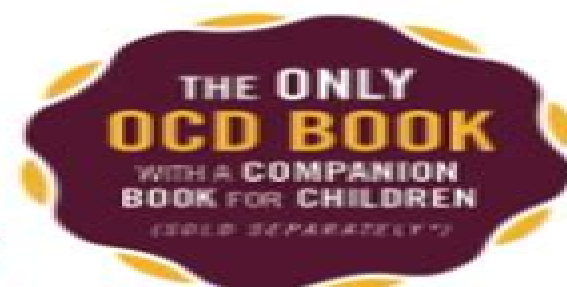


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What To Do When Your Child Has Obsessive Compulsive Disorder Strategies And Solutions

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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 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 **100 Questions & Answers About Your Child's OCD** Josiane Cobert,2010

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 *Effective Parenting for the Hard-to-Manage Child* Georgia A. DeGangi,Anne Kendall,2007-11-14 *Effective Parenting for the Hard to Manage Child* is a skills based book for parents who need practical advice from experts without all the jargon and generalizations The book provides specific strategies and techniques for children who are intense highly reactive and unable to self calm It integrates various treatment approaches in a clear and accessible manner and offers the best kept secrets from the fields of mental health and occupational therapy The book emphasizes key concepts and everyday activities that will help children take charge of their problems and it is an invaluable resource for any parent faced with the challenge of a hard to manage child **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 Demystified* Cheryl Carmin Ph. D., 2010-02 A comprehensive and helpful guide explains what parts of the brain are responsible for causing obsessive compulsive disorders what sufferers can do to stop it and what family members can do to help List examples and cases studies A good tool for OCD sufferers to use in understanding and explaining to others how OCD works **The Handbook of Child and Adolescent Clinical Psychology** Alan Carr, 2025-06-02 Now in its fourth edition *The Handbook of Child and Adolescent Clinical Psychology* incorporates important advances in the field to provide a practice oriented and accessible resource for clinical psychologists in training Beginning with a set of general conceptual frameworks for practice the book gives specific guidance on the management of problems commonly encountered in clinical work with children and adolescents drawing on the best practice in the fields of clinical psychology and family therapy There is comprehensive coverage of Problems of infancy and early childhood Problems of middle childhood Problems of adolescence Child abuse Adjustment to major life transitions including entering foster care parental divorce and bereavement Each chapter dealing with specific clinical problems includes cases examples discussion of diagnosis classification epidemiology clinical features assessment and treatment and practice exercises New material includes the latest advances in child and adolescent clinical psychology assessment and treatment programmes and positive psychology It also is updated in line with the latest revisions

of ICD and DSM This book is invaluable as both a reference work for experienced practitioners and as an up to date evidence based practice manual for clinical psychologists in training

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

Obsessive-Compulsive Disorder Natalie Rompella,2009-04-23 Obsessive Compulsive Disorder strikes one in fifty adults However the disorder often remains untreated in young adults despite advances in diagnostics Though so many people suffer from OCD very few seek professional help Obsessive Compulsive Disorder The Ultimate Teen Guide helps teens understand OCD in greater detail The guide explains different forms of OCD checking cleaning scrupulosity and related disorders such as Obsessive Compulsive Personality Disorder Tourette s Syndrome and Asperger s Disorder Author Natalie Rompella voices many common concerns teens have when confronted with OCD including how to deal with school work and friends The book also discusses uncomfortable topics such as obsessions with sexuality and other unwanted thoughts The book features insights from teens who suffer from OCD letting others know they are not alone The book also encourages teens to seek help through treatment and provides details of different treatment options

The School Practitioner's Concise Companion to Mental Health Cynthia Franklin,Mary Beth Harris,Paula Allen-Meares,2008 Here readers will find an overview of adolescent mental health disorders and step by step guidelines for intervening effectively The book covers ten major mental health issues as well as strategies for working with co occurring disorders and managing psychopharmacological treatments

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 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 *The Child Psychotherapy Treatment Planner* David J. Berghuis, L. Mark Peterson, William P. McInnis, Timothy J. Bruce, 2014-01-28 A time saving resource fully revised to meet the changing needs of mental health professionals The Child Psychotherapy Treatment Planner Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions including anxiety attachment disorder gender identity disorder and more Organized around 35 behaviorally based presenting problems including academic problems blended family problems children of divorce ADHD and more Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA **Loving Someone with OCD** Karen J. Landsman, Kathleen M. Parrish, Cherlene Pedrick, 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 *Making Autism a Gift* Robert E. Cimera, 2007-01-11 Despite new research and increased public awareness autism is still looked at in a negative light Most books on the subject perpetuate this notion by saying that autism is bad or needs to be overcome rather than highlighting the positive for instance many people with autism graduate from

college attain exciting careers and lead happy fulfilling lives Making Autism a Gift emphasizes these positive realities and tears down the wall of isolation associated with this disorder With information from hundreds of up to date sources this practical book looks at the effects of autism on the individual and provides strategies parents can use to help their autistic children at home and beyond

Clinical Child Psychiatry William M. Klykylo, Jerald Kay, 2006-01-04 Clinical Child Psychiatry Second Edition is the successor of the successful textbook edited by Drs Klykylo and Kay in 1998 This book comprises a textbook of current clinical practice in child and adolescent psychiatry It is midway in size between the small handbooks that provide mainly a list of disorders and treatments and the large often multi volume texts that are comprehensive but not easily accessible

The Bouncing Worry Ball and Mighty Mitt Leslie Brody, 2012-06-01 Suzie has food allergies and has become scared to eat many foods even some that she isn't allergic to She's also afraid of catching germs that will make her sick so she won't touch her dog Teddy Her fears keep her from having fun at home at birthday parties and on playdates In this clear engaging and informative book children with allergies and anxieties can learn how to face their fears by using cognitive behavioral and mindfulness techniques In Suzie's case this means imagining a Bouncing Worry Ball who partners up with Mighty Mitt The book is designed so that children can color and draw their own pictures as well as add their own ideas while learning powerful tools to manage their anxiety The book includes a list of resources about children's allergies and anxiety for parents

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