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Obsessive Compulsive Disorder For Dummies

"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

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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. At any one time at least five million people in the United States are experiencing the symptoms of Obsessive-Compulsive Disorder (OCD), a mental disorder defined by recurrent, unwelcome thoughts (obsessions) and repetitive behaviors (compulsions)

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that OCD sufferers feel driven to perform. The OCD Answer Book is an authoritative reference for these adults and their loved ones, providing sound advice and immediate answers to their most pressing questions. -What is an obsession? -What is a compulsion? -Is it possible to "grow out" of OCD? -Does OCD run in families? -What increases my risk for OCD? -If I check something several times does that mean that I suffer from OCD? -I heard that OCD and strep throat might be related to each other. Is that true? Written by an experienced psychologist in an easy-to-read Q&A format, The OCD Answer Book helps readers and their loved ones cope with OCD,

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conquer their fears, and seek therapy when necessary.

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

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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

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doorway into the darkest corners of our minds. *Advanced Casebook of Obsessive-Compulsive and Related Disorders: Conceptualizations and Treatment* presents a synthesis of the emerging data across clinical phenomenology, assessment, psychological therapies and biologically-oriented therapies regarding obsessive compulsive disorders, including hoarding, skin picking, body dysmorphic and impulse control disorders. Following the re-classification of such disorders in the DSM-5, the book addresses recent advances in treatment, assessment, treatment augmentation and basic science of OCRDs. The second half of the

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book focuses on the treatment of OCRDs, covering both psychological therapies (e.g. inhibitory learning informed exposure, tech-based CBT applications) and biologically oriented therapies (e.g. neuromodulation). Includes psychosocial theoretical and intervention approaches Addresses newly proposed clinical entities, such as misophonia and orthorexia Examines neurobiological features of OCRDs across the lifespan

Obsessive-Compulsive Disorder: Subtypes and Spectrum Conditions

A Self-Help Diary with CBT Activities to Challenge Your OCD

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Freedom from Obsessive-compulsive Disorder

Up and Down the Worry Hill

The Clinician's Guide to Cognitive-Behavioral Therapy for Childhood Obsessive-Compulsive Disorder

Anxiety For Dummies

A Personalized Recovery Program for Living with Uncertainty

Dozens of practical exercises and easy to perform techniques for banishing negative thoughts before they take hold Whether you're trying to overcome anxiety and depression, boost self-esteem, beat addiction, lose weight, or simply improve your

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outlook, cognitive behavioural therapy (CBT) offers a practical, sensible approach to mastering your thoughts and thinking constructively. In this updated and expanded edition of the companion workbook to their bestselling Cognitive Behavioural Therapy For Dummies, professional therapists Rhenia Branch and Rob Wilson show you, step-by-step, how to put the lessons provided in their book into practice. Inside you'll find a huge number of hands-on exercises and techniques to help you remove roadblocks to change and regain control over your life. Cognitive Behavioural Therapy Workbook For Dummies, Second Edition:

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Develops the ideas and concepts that presented in the bestselling Cognitive Behavioural Therapy For Dummies, Second Edition and provides exercises to put those ideas into practice Features a range of hands–on CBT exercises and techniques for beating anxiety or depression, boosting your self–esteem, losing weight, or simply improving your outlook on life Rhena Branch and Rob Willson are CBT therapists at the Priory Clinic in London, and the authors of Cognitive Behavioural Therapy For Dummies.

OCD For Dummies helps anyone understand the necessary information to know about obsessive-

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compulsive disorder (OCD), and creates a safe space to explore the skills and tools available to manage OCD and potentially get symptoms into remission. OCD For Dummies is giving you the most up-to-date information to understanding OCD, a mental and behavioral disorder impacting children and adults in the US and worldwide. Inside: Modern medications and treatments Updates to statistics and approaches Understanding OCD Related disorders to know about

A Books on Prescription Title Break free from unhelpful rituals and take control of your life Are you plagued by a recurring thought or idea that just

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won't go away? Perhaps you feel the need to wash your hands frequently, hoard things or repeatedly check that all appliances have been turned off before leaving home? These are common symptoms of obsessive compulsive disorder (or OCD), a condition that causes distress to hundreds of thousands of people. Cognitive Behavioural Therapy has been clinically proven to significantly reduce symptoms of OCD. Learn how to break free from the destructive cycle of obsessive behaviour and regain control of your life. Shows you how to reduce the distress caused by disturbing thoughts, images and urges Reduces and gradually helps you

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overcome compulsions Offers advice on how partners, relatives and friends can help.

Traditionally, obsessive-compulsive disorder has been classified as an anxiety disorder, but there is increasing evidence that it has schizotypal features ? in other words it is a belief disorder. This book describes the ways in which reasoning can be applied to OCD for effective treatment regimes. It moves comprehensively through theoretical, experimental, clinical and treatment aspects of reasoning research, and contains a detailed treatment manual of great value to practitioners, including assessment and treatment protocols and

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case studies

A Neuropsychological Approach

A Step-by-Step Guide Using the Latest CBT Techniques

A Books on Prescription Title

Bipolar Disorder For Dummies

The OCD Workbook for Kids

Obsessive Compulsive Disorder

Obsessive-Compulsive Disorder

Practical, proven ways to get fear, worry, and panic under control Think you worry too much? You're not alone?over 40 million Americans suffer from some form of anxiety. Help is here in this friendly guide,

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which offers sound advice on identifying anxiety triggers through taking self-tests, improving your eating habits, relaxing, and finding support for you and your loved ones. Now with 25% new and revised content, Overcoming Anxiety For Dummies, 2nd Edition explores all of the most common triggers for anxiety, recent developments in medications, newly emerging biologically oriented approaches for treating anxiety, and the most up-to-date advancements in psychotherapies. Understand why you're anxious and pinpoint your triggers Get trusted advice on whether you can overcome anxiety on your own or seek professional help Covers anxiety in teens, young adults, and veterans The practical information

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in Overcoming Anxiety For Dummies, 2nd Edition is your first step toward getting your life back and winning the war against your worries!

The Wiley Handbook of Obsessive Compulsive Disorders, 2 volume set, provides a comprehensive reference on the phenomenology, epidemiology, assessment, and treatment of OCD and OCD-related conditions throughout the lifespan and across cultures. Provides the most complete and up-to-date information on the highly diverse spectrum of OCD-related issues experienced by individuals through the lifespan and cross-culturally Covers OCD-related conditions including Tourette's syndrome, excoriation disorder, trichotillomania, hoarding

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***disorder, body dysmorphic disorder and many others
OCD and related conditions present formidable
challenges for both research and practice, with few
studies having moved beyond the most typical
contexts and presentations Includes important
material on OCD and related conditions in young
people and older adults, and across a range of
cultures with diverse social and religious norms
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***

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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

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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

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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.

Researchers and clinicians working with Obsessive-Compulsive Disorders (OCD) and related disorders who need the most current information available will find this volume of great use. Obsessive-Compulsive Disorder: Subtypes and Spectrum Conditions covers contemporary theory, research, and treatment of the various subtypes of OCD and problems often referred to as OCD spectrum disorders. As the mental health field considers the next iteration of the DSM, an entire research agenda is being planned to elucidate

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issues such as how best to understand and classify OCD. The questions of subtypes and spectrum disorders are at the heart of this issue and will guide how OCD is conceptualized in DSM-V. This volume, dedicated to such diagnostic, theoretical, and treatment issues, helps informs the field of the most up-to-date knowledge and what remains to be resolved. Deconstructs OCD into its subtypes Reviews current research and treatment for these problems Considers how OCD will be conceptualized in DSM-V Represents an international scope with contributions from field experts in psychology, psychiatry, and social work Includes critical discussion of the OCD subtype and OCD spectrum concepts

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Understanding and Treating Obsessive-Compulsive Disorder

The Man Who Couldn't Stop

The OCD Answer Book

Advanced Casebook of Obsessive-Compulsive and Related Disorders

Cognitive Behavioural Therapy Workbook For Dummies

***Overcoming Obsessive-Compulsive Disorder
Schizophrenia For Dummies***

Arguably one of the most complex emotional disorders, Obsessive Compulsive Disorder is surprisingly common. Furthermore, most people at

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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

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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.

Drawing upon extensive interviews and assessments of school-age children who have lost a parent to death, this book offers a richly textured portrait of the mourning process in children. The

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volume presents major findings from the Harvard Child Bereavement Study and places them in the context of previous research, shedding new light on both the wide range of normal variation in children's experiences of grief and the factors that put bereaved children at risk. The book also compares parentally bereaved children with those who have suffered loss of a sibling to death, or of a parent through divorce, exploring similarities and differences in these experiences of loss. A concluding section explores the clinical implications of the findings and includes a review of

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f intervention models and activities, as well as a screening instrument designed to help identify high-risk bereaved children.

Learn to break the patterns that have been holding you hostage-- and build a future free of OCD. The authors help you discover how to identify and correct negative thought patterns, confront your patterns with positive solutions, and recognize the power of cognitive thinking.

If you have obsessive-compulsive disorder (OCD), chances are that your persistent obsessive thoughts and time-consuming compulsions keep you from

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enjoying life to the fullest. But when you are in the habit of avoiding the things you fear, the idea of facing them head-on can feel frightening and overwhelming. This book can help. The OCD Workbook has helped thousands of people with OCD break the bonds of troubling OCD symptoms and regain the hope of a productive life. Endorsed and used in hospitals and clinics the world over, this valuable resource is now fully revised and updated with the latest evidence-based approaches to understanding and managing OCD. It offers day-to-day coping strategies you can start

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using right away, along with proven-effective self-help techniques that can help you maintain your progress. The book also includes information for family members seeking to understand and support loved ones who suffer from this often baffling and frustrating disorder. Whether you suffer with OCD or a related disorder, such as body dysmorphic disorder or trichotillomania, let this new edition of The OCD Workbook be your guide on the path to recovery. This new edition will help you: use self-assessment tools to identify your symptoms and their severity; create and implement

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a recovery strategy using cognitive behavioral self-help tools and techniques; learn about the most effective medications and medical treatments; find the right professional help and access needed support for your recovery; and maintain your progress and prevent future relapse.

Skills to Control the Conscience and Outsmart
Obsessive Compulsive Disorder

Coping with OCD

OCD For Dummies

The OCD Workbook

Anxiety and Depression Workbook For Dummies

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Practical Strategies for Living Well with Obsessive-Compulsive Disorder

A Powerful, Practical Program for Parents of Children and Adolescents

Obsessive Compulsive Disorder (OCD) can tear apart a family. Often family and friends have tried to "stop" a loved one's OCD--with little success. This is the first book specifically for the family and friends of someone with OCD. "In this quick and easy fast tract era, it's not so easy to reflect back to the basics of

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family life. Families especially are led to believe if something's wrong, somehow it's their fault. This loving book is an inspiration and will be considered way ahead of it's time in years to come."

-Janet Greeson, Ph.D.

This volume assembles nearly all of the major investigators responsible for the development of cognitive therapy (and theory) for obsessive compulsive disorder (OCD) as well as other major researchers in the field to write about cognitive phenomenology, assessment, treatment, and

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theory related to OCD.

When you have obsessive-compulsive disorder (OCD), it can feel like your own mind is at war with itself. Instead of having productive and positive thoughts, you rehash the same worries and fears over and over again until they become unbearable. Did you really remember to lock the front door? What if you were to hit someone while driving your car? You may find yourself engaging in exhaustive rituals to keep these thoughts at bay. But soon, the doubts come back with a

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vengeance. Coping with OCD offers a simple and engaging program that can help anyone with mild to moderate OCD get started on the road to recovery. This book begins with a crash course on what OCD is—and what it is not. You'll learn a proven, three-part program for recovery that uses safe and gradual exposure to distressing thoughts and situations, mindfulness practice, and techniques to restructure thinking. Additional chapters address how families can help, dealing with shame and blame, depression, and maintaining

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progress. The book also includes a helpful list of resources for further reading and additional support.

"Don't just set the table-set the mood." This is the advice that daytime's bad boy, Sean Kanan-"Deacon Sharpe" in The Young and the Restless and The Bold and the Beautiful-has shared only with his closest friend's until now. Sean is witty, funny and, most importantly, tells it like it is as he guides you to creating meaningful connection through the art of cooking and entertaining, all the while never

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compromising what it means to be a guys guy. The Modern Gentleman isn't just a book; it's a movement whose time has come. The Modern Gentleman doesn't just speak to men. Women will be fascinated to gain insider information about how guys think. Remember ladies: knowledge is power. Let's face it. In today's confusing social landscape littered with mixed signals, guys are understandably confused and frustrated. Are we supposed to be Mr. Sensitive-guy-good-listener, or the Alpha male, or somewhere in between? If you

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don't know the answer, then you should read this book.

Overcoming Anxiety For Dummies

Obsessive-Compulsive Disorder Demystified

A Survival Guide for Family and Friends

A Cognitive Behavioral Approach

Theory, Research, and Treatment

Obsessive-Compulsive Disorder For Dummies

Obsessive Compulsive Disorder Diary

Explore effective ways to manage anxiety Understand and challenge your anxious thinking Make meaningful life changes Manage anxiety—and start living your life! If you

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feel like your life is spinning out of control, you're definitely not alone! While anxiety is a natural reaction to stress, for some of us, it can become all-consuming—and ultimately debilitating. Thankfully, there is plenty you can do to combat anxiety with the help of this approachable guide. Inside, find out how adopting proven techniques like pinpointing triggers, improving health and eating habits, and learning to let go can help you effectively and deliberately manage your worries—and take back control of your life. Inside... Recognize symptoms Know useful vs. toxic anxiety Examine the causes of your anxiety Develop the practice of mindful acceptance Help your kids with their anxiety Block

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the blues Face your fears Adopt anxiety-reducing habits
This edited book is a comprehensive presentation of
Obsessive Compulsive Disorder (OCD) through a
neuropsychological framework and the various empirical
researches carried out in this domain. The book evaluates
whether the information from different research
perspectives can form a strong basis for improving the
available treatment options for OCD as well as devising
newer and better therapy strategies. It thoroughly discusses
the various neuropsychological assessment tools that can be
used to study the different dimensions of OCD in terms of
symptom severity, beliefs, personality and cognition,

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including executive functions. The book provides guidelines to enhance the skills necessary for developing clinical acumen. The distorted beliefs and functioning, familial factors and scope for inheriting the disorder and obsessive–compulsive spectrum are also described in detail. The book concludes with a discussion of obsessive–compulsive personality traits to help readers arrive at a holistic understanding of OCD, combining neuropsychological and psychoanalytical lenses. Fully updated edition of the bestselling self-help book, now recommended on the national Books on Prescription scheme. This ever-popular guide offers a self-help programme,

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written by one of the UK's leading authorities on anxiety and based on CBT, for those suffering from anxiety problems. A whole range of anxieties and fears are explained, from panic attacks and phobias to obsessive compulsive disorder (OCD) and generalised anxiety. It includes an introduction to the nature of anxiety and stress and a complete self-help programme with monitoring sheets based on Cognitive Behavioural Therapy. The following websites may offer useful further information on anxiety disorders: www.social-anxiety.org.uk www.stress.org.uk www.triumphoverphobia.com

No one wants to get rid of obsessive-compulsive disorder

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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

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Therapies (ABCT) Self-Help Book of Merit

Contemporary Issues in Treatment

Managing OCD with CBT For Dummies

Beyond Reasonable Doubt

Coping with Obsessive-Compulsive Disorder

Reasoning Processes in Obsessive-Compulsive Disorder and Related Disorders

Understanding OCD: Skills to Control the Conscience and

Outsmart Obsessive Compulsive Disorder

The Wiley Handbook of Obsessive Compulsive Disorders

Get an accurate diagnosis and get on with enjoying and living your life! Bipolar Disorder affects many

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more people than just the millions who suffer from the disease. Like depression and other serious illnesses, bipolar disorder also affects spouses, partners, family members, friends, and coworkers. Bipolar Disorder For Dummies explains the brain chemistry behind the disease and covers the latest medications and therapies. You'll get reassuring, sound advice and self-help techniques that you and your loved ones, including kids and teens, can use to ease and eliminate symptoms, function in times of crisis, plan ahead for manic or depressive episodes, and feel a whole lot better. Covers new diagnosis

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methods developed by the American Psychiatric Association Increased coverage of genetics, biochemistry, and imaging studies relevant to bipolar disorder Advice on supporting a loved one (who may not want help) Updated and expanded medication guide and treatment options, including Deep Brain Stimulation Complete with fill-in-the-blank forms and charts, key online resources, and first-hand accounts from real people, *Bipolar Disorder For Dummies* gives you the latest information and self-help strategies you and your loved ones need to conquer this disease and get on with your lives.

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Your clear, compassionate guide to managing BPD — and living well Looking for straightforward information on Borderline Personality Disorder? This easy-to-understand guide helps those who have BPD develop strategies for breaking the destructive cycle. This book also aids loved ones in accepting the disorder and offering support. Inside you'll find authoritative details on the causes of BPD and proven treatments, as well as advice on working with therapists, managing symptoms, and enjoying a full life. Review the basics of BPD — discover the symptoms of BPD and the related emotional

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problems, as well as the cultural, biological, and psychological causes of the disease Understand what goes wrong — explore impulsivity, emotional dysregulation, identity problems, relationship conflicts, black-and-white thinking, and difficulties in perception; and identify the areas where you may need help Make the choice to change — find the right care provider, overcome common obstacles to change, set realistic goals, and improve your physical and emotional state Evaluate treatments for BPD — learn about the current treatments that really work and develop a plan for addressing the core

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symptoms of BPD If someone you love has BPD — see how to identify triggers, handle emotional upheavals, set clear boundaries, and encourage your loved one to seek therapy Open the book and find: The major characteristics of BPD Who gets BPD — and why Recent treatment advances Illuminating case studies Strategies for calming emotions and staying in control A discussion of medication options Ways to stay healthy during treatment Tips for explaining BPD to others Help for parents whose child exhibits symptoms Treatment options that work and those you should avoid

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Among the most prevalent and personally devastating psychological disorders the development of a cognitive approach to obsessive compulsive disorder (OCD) has transformed our understanding and treatment of it. In this highly practical and accessible book, Jonathan Abramowitz presents a model of OCD grounded in the most up-to-date research that incorporates both cognitive and behavioral processes. He then offers a step-by-step guide to psychological treatment that integrates psychoeducation, cognitive techniques, and behavioral therapy (exposure and response

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prevention). Unlike other manuals for the treatment of OCD, this book teaches the reader how to tailor the choice of techniques and delivery modes for individuals presenting with a wide range of specific OCD symptoms, such as contamination fears and cleaning rituals, fears of harm and compulsive checking, symmetry and ordering, and severe obsessions with mental rituals. The techniques are illustrated with numerous case examples; clinical forms and handouts are provided for use with patients. A final chapter suggests strategies for overcoming common obstacles in treatment.

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The Clinician's Guide to Cognitive-Behavioral Therapy for Childhood Obsessive-Compulsive Disorder brings together a wealth of experts on pediatric and adolescent OCD, providing novel cognitive behavioral strategies and considerations that therapists can immediately put into practice. The book provides case studies and example metaphors on how to explain exposure models to children in a developmentally appropriate manner. The book also instructs clinicians on how to use symptom information and rating scales to develop an appropriate exposure hierarchy. The book is

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arranged into two major sections: assessment and treatment of childhood OCD and special considerations in treating childhood OCD. Each chapter is structured to include relevant background and empirical support for the topic at hand, practical discussion of the nature and implementation of the core component (such as exposure and response prevention, cognitive therapy, psychoeducation and more), and a case illustration that highlights the use of a particular technique. Provides the strong theoretical foundation required to successfully implement treatment Highlights the use of particular

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intervention techniques through case studies
Provides CBT strategies for anxiety, tic disorders, trichotillomania, ADHD and disruptive behaviors
Includes strategies for treatment of patients who are initially non-responsive to CBT Encourages individualization of evidence-based and clinically-informed principles for each patient Reviews what to do if/when OCD remits and/or returns Provides details on differentiation OCD symptoms from anxiety and other psychopathology
Skills to Help Children Manage Obsessive Thoughts and Compulsive Behaviors

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Freeing Your Child from Obsessive-Compulsive Disorder

A Children's Book about Obsessive-compulsive Disorder and Its Treatment

Theory, Assessment, and Treatment

Your Guide to Breaking Free from Obsessive-Compulsive Disorder

Conceptualizations and Treatment

Obsessive Compulsive Disorder: Elements, History, Treatments, and Research

A comprehensive introduction to one of the most common psychiatric disorders, a condition that

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results in intrusive, irrational thoughts and/or repetitive, illogical physical or mental actions. Titles in this Health and Psychology Sourcebooks series address psychological, physical, or environmental conditions that threaten human health and wellbeing. This book presents a comprehensive overview of OCD—one of the five most common psychiatric disorders. Obsessions range from those associated with contamination, safety, and order or symmetry to scrupulosity, or the need to do the "right" thing. Compulsions range from counting, touching, and tapping to excessive cleaning/washing, arranging, or even hoarding. Written by a therapist among the most experienced in the world in dealing with this

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disorder, this book covers the incidence, symptoms, diagnosis, history, development, and causes, as well as the effects and costs of OCD. It also addresses theory, research, and treatments and offers insight into and case studies illustrating how the disorder displays in society, at work, and in relationships. A glossary of terms, suggested further readings, and resource websites and organizations listing are included. Addresses symptoms, incidence, diagnosis, and treatments Explains development and causes Includes case studies for illustration of concepts Back matter includes a glossary, reading list, and list of organizations and websites Break the chains of OCD with Cognitive Behavioural

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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

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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

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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 show-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.

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

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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

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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

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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. Practical tools for leading a happy, productive life

Schizophrenia is a chronic, severe, and disabling mental disorder that afflicts one percent of the population, an estimated 2.5 million people in America alone. The firsthand advice in this reassuring guide will empower the families and

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caregivers of schizophrenia patients to take charge, offering expert advice on identifying the warning signs, choosing the right health professional, understanding currently available drugs and those on the horizon (as well as their side effects), and evaluating traditional and alternative therapies.

Professional Answers to More Than 250 Top Questions about Obsessive-Compulsive Disorder
An Essential Guide for Understanding and Living with OCD

Cognitive Approaches to Obsessions and Compulsions

Talking Back to OCD

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When a Family Member Has OCD
Anger Management For Dummies

Obsessive-Compulsive Disorder For Dummies John Wiley & Sons

Obsessive-compulsive disorder is now recognized to be a serious and chronic illness affecting more than 2% of the population. While the last decade of the twentieth century witnessed many advances on both the pharmacological and the behavioral fronts, fewer than 50% of cases benefitted significantly from treatments available at the time. In this volume, originally published in 2000, leading authorities offer a comprehensive, cutting-edge overview of etiology, diagnosis, assessment, and the latest cognitive-behavioral, biological, and combined approaches to intervention. A

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special focus is treatment-resistant illness. *Obsessive-Compulsive Disorder: Contemporary Issues in Treatment* will be an indispensable resource for all professionals who seek better solutions to the often seemingly intractable problems of their OCD clients.

A complex illness that is often difficult to identify, OCD affects approximately 6 million to 9 million Americans. In *Obsessive-Compulsive Disorder Demystified*, clinical psychologist and OCD specialist Cheryl Carmin offers an enlightening and useful guide for anyone with OCD, their families, and friends. In clear and compassionate language, Dr. Carmin helps those who suffer from the illness understand the true nature of OCD, the factors that complicate its diagnosis, and the benefits of treatment through cognitive behavior therapy

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and/or medication. With insight and anecdotes from an OCD patient-advocate, Obsessive-Compulsive Disorder Demystified makes great strides in dispelling the mystery surrounding this condition, helping readers decide if it's time to seek treatment and providing those with this anxiety disorder the information they need to better manage their lives.

Change your life with the very latest in CBT Obsessive Compulsive Disorder (OCD) is a condition that affects millions of people worldwide, afflicting its sufferers with obsessive thoughts and fears, and enslaving them to compulsive behaviours with which they strive to cope. Cognitive Behavioural Therapy has been clinically proven to be one of the most effective therapeutic treatments for OCD sufferers,

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and here clinical psychologist Jan van Niekerk draws on the latest research to offer a practical, stepby- step approach to coping with the condition. This positive self-help guide helps readers understand OCD and the various treatment options available to them, and uses real-life examples, easy-to-use tools, and practical strategies to enable them to reclaim their lives. The Coping With Series Other titles in this highly regarded series of accessible guides for sufferers of common mental disorders address fears and phobias, anxiety and depression in children, bipolar disorder, and schizophrenia.

Overcoming Anxiety

Borderline Personality Disorder For Dummies

OCD and the true story of a life lost in thought

Mindfulness and Cognitive Behavioral Skills to Help Families

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Affected by Obsessive-Compulsive Disorder

The Program That Helps Kids and Teens Say "No Way" --
and Parents Say "Way to Go"

Anxiety and depression affect over 10% of the population. They can become debilitating conditions if not managed carefully so there are thousands of people looking for advice on how to keep their symptoms under control. Anxiety & Depression Workbook For Dummies provides readers with practical exercises and worksheets to help them analyse their thinking patterns and overcome the issues

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that are holding them back. The workbookformat is ideal for those wanting to track their progress and makepositive changes to both their mental and physical health. Anxiety & Depression Workbook For Dummies, UK Editioncovers: Part I: Recognising and Recording Anxiety andDepression Chapter 1: Spotting the Signs of Anxiety and Depression Chapter 2: Digging Up the Roots of Your Worries Chapter 3: Overcoming Obstacles to Change Chapter 4: Monitoring Your Moods Part II: Understanding Your Thinking: Cognitive

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Therapy Chapter 5: Viewing Things A Different Way Chapter 6: Challenging and Changing Thoughts Chapter 7: Seeing Clearly: Gaining A New Perspective Chapter 8: Maintaining Awareness and Achieving Acceptance Part III: Taking Action: Behaviour Therapy Chapter 9: Facing Feelings: Avoiding Avoidance Chapter 10: Lifting Your Spirits With Exercise Chapter 11: Taking Pleasure from Leisure Chapter 12: Just Do It! - Tackling Life's Problems Part IV: Feeling It Where It Hurts: Healing the Body Chapter 13: Taking the Relaxation

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Route Chapter 14: Making Your Mind Up About Medication Part V: Revitalising Relationships Chapter 15: Working on Relationships Chapter 16: Smoothing Out Conflict Part VI: Life Beyond Anxiety and Depression Chapter 17: Reducing the Risk of Relapse Chapter 18: Promoting The Positive Part VII: The Part of Tens Chapter 19: Ten Helpful Resources Chapter 20: Ten Terrific Tips

Draws on the author's work at the Philadelphia Anxiety and Agoraphobia Treatment Center to outline a self-guided

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program that combines multiple treatment methods and focuses on relapse prevention and recovery.

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

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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

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available to help families deal with the impact of a loved one's symptoms. This book provides a helpful guide for your family.

One of the most experienced therapists in the world for treatment-resistant obsessive compulsive disorder (OCD) explains the disorder, the treatments available, and the skills needed to overcome and outsmart OCD. • Includes a list of normal "bad" thoughts versus obsessions • Features tests to rate one's guilt, scrupulosity, and OCD • Examines the ways in which guilt is an

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interfering factor in OCD treatment and recovery • Covers effective strategies for controlling the conscience-related aspects of the disease