

Ocd Treatment (2024)

OCD in Children and Adolescents
Freedom from Obsessive Compulsive Disorder
OCD
Cognitive-Behavioral Therapy for OCD
Treating OCD in Children and Adolescents
The Neurobiology and Treatment of OCD: Accelerating Progress
A Clinician's Guide to Treating OCD
Obsessive-Compulsive Symptoms in Schizophrenia
Exposure Therapy for Anxiety
Sexual Obsessions in Obsessive-Compulsive Disorder
Talking Back to OCD
The Family Guide to Getting Over OCD
Getting Over OCD
Obsessive-Compulsive Disorder in Adults
Break Free from OCD
Obsessive-Compulsive Disorder
Obsessive-Compulsive Disorder For Dummies
Understanding and Treating Obsessive-Compulsive Disorder
Mindfulness-Based Cognitive Therapy for OCD
Obsessive Compulsive Disorder
The OCD Workbook for Kids
The Mindfulness Workbook for OCD
The OCD Workbook
Breaking Free of Child Anxiety and OCD
Overcoming Harm OCD
Cognitive Behaviour Therapy for Obsessive-compulsive Disorder
Relationship OCD
Rewire Your OCD Brain
Metacognitive Therapy for Anxiety and Depression
The Self-Compassion Workbook for OCD
Understanding OCD
Overcoming Unwanted Intrusive Thoughts
Brain Lock
The Big Book of Exposures
When a Family Member Has OCD
Obsessive-Compulsive Personality Disorder
The OCD Workbook for Teens
Handbook of Child and Adolescent Anxiety Disorders
Cognitive Therapy of Anxiety Disorders
Schizo-Obsessive Disorder
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in a large size format for easy photocopying this user friendly manual presents a tested treatment protocol for children and adolescents ages 6 to 18 struggling with obsessive compulsive disorder ocd ten flexible modules give clinicians tools for engaging kids and their parents and implementing successful exposure and response prevention activities as well as other cognitive behavioral therapy cbt strategies each module includes vivid clinical vignettes sample scripts tips and tricks drawn from the authors extensive experience and numerous reproducible child and parent handouts and worksheets purchasers get access to a page where they can download and print additional copies of the reproducible materials in color

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

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 newharbinger.com for more books in this series

this book has been replaced by cognitive behavioral therapy for ocd and its subtypes second edition isbn 978 1 4625 4101 0

from foremost experts this authoritative work offers a framework for helping children overcome obsessive compulsive disorder ocd using the proven techniques of cognitive behavioral therapy cbt therapists gain knowledge and tools to engage 6 to 18 year olds and their parents and implement individualized cbt interventions with a focus on exposure and response prevention in a user friendly conversational style the authors provide real world clinical guidance illustrated with vivid case examples purchasers get access to a page where they can download and print the volume s reproducible handouts in a convenient 8 1 2 x 11 size building on the earlier ocd in children and adolescents a cognitive behavioral treatment manual by john march and karen mulle this book reflects two decades of advances in the field most of the content is completely new

the book highlights important new research approaches of clinical relevance written by prominent researchers in the field of ocd and related disorders a broad range of topics is covered beginning with a description of the phenotypic features of the ocd followed by chapters on developmental aspects animal models genetic and biological models including neuro inflammation functional neuroimaging correlates and information processing accounts finally existing and novel treatment approaches are covered including clinical and pharmacogenetic treatment models in this way the volume brings together the key disciplines involved in the neurobiological

understanding of ocd to provide an update of the field and outlook to the future together the volume chapters provide focused and critical reviews that span a broad range of topics suitable for both students and established investigators and clinicians interested in the present state of ocd research

as a clinician you know how difficult it can be to treat clients with obsessive compulsive disorder ocd using a one size fits all approach this powerful and evidence based guide offers a variety of customizable treatment strategies made simple and practical for helping clients with ocd written by a psychologist and expert in treating obsessive compulsive disorder a clinician s guide to treating ocd combines powerful evidence based therapies to help you create a concise and customizable treatment plan the methods including cognitive behavioral therapy cbt exposure and response prevention therapy erp inference based therapy ibt metacognitive therapy mct and acceptance and commitment therapy act are presented in an easy to follow format incorporate the newest research and offer a wide range of skills for helping ocd clients the standalone treatment protocols outlined in each chapter represent a specific model and procedure for addressing the mechanisms underlying the ocd in addition you ll find worksheets and online resources to help you create individualized treatment programs to best suit your clients needs if you re looking for a simple customizable approach to treating clients with ocd this book has everything you need to get started

this book summarizes scientific advances in our understanding of the interrelationship between obsessive compulsive symptoms and schizophrenia and reflects on the implications for future research directions in addition guidelines are provided on practical assessment diagnosis and treatment interventions covering both pharmacotherapy and psychotherapy the book acknowledges the need for a perspective that recognizes heterogeneous subgroups and diverse neurobiological

explanations accordingly multidimensional research based conceptual frameworks are provided that incorporate recent epidemiological neurocognitive neurogenetic and pharmacodynamic findings obsessive compulsive symptoms in schizophrenia has been written by an international team of experts who offer insights gained through their extensive experience it will be an invaluable guide to this frequent and clinically important comorbidity and will be particularly useful for mental health practitioners

now revised and expanded to include cutting edge acceptance based techniques and a new focus on inhibitory learning this is the leading guide to therapeutic exposure a crucial element of evidence based psychological treatments for anxiety the book helps the clinician gain skills and confidence for implementing exposure successfully and tailoring interventions to each client s needs regardless of diagnosis the theoretical and empirical bases of exposure are reviewed and specialized assessment and treatment planning techniques are described user friendly features include illustrative case examples sample treatment plans ideas for exercises targeting specific types of fears and reproducible handouts and forms that can be downloaded and printed in a convenient 8½ x 11 size new to this edition chapter on acceptance and commitment therapy act techniques reflects a shift in the field toward inhibitory learning helping clients learn to tolerate anxiety and uncertainty to maximize long term outcomes chapter on uses of technology such as computer based therapy and virtual reality tools conceptual empirical and clinical advances woven throughout see also the related client recommendation the anxiety and worry workbook second edition by david a clark and aaron t beck

sexual obsessions are a common symptom of ocd but addressing them in treatment is uniquely challenging due to feelings of shame prior misdiagnosis and the covert nature of ritualizing behaviors these complicating factors make it difficult for clients to disclose their symptoms and for clinicians to know how to approach treatment sexual

obsessions in obsessive compulsive disorder provides clinicians with the information and guidance needed to help clients experiencing unwanted and intrusive thoughts of a sexual nature opening with background information on sexual obsessions and ocd including assessment and differential diagnosis williams and wetterneck then offer a complete step by step manual describing treatment using a combination of empirically supported cbt strategies such as exposure and response prevention cognitive therapy and acceptance and commitment therapy as well as useful mindfulness techniques accompanying these practical step by step instructions are educational handouts and diagrams for clients designed to promote learning the book concludes with a discussion of relationship issues that commonly result from sexually themed ocd and how therapists can tackle these problems sexual obsessions in obsessive compulsive disorder is an essential resource for clinicians who treat ocd as well as students and trainees from across the mental health professions

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

when a loved one has ocd it s a constant struggle it hurts to see your spouse so anxious or your teen spending so much time alone you ve tried logic reassurance even accommodating endless rituals but too often these well meaning attempts

actually make ocd worse psychologist jonathan abramowitz has worked with countless families affected by ocd and he understands the strain he also knows you can turn things around grounded in state of the art treatment research this compassionate guide helps you change your own behavior to support your loved one s recovery by gently but firmly encouraging the person you care about to face their fears you can stop being controlled by the disorder disentangle yourself from unhealthy patterns and see your whole family grow more confident and hopeful vivid stories dos and don ts and practical tools which you can download and print for repeated use help you follow the step by step strategies in this life changing book

thoroughly updated based on the latest science this empowering workbook gives you the skills to overcome obsessional thoughts and compulsive behaviors and live a freer happier life leading ocd specialist dr jonathan abramowitz presents a step by step program grounded in cognitive behavioral therapy cbt the most effective treatment for the disorder vivid stories and numerous practical tools which you can download and print for repeated use help you understand how ocd affects your mind and body develop a customized plan for change find relief from distressing intrusive thoughts confront the situations you avoid and discover a new sense of safety break free of compulsive rituals reduce anxiety and improve your relationships the second edition is revised throughout with cutting edge strategies for coping with unwanted thoughts that can t be eliminated completely plus new learning techniques drawn from brain research ready to get over ocd your journey starts here mental health professionals see also cognitive behavioral therapy for ocd and its subtypes second edition by david a clark a state of the art treatment guide

an essential resource for anyone providing services for individuals with ocd or anxiety disorders cognitive behavioral therapy using the techniques of exposure and response prevention has helped countless individuals with obsessive compulsive disorder ocd

overcome debilitating symptoms and live fuller more satisfying lives this volume opens with an overview of the diagnosis and assessment of ocd in adults and delineates an evidence based conceptual framework for understanding the development maintenance and treatment of obsessions and compulsions the core of the book that follows is a highly practical treatment manual based on decades of scientific research and clinical refinement packed with helpful clinical pearls therapist patient dialogues illustrative case vignettes sample forms and handouts state of the art strategies for enhancing exposure therapy using inhibitory learning act and couples based approaches are described readers are also equipped with skills for tailoring treatment to patients with different types of ocd symptoms e g contamination unacceptable thoughts challenging presentations such as mental rituals and for addressing common obstacles to treatment the book is an essential resource for anyone providing services for individuals with anxiety disorders

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

obsessive compulsive disorder ocd is a relatively common psychological problem the

symptoms which can be seriously disabling in extreme cases can include excessive hand washing or other cleaning rituals repeated checking extreme slowness and unwanted repugnant intrusive thoughts this book covers the nature symptoms causes and theories of ocd it discusses the treatments that are available and provides valuable practical advice to those who may need help numerous case histories are given throughout the book highlighting various aspects of the disorder and its treatment there are in depth sections on scrupulosity culture and ocd mental pollution ocd in children and on the similarities and differences between childhood ocd and autistic disorder this fourth edition has been updated with succinct explanations of recent research information on treatment advances and the recent expansion of treatment services for anxiety disorders including ocd in the nhs in this updated fourth edition stanley rachman gives a clear account of the nature of obsessive compulsive problems which will prove useful for sufferers and their families as well as general readers interested in finding out about the disorder

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

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 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

this book presents the first treatment program that adapts the proven practices of mindfulness based cognitive therapy mbct to meet the unique needs of people struggling with obsessive compulsive disorder ocd leading authority fabrizio didonna shows how techniques such as mindful exposure are uniquely suited to help ocd sufferers overcome intrusive thoughts and compulsive rituals while developing a new relationship to their internal experience in a convenient large size format the book includes detailed instructions for implementing each of the 11 group sessions complete with reproducible scripts for the guided mindfulness practices and 79 client handouts purchasers can download and print the reproducible materials at the companion website which also provides audio recordings of the guided practices a separate website for clients features the audio files and scripts only

a comprehensive introduction to one of the most common psychiatric disorders a

condition that 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 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

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

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

if you have obsessive compulsive disorder ocd chances are that your persistent obsessive thoughts and time consuming compulsions keep you from 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 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 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 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

anxiety disorders and ocd are the most common mental health problems of childhood and adolescence this book provides a complete step by step program for parents looking to alleviate their children s anxiety by changing the way they themselves respond to their children s symptoms

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 disorder can be a very disabling and distressing problem. Cognitive behavioural therapy (CBT) has been shown to be very effective in helping people to overcome OCD. However, OCD is a highly heterogeneous disorder, often complicated by contextual factors, and therapists are often left wondering how to apply their knowledge of treatment to the particular problems as they face them in clinical practice. This book provides the reader with an understanding of the background to and principles of using CBT for OCD in a clear, practical, how-to style. It also elucidates the particular challenges and solutions in applying CBT for OCD, using illustrative case material and guidance on formulation-driven intervention. The book also addresses commonly occurring complexities in the treatment of OCD, for example, working with comorbidity, perfectionism, shame, and family involvement in symptoms throughout the

book the authors provide tips on receiving and giving supervision to trouble shoot commonly encountered problems resulting in a guide that can help clinicians at all levels of experience

a powerful cbt approach to help you find freedom from obsessive relationship anxiety doubt and fear of commitment do you obsess over your partner s flaws does thinking about the future of your relationship leave you imagining the worst case scenario when it comes to navigating the world of romantic relationships some feelings of anxiety doubt and fear are to be expected but if your fears so extreme that they threaten to destroy an otherwise healthy relationship you may have relationship ocd a form of obsessive compulsive disorder ocd that causes chronic obsessive doubt and anxiety in relationships so how can you free yourself to discover deeper intimacy and security relationship ocd offers an evidence based cognitive behavioral approach to finding relief from relationship anxiety obsessive doubt and fear of commitment you ll learn to challenge the often distorted thought patterns that trigger harmful emotions increase your ability to think rationally and ultimately accept the presence of intrusive thinking while maintaining the values of a healthy relationship relationships are the ultimate unknown if you re ready to let go of needing to know for sure this book will help you find satisfaction and thrive in your romantic relationships in all their wonderful uncertainty

rewire the brain processes that cause obsessions and compulsions and take back your life if you ve ever wondered why you seem to get trapped in an endless cycle of obsessive compulsive thoughts you don t have to wonder anymore grounded in cutting edge neuroscience and evidence based cognitive behavioral therapy cbt rewire your ocd brain will show you how and why your brain gets stuck in a loop of obsessive thinking uncertainty and worry and offers the tools you need to short circuit this response and get your symptoms under control for good written by clinical

psychologist catherine pittman and clinical neuropsychologist william youngs this groundbreaking book will show how neurological functions in your brain lead to obsessions compulsions and anxiety you ll also find tons of proven effective coping strategies to help you manage your worst symptoms including relaxation exercise healthy sleep habits cognitive restructuring cognitive defusion distraction and mindfulness the brain is powerful and the more you work to change the way you respond to obsessive thoughts the more resilient you ll become if you re ready to rewire the brain processes that lie at the root of your obsessive thoughts this book has everything you need to get started today

this groundbreaking book explains the whats and how tos of metacognitive therapy mct an innovative form of cognitive behavioral therapy with a growing empirical evidence base mct developer adrian wells shows that much psychological distress results from how a person responds to negative thoughts and beliefs for example by ruminating or worrying rather than the content of those thoughts he presents practical techniques and specific protocols for addressing metacognitive processes to effectively treat generalized anxiety disorder obsessive compulsive disorder posttraumatic stress disorder and major depression special features include reproducible treatment plans and assessment and case formulation tools plus a wealth of illustrative case material

a compassionate guide to help you manage ocd symptoms overcome feelings of shame and stigma and revitalize your life if you re one of millions who suffer from obsessive compulsive disorder ocd you re all too familiar with feelings of anxiety panic shame and uncertainty in addition the stigma associated with ocd can make you feel unworthy of receiving the compassion and kindness you need and deserve you may even experience unwanted intrusive thoughts that result in harsh self judgment which can actually hinder your recovery and lead to additional mental health

problems so how can you break this destructive cycle and start feeling better the self compassion workbook for ocd outlines a step by step program to help you understand the emotional experience of ocd and develop the tools you need to manage your disorder and build a better life drawing on a powerful combination of cognitive behavioral therapy cbt exposure and response prevention erp and compassion focused therapy cft this breakthrough guide will teach you how to balance intense emotions lean into your fear and focus on recovery over time you ll learn to replace self judgment with kindness and self compassion so you can stop suffering and start thriving living with ocd can be extremely challenging but it doesn t have to rob you of your self worth you are so much more than your disorder let this book be your guide to discovering supporting and loving the best you that you can be

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 this is an eye opening study of one of the most common psychiatric ailments diagnosed today obsessive compulsive disorder ocd written by leslie j shapiro a renowned therapist at one of the most well known ocd facilities in the world this reference shares effective treatment strategies and clinical factors for helping therapists mental health professionals psychology students clergy and others deal with patients coping with this illness the author offers case examples from her 15 years of residential work with patients demonstrating how sufferers even the most treatment resistant can get control of the condition organized into three sections this guidebook first reveals how ocd and guilt are intertwined and explores survival instincts cultural factors and the nature of thoughts the second section covers aspects of the obsessive conscience such as scrupulosity moralosity and obsessive guilt the book s conclusion describes effective exposure and response prevention strategies for these symptoms and examines methods of treatment that augment and help maintain recovery an in depth discussion on the differences between compulsive

and impulsive behaviors as well as other treatment impediments is included

you are not your thoughts in this powerful book two anxiety experts offer proven effective cognitive behavioral therapy cbt skills to help you get unstuck from disturbing thoughts overcome the shame these thoughts can bring and reduce your anxiety if you suffer from unwanted intrusive frightening or even disturbing thoughts you might worry about what these thoughts mean about you thoughts can seem like messages are they trying to tell you something but the truth is that they are just thoughts and don't necessarily mean anything sane and good people have them if you are someone who is plagued by thoughts you don't want thoughts that scare you or thoughts you can't tell anyone about this book may change your life in this compassionate guide you'll discover the different kinds of disturbing thoughts myths that surround your thoughts and how your brain has a tendency to get stuck in a cycle of unwanted rumination you'll also learn why common techniques to get rid of these thoughts can backfire and finally you'll learn powerful cognitive behavioral skills to help you cope with and move beyond your thoughts so you can focus on living the life you want your thoughts will still occur but you will be better able to cope with them without dread guilt or shame if you have unwanted thoughts you should remember that you aren't alone in fact there are millions of people just like you good people who have awful thoughts gentle people with violent thoughts and sane people with crazy thoughts this book will show you how to move past your thoughts so you can reclaim your life this book has been selected as an association for behavioral and cognitive therapies self help book recommendation an honor 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

the definitive classic that has helped more than 400 000 people defeat obsessive compulsive behavior with all new material from the author an estimated 5 million americans suffer from obsessive compulsive disorder ocd and live diminished lives in which they are compelled to obsess about something or to repeat a similar task over and over traditionally ocd has been treated with prozac or similar drugs the problem with medication aside from its cost is that 30 percent of people treated don t respond to it and when the pills stop the symptoms invariably return in brain lock jeffrey m schwartz m d presents a simple four step method for overcoming ocd that is so effective it s now used in academic treatment centers throughout the world proven by brain imaging tests to actually alter the brain s chemistry this method doesn t rely on psychopharmaceuticals instead patients use cognitive self therapy and behavior modification to develop new patterns of response to their obsessions in essence they use the mind to fix the brain using the real life stories of actual patients brain lock explains this revolutionary method and provides readers with the inspiration and tools to free themselves from their psychic prisons and regain control of their lives

as a clinician do you suffer from exposure phobia this breakthrough book offers 400 creative innovative and easy to implement exposure exercises to help you and your clients move past fears energize treatment sessions and improve client outcomes in cognitive behavioral therapy cbt exposures are the gold standard for treating anxiety related disorders including obsessive compulsive disorder ocd panic and phobias but if you re like many therapists you ve likely encountered clients who are fearful or reluctant to exposure therapy as a result you may also shy away from doing exposures out of fear of worsening your client s anxiety or rupturing the client therapist rapport so how can you find a new approach for using this effective yet intimidating treatment the big book of exposures offers unconventional new exposures to help you provide the most effective treatment possible in addition you ll also find a comprehensive overview of exposure therapy a rationale for its use in treating anxiety

related disorders troubleshooting tips for dealing with common roadblocks such as avoidance and techniques for helping clients stay motivated during treatment with this essential resource you'll learn to create engaging and enjoyable exposure exercises to improve treatment outcomes and help your clients live better lives

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

this unprecedented work is an invaluable resource for therapists treating patients with obsessive compulsive personality disorder ocpd for individuals suffering from ocpd and for friends family and coworkers of those with ocpd although a significant number of individuals suffer from obsessive compulsive personality disorder ocpd most of these people see themselves as being perfectly normal in actuality they are missing out in life due to their being compulsively prompt counterproductively perfectionistic and excessively penurious this book explains what ocpd is making it clear how it differs significantly from ocd explains the thought processes and desires that give rise to the counterproductive defense mechanisms of ocpd and identifies the approaches

and methods that can allow such afflicted individuals to break through their character armoring and become rehumanized in this book martin kantor md presents information to defuse the many manifested symptoms of ocpd anxiety indecision unreasonable perfectionism and difficulty in compromising his explanations and methods will give the hopeless succor move the stalled forward and foster interpersonal cooperation and flexibility in the stubborn while simultaneously enhancing the ocpd individual s social performance thus increasing his or her chances for interpersonal relational and occupational success kantor also identifies the social manifestations of ocpd and describes how to move idiosyncratic rigid bureaucracies toward accomplishing what should be their most important mission helping those who are in need and seeking comfort

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

is it school refusal or separation anxiety disorder can preschoolers have panic attacks does food neophobia really exist for readers seeking ways to improve assessment case conceptualization or treatment plans as well as a more general understanding of anxiety disorders among children the handbook of child and adolescent anxiety

disorders addresses these and many other complex issues a straightforward companion to the diagnostic manuals this volume crosses theoretical boundaries to describe in depth the wide range of children s anxiety disorders and to explain the developmental nuances that separate them from their adult analogues coverage includes diagnostic and etiological models of children s anxiety disorders i e genetic cognitive behavioral taxonomic neuropsychological dimensional differential diagnosis guidelines for generalized anxiety disorder gad phobic conditions obsessive compulsive disorder ocd and posttraumatic stress disorder ptsd in youth ancillary factors in child and adolescent anxiety e g personality temperament parenting issues and comorbid conditions psychological pharmacological and combined treatments for childhood anxiety disorders special populations and emerging areas of interest including anxiety disorders in the contexts of chronic health problems and developmental disabilities the handbook of child and adolescent anxiety disorders is a must have reference for researchers clinicians and graduate students in psychology psychiatry social work and counseling as well as allied professionals in hospitals community mental health centers schools and private practice

winner of the american journal of nursing book of the year award mental health nursing aaron t beck winner of the lifetime achievement award from the national nursing centers consortium updating and reformulating aaron t beck s pioneering cognitive model of anxiety disorders this book is both authoritative and highly practical the authors synthesize the latest thinking and empirical data on anxiety treatment and offer step by step instruction in cognitive assessment case formulation cognitive restructuring and behavioral intervention they provide evidence based mini manuals for treating the five most common anxiety disorders panic disorder social phobia generalized anxiety disorder obsessive & compulsive disorder and posttraumatic stress disorder user friendly features include vivid case examples concise clinician guidelines that reinforce key points and over three dozen reproducible handouts and

forms

this is the first book to address the clinical and neurobiological interface between schizophrenia and obsessive compulsive disorder ocd there is growing evidence that obsessive compulsive symptoms in schizophrenia are prevalent persistent and characterized by a distinct pattern of familial inheritance neurocognitive deficits and brain activation this text provides guidelines for differential diagnosis of schizophrenic patients with obsessive compulsive symptoms and patients with primary ocd alongside poor insight psychotic features or schizotypal personality written by a leading expert in the coexistence of obsessive compulsive and schizophrenic phenomena schizo obsessive disorder uses numerous case studies to present diagnostic guidelines and to describe a recommended treatment algorithm demystifying this complex disorder and aiding its effective management the book is essential reading for psychiatrists neurologists and the wider range of multidisciplinary mental health practitioners

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