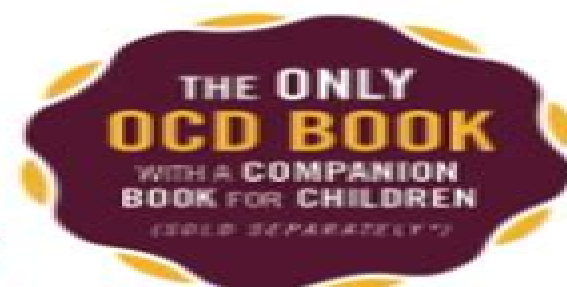


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Strategies and Solutions

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- Practical, clear and easy-to-understand steps
- The latest scientifically proven advances in recovery



Aureen Pinto Wagner, Ph.D.

Author of Up and Down the Worry Hill

What To Do When Your Child Has Obsessive Compulsive Disorder Strategies And Solutions

Aureen Pinto Wagner



What To Do When Your Child Has Obsessive Compulsive Disorder Strategies And Solutions:

What to Do when Your Child Has Obsessive-compulsive Disorder Aureen Pinto Wagner, 2002 From the publisher Does your child have uncontrollable worries and senseless rituals Do you feel helpless and frustrated as you struggle to understand and help your child stop the bizarre doubts and habits that take over his mind and his life Your child may be one of millions of children suffering from OCD Now there is hope and help for your child Dr Aureen Wagner brings you the latest scientific advances in the treatment of this beguiling disorder along with her many years of experience in treating children and teenagers Using the metaphor of the Worry Hill for which she has received international recognition Dr Wagner presents a powerful step by step approach that countless children have used successfully to regain control from OCD She provides parents and children with the blueprint to take charge of and master OCD Her skill compassion and expert guidance will give you new hope energy and resolve to conquer OCD Part I Chapters 1 6 covers the essential facts about OCD its diagnosis causes and treatments Knowing the facts is the first step to mastery of OCD In Part I Dr Wagner discusses the various ways in which OCD can invade your child s thoughts and behaviors and how to tell normal fears and habits apart from OCD and other conditions You will learn about the Vicious Cycle of Avoidance that fuels OCD and about treatment with Exposure and Ritual Prevention ERP You will learn about medication options available today for OCD and when it may be appropriate to consider them for your child In Part II Chapters 7 14 Dr Wagner lays out the master plan and a child friendly approach to helping your child overcome OCD Dr Wagner presents a series of steps that will help you systematically tackle OCD You will learn how to take charge of your lives take back control from OCD and take care of yourself so that you can take better care of your child You will also find strategies for the unique parenting challenges that OCD brings and an approach to helping your child through schooling issues Each chapter ends with answers to Frequently Asked Questions **Treatment Plans and Interventions for Obsessive-Compulsive Disorder** Simon A. Rego, 2016-02-19 Providing clinicians with evidence based therapeutic techniques that they can tailor to the needs of individual clients this state of the art treatment planner is filled with case examples and clinical tools Simon A Rego presents the latest thinking on obsessive compulsive disorder OCD and explains how it has been reclassified in DSM 5 He shows how to combine exposure and ritual prevention therapy with other cognitive and behavioral interventions based on a comprehensive case formulation and describes proven strategies for enhancing motivation and overcoming common obstacles in treatment In a large size format for easy photocopying the book includes 10 reproducible handouts and forms Purchasers get access to a Web page where they can download and print the reproducible materials **Up and Down the Worry Hill** Aureen Pinto Wagner, 2013-12-31 Over one million children and adolescents in the US suffer from Obsessive Compulsive Disorder OCD a baffling illness that can be debilitating for the child in school with friends and family Help is now available Cognitive Behavioral Therapy CBT is the gold standard of treatment for OCD and offers youngsters and their families the path to mastery over OCD In this uniquely creative and heart warming

book Dr Wagner an internationally recognized expert in the treatment of childhood OCD uses the powerful real life metaphor of the Worry Hill to describe OCD and its treatment clearly and simply through the eyes of a child Children and adults will identify with Casey s struggle with OCD his sense of hope when he learns about treatment his relief that neither he nor his parents are to blame and eventually his victory over OCD Parents and Professionals can use this book alone or together with the companion book What to do when your Child has Obsessive Compulsive Disorder This is the only children s OCD book that has a companion book for parents **Overcoming Your Child's Fears and Worries** Cathy Creswell, Lucy Willetts, 2012-11-01 Around 15% of children are thought to suffer from anxiety disorders the most commonly identified emotional or behavioural problems among children Based on techniques developed and practised by the authors this book teaches parents how to use cognitive behavioural techniques with their children and in so doing become their child s therapist helping them to overcome any fears worries and phobias Addresses specific fears and phobias as well as general anxiety and worrying Provides step by step practical strategies Includes case studies worksheets and charts Based on the authors experience at their anxiety disorders clinic at the University of Reading and developed from a programme based on working almost exclusively with parents 100 Questions & Answers About Your Child's OCD Josiane Cobert, 2010

Overcoming Obsessive-Compulsive Disorder David Veale, Rob Willson, 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 **Clinical Obsessive-Compulsive Disorders in Adults and Children** Robert Hudak, Darin D. Dougherty, 2011-02-17 Clinical Obsessive Compulsive Disorders in Adults and Children is a complete comprehensive overview of OCD covering its underlying causes manifestations and treatment The book begins by covering the basic science of OCD and its biological basis and mechanisms It discusses the treatment for both adults and children with an emphasis on providing information for clinicians to use in their everyday practice Using the latest information regarding evidence based treatments it takes the reader through medication options including behavioural therapy support groups and recent developments in surgical treatment The clinical manifestations of OCD are covered as well as the differentiation between OCD and other neuropsychiatric disorders with similar presentations Chapters on spectrum illnesses including body dysmorphic disorder impulse control disorders such as trichotillomania and hoarding are also included This book will appeal to all mental health professionals from practitioners to researchers working

in the field of compulsive disorders *The Complete Guide to Overcoming OCD* David Veale, Rob Willson, 2013-01-17 The bestselling self help guide *Overcoming Obsessive Compulsive Disorder* has been combined with *Taking Control of OCD* Inspirational stories of hope and recovery to offer the reader an effective and appealing self help package These two titles not only set out practical techniques to overcome obsessive Compulsive Disorder OCD but offer inspiration to the reader to confront the challenges they may face on the road to recovery *Overcoming Obsessive Compulsive Disorder* is based on Cognitive Behavioral Therapy CBT an evidence based therapy recommended by the NHS It provides Useful information about the disorder A step by step self help programme based on CBT *Taking Control of OCD* contains real life stories written by those with first hand experience of OCD Each story has been especially selected by Dr David Veale and Rob Willson and together they reflect the broad range of different experiences and stories of OCD Each story sheds light on the condition and offers powerful insights into what helps and most importantly inspiration to those trying to beat it **Obsessive**

Compulsive Disorder Polly Waite, Tim Williams, 2009-01-13 Obsessive Compulsive Disorder OCD is characterised by a person's obsessive distressing intrusive thoughts and their related compulsions It affects an estimated one percent of teenagers and has been detected in children as young as three years old In this concise accessible book experienced contributors provide detailed guidance on carrying out assessments and treatment for children and young people with OCD from a cognitive behavioural perspective This approach has been developed from extensive research and clinical work with young people with OCD and associated problems The book includes an overview of OCD an introduction to CBT and its relevance to OCD in young people assessment and treatment methods case studies and clinical vignettes worksheets for use with the client This straightforward text provides essential direction for practitioners and trainees in a range of professions including psychiatry psychotherapy counselling nursing education and social work Online resources The appendices of this book provide worksheets that can be downloaded free of charge to purchasers of the print version Please visit the website to find out more about this facility **The OCD Workbook** Bruce Hyman, Cherlene Pedrick, 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

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