and spied upon her classmates. Only by performing a series of secret routines could she correct her wrongdoing. But it was never enough. She had a severe case of Obsessive Compulsive Disorder, and it came with a bizarre twist. This true story is from a startling new voice in non-fiction. It lights up the workings of the mind like Mark Haddon or Matt Haig. Anyone who wants to know about OCD, and how to fight back, should read this book. Immerse yourself in a new world. Reviews Model and journalist Bailey offers an authentic and stunning account of her struggle with Obsessive Compulsive Disorder in this beautifully-rendered memoir. - Publishers Weekly I laughed, I cried. I could not put this book down. Intensely moving with flashes of black humour, *Because We Are Bad* is the compelling account of one young woman's experience of Obsessive Compulsive Disorder. - Rosanna Greenstreet writes for The Guardian Often as chilling as Sylvia Plath's *The Bell Jar*, but also full of so much inner and external turbulence that it reminded me at times of *The Bourne Identity* and *Memento*. *Because We Are Bad* is an intense heart-rending roller coaster of a book... - Will Black, Huffpost UK A harrowingly honest memoir of profound psychological struggle. In her courageous book, the author offers compelling insight into the pain and destructive power of OCD as well as the resilience of a young woman determined to beat the odds. - Kirkus Reviews A fascinating read. It's brilliantly written; I felt inside your head - Ray D'Arcy Show, RTE Radio 1 *Because We Are Bad* is an emotional, challenging read. Lily takes us deep into the heart of the illness but she is also a deft writer, and even the darkest moments are peppered with wit and wry observations. - James Lloyd, OCD-UK Remarkable. She writes with literary poise and a gift for mordant observation and self-deprecating humor that belie her

youth. I hope this book finds a wide readership. - Scott Stossel, Washington Post It's a fascinating read... Buy the book! Buy the book! - Jo Good, BBC Radio London

Sexual OCD Recovery - Ali Greymond 2021-06-13

Sexual OCD is a type of OCD that is never talked about, however it is extremely common. The reason why it is not commonly discussed is because people see something bad or embarrassing in talking about this type of OCD. I am here to tell you that Sexual OCD is not that different from any other type of OCD. There is nothing shameful about it. The fact that you currently have this type of OCD does not change who you are and does not make you a bad person. It is simply a type of OCD. It is possible to overcome it. In this book we will discuss in detail how to get over OCD. We will also go over the details of overcoming Sexual OCD in particular. These details are important because you need to understand exactly where these thoughts and fears come from so you stop being in fear of them. I truly believe that in order to overcome OCD you need to become an expert in this disorder. You need to understand why you are having these thoughts, feelings and fears. After reading this book you will have all the tools you need to overcome OCD. Please make sure to complete the second portion of the book, which is the practical application of everything you learned. My OCD Story I have been suffering with OCD for many years before I created a method of how to get over it. I am not a doctor. I am not a professional writer. I hope you keep this second part in mind as you read this book. This is not a book to read and put away. I have helped many people get over OCD and I can tell you that this method works as long as you apply it. When I was suffering with OCD I never thought I would get over it. I could not even imagine that not only I would get over it, but I would be helping others with it as well. You can get over this. You can recover. You just need to learn how and apply what you learn.

Breaking Free from OCD - Jo Derisley 2008

This step-by-step guide is written for adolescents with OCD and their families. Using the principles of cognitive behavioural therapy, which is the proven method for helping those with OCD, it offers teenagers a structured plan of treatment which can be read alone, or with a parent, counsellor or mental health worker.

The Mindfulness Workbook for OCD - Jon Hershfield 2020-12-01

If you have obsessive-compulsive disorder (OCD), you might have an irrational fear of being contaminated by germs, or obsessively double-check things. You may even feel like a prisoner, trapped with your intrusive thoughts. And while OCD can have a devastating impact on your life, getting real help can be a challenge. Combining mindfulness practices with cognitive-behavioral therapy (CBT), *The Mindfulness Workbook for OCD* offers practical and accessible tools for managing the unwanted thoughts and compulsive urges that are associated with OCD. With this workbook, you will develop present-moment awareness, learn to challenge your own distorted thinking, and stop treating thoughts as threats and feelings as facts. This fully revised and updated second edition also includes new meditations, information, and chapters on emotional and mental contamination, existential obsessions, false memories, and more. If you're ready to take back your life back from OCD—and start living with more joy in the moment—this workbook has everything you need to get started right away.

Students with OCD - Gail B. Adams 2011

Cognitive Therapy for Obsessive-compulsive Disorder - Sabine Wilhelm 2006

Two OCD experts provide therapists with a breakthrough treatment model employing purely cognitive treatment methods, proven effective for people with pure obsessions, harming, religious, and sexual obsessions, as well as checking and mental rituals.

Pure Ocd - Chrissie Hodges 2017-01-10

Silenced by shame from tormenting obsessions, Chrissie Hodges' believed God must be punishing her. Alone and scared for 12 years with terrifying obsessions, sexual intrusive thoughts, and exhausting rituals, Chrissie was unaware she was battling Pure OCD until diagnosed in a psychiatric hospital after surviving a gruesome suicide attempt...

Triggered - Fletcher Wortmann 2012-03-27

A member of a sketch comedy group describes growing up with OCD, discussing his pop-culture obsessions, the roles of literature and Christianity in shaping his perspective, and his visit to the OCD Institute in Massachusetts.