



BREAKING FREE OF OCD

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Breaking Free From Ocd Breaking Free From Ocd

**Jo Derisley, Isobel Heyman, Sarah
Robinson, Cynthia Turner**



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Break Free from OCD Fiona Challacombe, Victoria Bream Oldfield, Paul M Salkovskis, 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 *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

Breaking Free from OCD Jo Derisley, Isobel Heyman, Sarah Robinson, Cynthia Turner, 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 **The OCD Workbook** Bruce Hyman, Bruce M. Hyman, Cherry Pedrick, 2005 This revised edition of The OCD Workbook contains new findings on the causes of OCD including developments in genetic research It offers information on treatment options like neurosurgery and new medications and a new chapter on day to day coping strategies for people with OCD The new edition includes expanded coverage of related disorders like body

dysmorphic disorder trichotillomania and skin picking New information on relapse prevention OCD in children and family involvement in OCD round out this important book Learn about the causes and symptoms of OCD Design a self directed cognitive behavior treatment plan Build a strong base of family support Evaluate professional treatment options Maintain your progress and deal with setbacks **The Ocd Workbook** Bruce M Hyman Ph D,2009-09-14 While not intended as a substitute for psychiatric or psychological treatment by a qualified mental health professional this workbook helps guide readers through the steps toward controlling Obsessive Compulsive Disorder **The Essential Guide to OCD** Helen Poskitt,2013-04-17 Are you living or working with someone who has Obsessive Compulsive Disorder OCD Perhaps it s your partner or child a parent close friend or work colleague Diagnosed as often as diabetes the condition can lead both sufferers and those around them to feel isolated However you are not alone This practical guide enables families carers and friends to provide invaluable support for those with OCD It aims to inform those living alongside OCD about the condition and to provide clear and compassionate strategies for them With this new understanding readers will feel better able to cope better with OCD manifestations Commonly experienced emotions such as bewilderment frustration and sadness will gradually subside The Essential guide to OCD includes interviews with those at the rock face relatives friends and colleagues of those with OCD The latest medical advances and effective treatments such as CBT are also explored with insight from mental health professionals *Breaking Free from OCD* Karen VanderMarliere-McCracken,2012-02-09 *Everything You Need to Know About OCD* Lynne M. Drummond,Laura J. Edwards,2022-06-23 An accessible guide for people with OCD and their loved ones featuring self help chapters based on Graded Exposure therapy *The OCD Workbook (Volume 2 of 2)* (EasyRead Super Large 24pt Edition) , *The OCD Workbook (Volume 2 of 2)* (EasyRead Super Large 20pt Edition) ,

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