

# Can I Tell You About OCD

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## **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.

**Obsessive-compulsive Disorders** - Fred Penzel

2000

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

**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.

*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.

**Overtinking About You** - Allison Raskin  
2022-05-03

Interweaving interviews with clinical psychologists, a psychiatrist, a sexologist, relationship experts and real-life couples

throughout, this memoir-driven self-help book explores the complex connection between brain and heart, helping readers feel better prepared to tackle dating and relationships with more confidence and less worry

*The OCD Workbook for Kids* - Anthony C.

Puliafico 2017-12-01

Does your child have OCD? In this much-needed Instant Help workbook, kids will learn to identify obsessions and compulsions, understand them, and use simple tools based in exposure and ritual prevention to cope with and overcome this difficult disorder. If your child has obsessive-compulsive disorder (OCD), he or she may suffer from obsessive thinking, use rituals to soothe anxiety, and act compulsively in ways that are disruptive and sometimes harmful. As you know all too well, OCD can greatly interfere with school, friends, and home life. So, how can you help your child be their very best? With this evidence-based workbook for kids, your child will learn how and why they struggle, and gain a

greater understanding of what OCD is by identifying common symptoms, including contamination concerns, fear of harm, need for order/symmetry, and excessive doubting. Your child will then be gently guided to name their own symptoms and rate the extent to which each symptom causes them anxiety. The workbook also provides a framework for children to apply exposure and ritual prevention strategies to anxiety-provoking situations independently or with help from you or a caregiver. Detailed instructions for completing exposure exercises will be covered, including how long exposures should last, and how often they should be repeated. Finally, the workbook will show you and your child how to build a solid support system of family, friends, teachers, and professionals to aid you in managing OCD symptoms and building a lifestyle that will help you both deal with your child's symptoms more effectively. If your child's OCD is holding them back from living the happy childhood you want

for them, this easy-to-read and practical workbook can help them cope with symptoms and really thrive—at home, in the classroom, and well into adulthood.

**Can I Tell You about Anxiety?** - Lucy Willetts 2014

A girl named Megan describes what life with anxiety is like, explains the challenges she faces, and suggests ways for parents and educators to help those who suffer from the condition.

**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.

**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.

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.

**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.

**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.

**Managing OCD with CBT For Dummies** -

Katie d'Ath 2016-04-25

Break the chains of OCD with Cognitive Behavioural Therapy Are you suffering from Obsessive Compulsive Disorder (OCD)? You're not alone. Whether you've tried countless treatments or are seeking help for the first time, this expert, accessible guide is your beacon of hope for breaking the chains of this crippling disorder. Managing OCD with CBT For Dummies uses mindfulness-based Cognitive Behavioural Therapy (CBT) to eradicate OCD from your day-to-day life. Through clear and sensitive direction, you'll find out how to identify and correct negative thought patterns, confront your

problems with positive solutions and recognise the power of cognitive thinking. Once a term only used by psychologists and counselors, CBT is now in common use and has become the preferred treatment method for a variety of psychological issues, including anxiety and depression, self-esteem, eating disorders, addiction, and many others. If you're planning on trying it on its own or in conjunction with other types of therapies, you'll be heartened to know that a staggering 75% of people with OCD are significantly helped by CBT—which is why it remains the treatment of choice for tackling the disorder by the National Institute for Health and Clinical Excellence (NICE). Demonstrates how CBT encourages new thinking patterns to combat destructive thought tendencies Explains the causes and symptoms of OCD Shows you how to use CBT to modify everyday thoughts and behaviours with the aim of positively influencing your emotions Illustrates the importance of facing your fears and offers positive strategies

on exposure therapy There's no need to let OCD continue to control your life. This how-to guide helps you break down the negative patterns that have been keeping you hostage—and allows you to build a positive future free of the hold of OCD. [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.

### **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.

*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.

**The Boy Who Couldn't Stop Washing** - Judith L. Rapoport 1991-12-03

One boy spends six hours a day washing himself—and still can't believe he will ever be clean Another sufferer must check her stove hundreds of times daily to make sure she has turned it off And one woman, in an effort to

ensure that her eyebrows are symmetrical, finally plucks out every hair All of these people are suffering from Obsessive-Compulsive Disorder (OCD), an emotionally crippling sickness that afflicts up to six million Americans. Cleaning, counting, washing, avoiding, checking—these are some of the pointless rituals that sufferers are powerless to stop. Now a distinguished psychiatrist and expert on OCD reveals exciting breakthroughs in diagnosis, succesful new behaviorist therapies and drug treatments, as well as lists of resources and references. Drawing on the extraordinary experiences of her patients, Dr. Judith Rapoport unravels the mysteries surrounding this irrational disorder . . . and provides prescriptions for action that promise hope and help.

*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.

**The Imp of the Mind** - Lee Baer 2002-02-26

A leading expert on Obsessive Compulsive Disorder explores the hidden epidemic that afflicts millions of Americans. In the first book to fully examine obsessive bad thoughts, Dr. Lee Baer combines the latest research with his own extensive experience in treating this widespread syndrome. Drawing on information ranging from new advances in brain technology to pervasive social taboos, Dr. Baer explores the root causes of bad thoughts, why they can spiral out of control, and how to recognize the crucial difference between harmless and dangerous bad thoughts. An illuminating and accessible guide to the kinds of thoughts that create extreme fear, guilt, and worry, *The Imp of the Mind* provides concrete solutions to a tormenting and debilitating disorder. Including special sections on the prescription medications that have proven effective, it is "a beautifully written book that can be a great help to people who want to know what to do about obsessions" (Isaac Marks, M.D., author of *Living with Fear: Understanding*

and Coping with Anxiety).

**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

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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

*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](http://www.OCDUK.org)

**Everything in Its Place** - Marc Summers 2000  
In an engaging and intensely personal account, the author reflects on his own battle with obsessive compulsive disorder, describing its impact on his life and on the lives of other sufferers and offering helpful advice on how to transform the ailment into a positive force. Reprint. 17,500 first printing.

**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.

*OCD For Dummies* - Laura L. Smith 2022-09-20  
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.

Why Does Everything Have to Be Perfect? - Lynn Shackman 2009-09-30

Bad thoughts that won't go away...repetitive actions...feelings of guilt and shame... Are you overwhelmed by a need to "get it right"? Do continual "what-ifs" prevent you from making decisions? Do you check again and again to see if the door is locked? Are your thoughts and habits causing you anxiety, guilt, or shame? If so, you're not alone. You may be suffering from obsessive-compulsive disorder, a very specific and largely biochemical problem that affects over 5 million Americans. Now this compassionate, informative guide helps you break the tyranny of obsession and compulsions, providing the latest facts on why OCD occurs, its symptoms, and the breakthrough treatments that can dramatically improve the lives of OCD sufferers. Find out about: How to determine if you have OCD--and whether your problem is severe enough to warrant professional help How diet, stress, and other lifestyle conditions can

trigger the symptoms of OCD The two most highly effective forms of treatment--and how to decide what's best for you The latest news in alternative therapies, including yoga, biofeedback, and herbal therapy, plus cutting-edge research that promises freedom from the chains of OCD forever

**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.

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.

**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.

**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.

*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.

**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.

*The OCD Workbook for Teens* - Jon Hershfield 2021-03-01

Don't let OCD symptoms stand in the way of living your life! If you're a teen with obsessive-compulsive disorder (OCD), you may have

intense, unwanted thoughts and behaviors that interfere with school, your social life, and just having fun. The good news is there are ways you can minimize these thoughts and behaviors, so you can get back to being a teen. This workbook will show you how! In *The OCD Workbook for Teens*, therapist and OCD expert Jon Hershfield offers proven-effective mindfulness and cognitive behavioral therapy (CBT) skills to help you deal with your worst OCD symptoms. You'll learn how to stay present in the moment, manage obsessive thoughts, make peace with uncertainty, and live your life joyfully—without being slowed down by compulsions. This isn't just a workbook to help you survive OCD. It's a workbook to help you thrive—in all aspects of life.

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. *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.

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...

Turning Points - Shannon Shy 2021-02-18

OCD has the power to destroy lives like a hurricane filled with tornadoes. While OCD turns households and relationships upside down and affects all involved, only the sufferer understands what the intense personal emotional, mental, and physical pain feels like. It is through this lens of personal experience, of

living in the hell pit and then determining how to crawl out, that Shannon Shy offers his personal insight. In a comprehensive guide that provides peer support and a proven strategy for recovering from OCD, Shy relies on both his personal experiences and credentials as a certified peer recovery specialist to teach OCD sufferers how to summon the power and strength within to transform their perspective and get to a place where OCD does not adversely affect their lives. Through the included principles, exercises, practical tools, and real-life stories from those who have made significant strides in their own OCD recovery journey, Shy provides a roadmap of hope that shares valuable information about the growing discipline of peer support, insight into how to build a recovery foundation, his strategy to overcome OCD, motivation, encouragement, and tips for sufferers to self-motivate. Turning Points shares principles, tools, and insight from an OCD survivor to help sufferers of OCD choose

recovery over fear and get better.

**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.

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

Free from OCD - Timothy A. Sisemore

2010-08-01

You may not know anyone else who suffers from repetitive "stuck" thoughts and compulsive rituals, but plenty of other teens experience symptoms of obsessive-compulsive disorder (OCD): the need to repeatedly wash their hands, check to make sure everything's okay, count possessions, put things in order, or even repeat thoughts over and over. Rituals like these may calm you down when you're feeling stressed or anxious, but you know all too well that the relief is temporary and you'll have to repeat the ritual when you start feeling uneasy again. This cycle can make you feel trapped, but also may seem impossible or even frightening to break. Free from OCD offers forty easy cognitive behavioral exercises to help you move past your symptoms and live freely and flexibly, without fear. You'll finally be able to stop compulsive thoughts in

their tracks and keep them from coming back. This book helps you learn to: •Notice when thoughts are based in reality and when they're exaggerated •Recognize and neutralize situations that trigger your symptoms •Make friends and feel more confident in social situations •Use relaxation techniques instead of falling back on your rituals

Break Free from OCD - Fiona Challacombe

2011-09-09

Are you plagued by obsessive thoughts, rituals or routines? Would you like to regain control over your behaviour and cast your fears aside? Whether you are compelled to wash your hands more and more thoroughly or feel the need to

keep checking that you've turned off appliances, obsessive worries can be a drain on daily life. However, you don't need to suffer any more. This practical guide, written by three leading cognitive behavioural therapy experts, enables you to make sense of your symptoms, and gives a simple plan to help you conquer OCD. Includes: detailed information on the many different manifestations of OCD; the differences between normal and obsessive worries; clear information on treating your individual problem; real-life case studies and examples; and advice and support for friends and family of OCD sufferers. Whether your condition is mild or severe, this definitive resource will help you reclaim your life and keep OCD away for good.