

Breaking Free From Ocd A Cbt Guide For Young People And Their Families

Eventually, you will completely discover a new experience and finishing by spending more cash. yet when? complete you tolerate that you require to get those every needs like having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will guide you to understand even more not far off from the globe, experience, some places, in the same way as history, amusement, and a lot more?

It is your certainly own epoch to decree reviewing habit. accompanied by guides you could enjoy now is Breaking Free From Ocd A Cbt Guide For Young People And Their Families below.

Breaking Free of Child Anxiety and OCD Eli R. Lebowitz 2021 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.

The Sheldon Short Guide to Phobias and Panic Kevin Gournay 2015-10-22 For many people, life is made intolerable by phobias. Common fears may range from crowded places to a fear of spiders or blood, but, the basic underlying mechanism is the same ? acute anxiety. This book looks at how to tackle both specific phobias and the anxiety which causes such disproportionate fear, and covers obsessive-compulsive disorder, social phobia, generalized anxiety state, and panic disorder with agoraphobia. Other topics include: Causes of anxiety and phobias Professional help and how to get it Planning a self-help programme Panic disorder and agoraphobia Dealing with catastrophic thoughts Lifestyle tools ? exercise, relaxation, diet, alcohol, time

Overcoming Obsessive-Compulsive Disorder David Veale 2009-08-27 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 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 overcome compulsions Offers advice on how partners, relatives and friends can help.

Loving Someone with OCD Karen J. Landsman 2005-05-01 People who suffer from mental illness rarely do so alone. Their families and loved ones face their own set of unique challenges-problems that deserve their own resources and sources of support. This is the first book written specifically to the loved ones of people with obsessive-compulsive disorder (OCD). It helps readers examine how OCD affects their lives and offers a straightforward system for building a healthier, more constructive relationship with OCD sufferers. The book contains basic information about OCD-its definition, cause, and symptoms-and a brief overview of treatments available for the disorder. After these introductory sections, the book focuses on ways readers can foster a healthy relationship with someone with OCD. It includes tips for increasing family involvement, making accommodation for the disorder in daily life, and creating an action plan for change using family contracts. The book also covers relational topics such as parenting and marriage, self-care, and support networking. Throughout, the book illustrates important points with the real-life stories of families living with OCD.

Getting Over OCD, Second Edition Jonathan S. Abramowitz 2018-01-04 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.

Breaking Free of OCD Jeff Wells 2016-04-07 This autobiographical account by Houston Pastor Jeff Wells

describes his struggle with Obsessive-Compulsive Disorder during his adult years. In 1978, Jeff finished second place in the Boston Marathon, two seconds behind Bill Rodgers. This marked the beginning of his battle with Obsessive-Compulsive Disorder. OCD affected every area of his life and caused so much pain - at times overwhelming anguish and torment for over 30 years. In the spring of 2011, while Jeff was pastoring a large and thriving congregation, he reached his low point with mental disease and recognized how deeply he needed help. Out of desperation, he cried out to God and with the overwhelming prayer and support of his church, a few key friends and professionals, and especially with the love and support of his wife Gayle, Jeff details his journey to healing. The book is honest and forthright, and will bring hope to the many people who struggle in silence with mental pain and to their families.

Freedom from Obsessive-compulsive Disorder Jonathan Grayson 2014 Draws on the author's work at the Philadelphia Anxiety and Agoraphobia Treatment Center to outline a self-guided program that combines multiple treatment methods and focuses on relapse prevention and recovery.

Obsessive Compulsive Disorder Frederick M. Toates 2002 As many as 1 in 30 adults and 1 in 100 children currently suffer from Obsessive Compulsive Disorder. It is much more common than was previously thought, with up to 2 million people being affected in the UK. Sufferers experience intrusive thoughts and anxieties resulting in compulsive behaviour that can seem bizarre to those that have no experience of the disorder. Why would someone feel compelled to touch the four walls of a room in a clockwise fashion as soon as he enters it? Why would someone look at an object 3 times with his right eye, followed by his left eye? OCD sufferers are aware that these rituals are excessive and irrational, but they cannot control their behaviour. They are plagued by intrusive thoughts that they cannot banish from their mind and are often tormented by these thoughts which they find profoundly disgusting or upsetting. The cause of OCD is still not known, but it does appear to run in families and can occur together with other disorders such as depression, anxiety disorders, eating disorders and Tourette's syndrome. Dr Frederick Toates, an experimental psychologist relates his own experiences of obsessional neurosis and his successful quest for a cure in th

OCD - Tools to Help Young People Fight Back! Cynthia Turner 2019-03-21 Obsessive-compulsive disorder (OCD) affects approximately one in a hundred young people, and often makes it difficult to lead happy and productive lives. This manual from the distinguished Maudsley hospital guides therapists through the process of treating young people with the disorder and supporting patients and their families. Designed to be used in conjunction with the complementary workbook OCD - Tools to Help You Fight Back!, it features an adaptable evidence-based treatment based on Cognitive Behavioural Therapy and Exposure and Response Prevention techniques. It provides instructions on how best to educate young people and their families about OCD and anxiety, and on how to involve patients' families in the recovery process to form a truly collaborative team. Essential reading for professionals treating young people with OCD, it will prove a valuable resource for both experienced therapists and clinicians in training.

Overcoming Harm OCD Jon Hershfield 2018-12-01 Don't let your thoughts and fears define you. In Overcoming Harm OCD, psychotherapist Jon Hershfield offers powerful cognitive behavioral therapy (CBT) and mindfulness tools to help you break free from the pain and self-doubt caused by harm OCD. Do you suffer from violent, unwanted thoughts and a crippling fear of harming others? Are you afraid to seek treatment for fear of being judged? If so, you may have harm OCD—an anxiety disorder associated with obsessive-compulsive disorder (OCD). First and foremost, you need to know that these thoughts do not define you as a human being. But they can cause a lot of real emotional pain. So, how can you overcome harm OCD and start living a better life? Written by an expert in treating harm OCD, this much-needed book offers a direct and comprehensive explanation of what harm OCD is and how to manage it. You'll learn why you have unwanted thoughts, how to identify mental compulsions, and find an overview of cognitive-behavioral and mindfulness-based treatment approaches that can help you reclaim your life. You'll also find tips for disclosing violent obsessions, finding adequate professional help, and working with loved ones to address harm OCD systemically. And finally, you'll learn that your thoughts are just thoughts, and that they don't make you a bad person. If you have harm OCD, it's time to move past the stigma and start focusing on solutions. This evidence-based guide will help light the way.

Coping with Obsessive-Compulsive Disorder Jan Van Niekerk 2009-05-01 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, and here clinical psychologist Jan van Niekerk draws on the latest research to offer a practical, step-by-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.

Break Free from OCD Fiona Challacombe 2011-09-09 Are you plagued by obsessive thoughts, rituals or routines? Would you like to regain control over your behaviour and cast your fears aside? Whether you are compelled to wash your hands more and more thoroughly or feel the need to keep checking that you've turned off appliances, obsessive worries can be a drain on daily life. However, you don't need to suffer any more. This practical guide, written by three leading cognitive behavioural therapy experts, enables you to make sense of your symptoms, and gives a simple plan to help you conquer OCD. Includes: detailed information on the many different manifestations of OCD; the differences between normal and obsessive worries; clear information on treating your individual problem; real-life case studies and examples; and advice and support for friends and family of OCD sufferers. Whether your condition is mild or severe, this definitive resource will help you reclaim your life and keep OCD away for good.

Overcoming Anxiety Helen Kennerley 2009-07-30 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, 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

Obsessive-Compulsive Disorder Cherlene Pedrick 2011-01-01 Obsessive-compulsive disorder (OCD) is a neurobehavioral disorder that affects millions of people. People with this disorder have behaviors that they can't help doing or can't stop doing, such as washing their hands over and over or continuously checking to see if the stove is off. These obsessions or compulsions are time consuming, distressing, and interfere with normal routines, relationships with others, or daily functioning. The disorder usually develops before the age of thirty but can begin at any time. Effective treatment - medications and/or cognitive-behavioral therapy - is available to help people living with OCD effectively manage their symptoms. Learn about the nature of the disorder, its symptoms, and more in this insightful overview.

Understanding OCD: Skills to Control the Conscience and Outsmart Obsessive Compulsive Disorder Leslie J. Shapiro 2015-03-10 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 interfering factor in OCD treatment and recovery • Covers effective strategies for controlling the conscience-related aspects of the disease

The Mindfulness and Acceptance Workbook for Anxiety John P. Forsyth 2016-04-01 Is anxiety and fear a problem for you? Have you tried to win the war with your anxious mind and body, only to end up feeling frustrated, powerless, and stuck? If so, you're not alone. But there is a way forward, a path into genuine happiness, and a way back into living the kind of life you so desperately want. This workbook will help you get started on this new journey today! Now in its second edition, *The Mindfulness and Acceptance Workbook for Anxiety* offers a new approach to your anxiety, fears, and your life. Within its pages, you'll find a powerful and tested set of tools and strategies to help you gain freedom from fear, trauma, worry, and all the many manifestations of anxiety and fear. The book offers an empowering approach to help you create the kind of life you so desperately want to live. Based on a revolutionary approach to psychological health and wellness called acceptance and commitment therapy (ACT), this fully revised and updated second edition offers compelling new exercises to help you create the conditions for your own genuine happiness and peace of mind. You'll learn how your mind can trap you, keeping you stuck and struggling in anxiety and fear. You'll also discover ways to nurture your capacity for acceptance, mindfulness, kindness, and compassion, and use these qualities to weaken the power of anxiety and fear so that you can gain the space to do what truly matters to you. Now is the time. Nobody chooses anxiety. And there is no healthy way to "turn off" anxious thoughts and feelings like a light switch. But you can learn to break free from the shackles of anxiety and fear and take back your life. The purpose of this workbook is to help you do just that. Your life is calling on you to make that choice, and the skills in this workbook can help you make it happen. You can live better, more fully, and more richly with or without anxiety and fear. This book will show you the way. -- Recent studies support for the effectiveness of ACT-based self-help workbooks as a low-cost treatment for people experiencing anxiety. (Ritzert, T., Forsyth, J. P., Berghoff, C. R., Boswell, J., & Eifert, G. H. (2016). Evaluating the effectiveness of ACT for anxiety disorders in a self-help context: Outcomes from a randomized wait-list controlled trial. *Behavior Therapy*, 47, 431-572.)

Needing to Know for Sure Martin N. Seif 2019-12-01 Powerful skills based in cognitive behavioral therapy (CBT) to help you break free from the fear of uncertainty and put a stop to compulsive checking and reassurance seeking. "How do I know I made the right decision?" "What if I'm wrong?" "I need to know for sure." Do you have thoughts like these—thoughts that cause you to second-guess yourself, and lead to anxiety, stress, and worry?

Do you find yourself repeatedly checking your email for no reason, asking others for their opinions about something again and again, or lying awake at night overanalyzing and planning ahead in an attempt to feel less anxious? If so, you probably have a problem with compulsive reassurance seeking. The good news is that you can break free from this “reassurance trap”—this book will show you how. In this unique guide, you’ll find proven-effective tips and tools using CBT to help you tolerate uncertainty, face specific worrying scenarios, and gradually reduce the compulsion to incessantly seek reassurance. Most importantly, you’ll learn to deal with those pesky “doubt attacks” and trust your own judgment. Asking for reassurance is a self-reinforcing behavior—if you do it, you’re less likely to handle stressful situations without needing further reassurance. And so the cycle continues. The CBT skills in this book will help you break this exhausting and painful pattern, so you can build self-confidence and improve your life.

Ocd Scott Granet 2018-11-20 The Complete OCD Workbook delivers a new action-oriented approach that combines CBT, ERP, and mindfulness strategies to effectively take control of OCD. OCD manifests in many forms, but the only solution for treatment is to take action. Applying proven therapeutic strategies to actionable exercises, The Complete OCD Workbook arms you with the tools you need to fight obsessive thoughts and compulsions, and take your life back from OCD. Designed for various types of OCD, from "Pure" (thoughts only) to compulsive behaviors, this workbook combines CBT, ERP, and mindfulness strategies into a step-by-step method for confronting intrusive thoughts and behaviors. Tracking your progress through reflective questionnaires and journal entries, The Complete OCD Workbook offers a supportive, self-paced framework to free yourself from OCD. The Complete OCD Workbook includes: An essential introduction that provides an overview of the primary treatment methods such as CBT, ERP, and mindfulness. Actionable exercises that use questionnaires, checklists, and reflective prompts to provide a hands-on and personalized approach to treating OCD. Real stories that offer support throughout your journey to healing, from patients who understand and have overcome struggles associated with OCD. OCD is determined--it doesn't give up easily. But you have the determination to challenge it, and that is the first of many successes you'll discover in The Complete OCD Workbook.

A Clinician's Guide to Treating OCD Jan van Niekerk 2018-08-01 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.

Relationship OCD Sheva Rajae 2022-01-02 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.

Obsessive-compulsive Disorders Fred Penzel 2000 Offers advice on how to choose the most effective therapies and medications, and how to avoid relapses.

The Beating OCD Workbook: Teach Yourself Stephanie Fitzgerald 2015-09-10 Are you suffering from OCD? Do you want to learn techniques for overcoming destructive rituals or troubling thoughts? Would you like lasting strategies to help you stay free of OCD for good? This workbook provides an interactive course of CBT to tackle OCD. It doesn't just tell you how to feel better -- by using diagnostic tests, practical exercises and thought challenges, it will show you how to feel better. The coverage includes all the forms and presentations of OCD, while the exercises and support throughout will give you a feeling of real progress. Helpful sections for relatives

on how to help you best will all go towards preventing future relapses and help you to regain control of your life for good. "A great CBT workbook to guide towards OCD recovery" - Ashley Fulwood, Chief Executive of www.OCDUK.org

Talking Back to OCD John S. March 2006-12-28 No one wants to get rid of obsessive-compulsive disorder more than someone who has it. That's why Talking Back to OCD puts kids and teens in charge. Dr. John March's eight-step program has already helped thousands of young people show the disorder that it doesn't call the shots--they do. This uniquely designed volume is really two books in one. Each chapter begins with a section that helps kids and teens zero in on specific problems and develop skills they can use to tune out obsessions and resist compulsions. The pages that follow show parents how to be supportive without getting in the way. The next time OCD butts in, your family will be prepared to boss back--and show an unwelcome visitor to the door. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

Free Yourself from Ocd: Cbt-Based Strategies to Manage Intrusive Thoughts and Compulsive Behaviors Jonah Lakin 2020-08-11 Practical, proven strategies to break free from the symptoms of OCD People with obsessive-compulsive disorder (OCD) often experience an overwhelming cycle of intrusive thoughts and compulsive behaviors. Free Yourself from OCD is your guide to simple, effective, therapy-based techniques that help you find relief and take back your life. Explore user-friendly strategies that have been clinically proven to help people dealing with OCD. This book will teach you how to better understand and manage your OCD through exercises like identifying problematic thoughts and behaviors, overcoming intrusive urges, and staying focused and resilient. Free Yourself from OCD features: Evidence-based exercises--Learn specific coping techniques that use exposure and response prevention therapy and mindfulness-based cognitive behavioral therapy. Real examples--Read anecdotes and case studies based on real people with OCD, so you can see for yourself how the exercises work. For everyone--These practical, evidence-based strategies and techniques range the entire spectrum of OCD, so you can find expert advice for the symptoms that affect you most. Help end the cycle of OCD with advice and exercises for living more peacefully.

The OCD Workbook Bruce Hyman 2010-11-01 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 Maintain your progress and prevent future relapse

OCD in Children and Adolescents Katherine McKenney 2020-01-07 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 Web page where they can download and print additional copies of the reproducible materials, in color.

Break Free from Intrusive Thoughts Debra Kissen 2021-02-02

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

Cognitive Behaviour Therapy for Obsessive-compulsive Disorder Victoria Bream 2017-07-13 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.

Overcoming Unwanted Intrusive Thoughts Sally M. Winston 2017-03-01 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 Unlikely Hero of Room 13B Teresa Toten 2015-03-10 Filled with moments of deep emotion and unexpected humor, this understated and wise novel explores the complexities of living with OCD and offers the prospect of hope, happiness and healing. Perfect for readers who love *Eleanor & Park* and *All the Bright Places*. ADAM'S GOALS: Grow immediately. Find courage. Keep courage. Get normal. Marry Robyn Plummer. The instant Adam Spencer Ross meets Robyn Plummer in his Young Adult OCD Support Group, he is hopelessly, desperately drawn to her. Robyn has an hypnotic voice, blue eyes the shade of an angry sky, and ravishing beauty that makes Adam's insides ache. She's also just been released from a residential psychiatric program—the kind for the worst, most difficult-to-cure cases; the kind that Adam and his fellow support group members will do anything to avoid joining. Adam immediately knows that he has to save Robyn, must save Robyn, or die trying. But is it really Robyn who needs rescuing? And is it possible to have a normal relationship when your life is anything but? Select praise for *The Unlikely Hero of Room 13B*: ". . . achingly authentic. Like Augustus Waters before him, Adam Spencer Ross will renew your faith in real-life superheroes and shatter your heart in equal measures." —Kirkus Reviews, Starred "This book made me laugh, cry, think, and kept me coming back for more." —The Guardian "Adam is a protagonist that readers will root for." —VOYA "Honest, fresh, and funny . . . Toten employs information about OCD like grace notes in this deft and compelling narrative." —Booklist "Adam is a fresh and complex character, and far more than the sum of his symptoms." —Publishers Weekly

The Imp of the Mind Lee Baer 2002-02-26 A leading expert on Obsessive Compulsive Disorder explores the hidden epidemic that afflicts millions of Americans. In the first book to fully examine obsessive bad thoughts, Dr. Lee Baer combines the latest research with his own extensive experience in treating this widespread syndrome. Drawing on information ranging from new advances in brain technology to pervasive social taboos, Dr. Baer explores the root causes of bad thoughts, why they can spiral out of control, and how to recognize the crucial difference between harmless and dangerous bad thoughts. An illuminating and accessible guide to the kinds of thoughts that create extreme fear, guilt, and worry, *The Imp of the Mind* provides concrete solutions to a tormenting and debilitating disorder. Including special sections on the prescription medications that have proven effective, it is "a beautifully written book that can be a great help to people who want to know what to do about obsessions" (Isaac Marks, M.D., author of *Living with Fear: Understanding and Coping with Anxiety*).

Breaking Free from OCD Jo Derisley 2008 This step-by-step guide is written for adolescents with OCD and their families. Using the principles of cognitive behavioural therapy, which is the proven method for helping those with OCD, it offers teenagers a structured plan of treatment which can be read alone, or with a parent, counsellor or mental health worker.

Coping with OCD Troy DuFrene 2008-06-01 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 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 progress. The book also includes a helpful list of resources for further reading and additional support.

Free from OCD Timothy A. Sisemore 2010-08-01 You may not know anyone else who suffers from repetitive “stuck” thoughts and compulsive rituals, but plenty of other teens experience symptoms of obsessive-compulsive disorder (OCD): the need to repeatedly wash their hands, check to make sure everything's okay, count possessions, put things in order, or even repeat thoughts over and over. Rituals like these may calm you down when you're feeling stressed or anxious, but you know all too well that the relief is temporary and you'll have to repeat the ritual when you start feeling uneasy again. This cycle can make you feel trapped, but also may seem impossible or even frightening to break. Free from OCD offers forty easy cognitive behavioral exercises to help you move past your symptoms and live freely and flexibly, without fear. You'll finally be able to stop compulsive thoughts in their tracks and keep them from coming back. This book helps you learn to:

- Notice when thoughts are based in reality and when they're exaggerated
- Recognize and neutralize situations that trigger your symptoms
- Make friends and feel more confident in social situations
- Use relaxation techniques instead of falling back on your rituals

The Mindfulness Workbook for OCD Jon Hershfield 2020-12-01 If you have obsessive-compulsive disorder (OCD), you might have an irrational fear of being contaminated by germs, or obsessively double-check things. You may even feel like a prisoner, trapped with your intrusive thoughts. And while OCD can have a devastating impact on your life, getting real help can be a challenge. Combining mindfulness practices with cognitive-behavioral therapy (CBT), The Mindfulness Workbook for OCD offers practical and accessible tools for managing the unwanted thoughts and compulsive urges that are associated with OCD. With this workbook, you will develop present-moment awareness, learn to challenge your own distorted thinking, and stop treating thoughts as threats and feelings as facts. This fully revised and updated second edition also includes new meditations, information, and chapters on emotional and mental contamination, existential obsessions, false memories, and more. If you're ready to take back your life back from OCD—and start living with more joy in the moment—this workbook has everything you need to get started right away.

Can Christianity Cure Obsessive-Compulsive Disorder? Ian Osborn 2008-04-01 Obsessive-compulsive disorder (OCD) is a relentless condition, the primary symptom being the occurrence of terrifying ideas, images, and urges that jump into a person's mind and return again and again, despite the individual's attempt to remove them. Christians who suffer from OCD may grapple with additional guilt, as the undesired thoughts are frequently of a spiritual nature. Yet people may be surprised to learn that some of the greatest leaders in Christian history also struggled with this malady. What did they experience? How did they cope? Were they able to overcome these tormenting, often violent, obsessions? Where did God fit into the picture? Ian Osborn shares the personal accounts of Martin Luther, John Bunyan, and Saint Thérèse of Lisieux, as well as his own story, in exploring how faith and science work together to address this complex issue.

Breaking Free from OCD Jo Derisley 2008-05-15 Part of the Reading Well scheme. 35 books selected by young people and health professionals to provide 13 to 18 year olds with high-quality support, information and advice about common mental health issues and related conditions. Obsessive-compulsive disorder (OCD) is a potentially life-long debilitating disorder, which often emerges during teenage years and affects as many as 1 in every 50 people. Young people living with OCD experience recurrent obsessions or compulsions that are distressing and interfere with their social lives, relationships, educational functioning and careers. Written by leading experts on OCD, this step-by-step guide is written for adolescents with OCD and their families, to be used in home treatment or as a self-help book. Using the principles of cognitive behavioural therapy (CBT), which is the proven method for helping those with OCD, it offers teenagers a structured plan of treatment which can be read alone, or with a parent, counsellor or mental health worker. The guide provides useful advice and worksheets throughout. This self-help book for young people is an invaluable resource for adolescents who have suffered from, or know someone who has suffered from, OCD, their families, teachers, carers, and mental health professionals.

Managing OCD with CBT For Dummies Katie d'Ath 2016-02-12 Break the chains of OCD with Cognitive Behavioural Therapy Are you suffering from Obsessive Compulsive Disorder (OCD)? You're not alone. Whether you've tried countless treatments or are seeking help for the first time, this expert, accessible guide is your beacon of hope for breaking the chains of this crippling disorder. Managing OCD with CBT For Dummies uses mindfulness-based Cognitive Behavioural Therapy (CBT) to eradicate OCD from your day-to-day life.

Through clear and sensitive direction, you'll find out how to identify and correct negative thought patterns, confront your problems with positive solutions and recognise the power of cognitive thinking. Once a term only used by psychologists and counselors, CBT is now in common use and has become the preferred treatment method for a variety of psychological issues, including anxiety and depression, self-esteem, eating disorders, addiction, and many others. If you're planning on trying it on its own or in conjunction with other types of therapies, you'll be heartened to know that a staggering 75% of people with OCD are significantly helped by CBT—which is why it remains the treatment of choice for tackling the disorder by the National Institute for Health and Clinical Excellence (NICE). Demonstrates how CBT encourages new thinking patterns to combat destructive thought tendencies Explains the causes and symptoms of OCD Shows you how to use CBT to modify everyday thoughts and behaviours with the aim of positively influencing your emotions Illustrates the importance of facing your fears and offers positive strategies on exposure therapy There's no need to let OCD continue to control your life. This 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.

Freeing Your Child from Obsessive-Compulsive Disorder Tamar Chansky, Ph.D. 2011-06-15 If you're a parent of one of the more than one million children in this country with obsessive-compulsive disorder, you know how confusing, even frightening, the symptoms of OCD can be. You're terrified of losing your child and angry about the havoc this disorder has wreaked in your family. More than anything, you want to be able to unlock the secrets of OCD, understand the cause of your child's bizarre symptoms, and help your child break free of these disruptive, relentless thoughts and actions. In her landmark book, *Freeing Your Child from Obsessive-Compulsive Disorder*, Dr. Tamar E. Chansky creates a clear road map to understanding and overcoming OCD based on her successful practice treating hundreds of children and teenagers with this disorder. In Part I, Dr. Chansky "cracks the code" of the peculiar rules and customs of OCD -- the handwashing, tapping, counting, and so forth. She explains how OCD is diagnosed, how to find the right therapist partner, and how to tailor treatment options to your child's needs. You'll learn how powerful behavioral modification can be and when medication can help. In Part II, you'll learn how not to be pulled in by your child's debilitating rituals at home or at school, how to talk to your child about the "brain tricks" OCD causes, and how to create an effective OCD battle plan that will empower your child to "boss back" the OCD monster. You'll also learn how to cope in moments of crisis. Part III offers specific advice for how to help your child handle the most common manifestations of OCD such as fears of contamination, checking, getting things "just right," intrusive thoughts, and more. Part IV is an indispensable guide to additional resources, including books, videos, organizations, and websites. Filled with Dr. Chansky's compassionate advice and inspiring words from the many children with OCD whom she has helped, this book will be your lifeline. Battling back from OCD is hard work, but with the comprehensive, proven guidance in this book, you can help your child reclaim a life free from its grip.