

OCD

Jon Hershfield

Being Me with OCD Alison Dotson, 2014-02-01 Part memoir, part self-help for teens, *Being Me with OCD* tells the story of how obsessive-compulsive disorder (OCD) dragged the author to rock bottom—and how she found hope, got help, and eventually climbed back to a fuller, happier life. Using anecdotes, self-reflection, guest essays, and thorough research, Dotson explains what OCD is and how readers with OCD can begin to get better. With humor, specific advice, and an inspiring, been-there-beat-that attitude, readers will find the book simultaneously touching and practical.

Overcoming Obsessive Thoughts Christine Purdon, David A. Clark, 2005 Obsessive-compulsive disorder is now rated the fourth most common psychological disorder in the United States. This resource addresses obsessive thoughts as a specific symptom of the disorder, and in addition to self-care strategies, offers information about professional care.

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.

"It'll Be Okay." Shannon Shy, 2009-03-13 Shannon Shy is a senior civilian attorney with the Department of the Navy and a retired U.S. Marine Corps Reserve Lieutenant Colonel. In 1997, while on active duty with the Marines, he was diagnosed with a severe case of obsessive-compulsive disorder or OCD. His OCD had become so severe he became practically non-functioning. He constantly found himself in a seemingly endless loop of intrusive and irrational thoughts, mental anguish, physical pain, and odd behaviors. It got to the point where he secretly and repeatedly thought that suicide would be better than the anguish, embarrassment, and the pain. While he had suspected for several years that he had some disorder, he was afraid to admit it to anyone and afraid to be diagnosed. He had concluded that doing so would cause him to lose his career and his wife and two young sons. Finally, after some nudging from his wife and a colleague and after one very memorable OCD episode, he called a psychiatrist. With the aid of doctors, medication, and behavioral therapy, he developed an effective behavioral strategy (what he calls Ground Rules and Checkpoints) to manage his OCD. He now lives a very happy and productive life and has for many years--without medication and without doctors. OCD no longer adversely affects him. This book is about how a young Marine officer, attorney, and family man faced and overcame a relentless enemy called OCD. It is a story about struggle, perseverance, and overcoming adversity. This book is not intended as medical advice. Rather, it provides hope, comfort, confidence and insight to some practical techniques for those suffering from OCD and for those trying to help someone with OCD.

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

Freedom from Obsessive Compulsive Disorder Jonathan Grayson, 2014-05-06 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.

Mr. Worry Holly L. Niner, 2003-01-01 Kevin can't get to sleep at night until he does many things. He straightens his chair and the books on his desk. He asks his mother questions he already knows the answers to. He checks under his bed for a light he knows isn't there, and then, a minute later, he checks again. Kevin knows these actions don't make sense; he wants to stop, but the worry thoughts keep coming. When his parents realize that Kevin has too many worries, they take him to talk to a therapist. She tells Kevin and his parents that Kevin has a condition called obsessive-compulsive disorder (OCD) and that, more importantly, he can be helped.

When a Family Member Has OCD Jon Hershfield, 2015-12-01 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.

OCD in Children and Adolescents Katherine McKenney, Annie Simpson, S. Evelyn Stewart, 2020-02-18 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.

Understanding OCD Adam B. Lewin, Eric A. Storch, 2017-04-21 Giving a full overview of childhood obsessive compulsive disorder (OCD) and discussing all major treatment options, including cognitive behavioural therapy and medication, this guide provides the essential information that families, teachers, caregivers, clinicians and mental health professionals need in order to understand and treat childhood OCD. It covers origins, symptoms and related illnesses and explains how OCD is diagnosed. The book also suggests ways to maximise the outcomes of treatment, what to do when treatment doesn't work, and how to help manage OCD in children at school and in the home.

The Self-Compassion Workbook for OCD Kimberley Quinlan, 2021-10-01 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.

Cognitive Therapy for Obsessive-compulsive Disorder Sabine Wilhelm, Gail Steketee, 2006 Based on research funded by the National Institute of Mental Health, this manual presents for the first time a purely cognitive approach to treating obsessive-compulsive disorder (OCD).--BOOK JACKET.

Obsessive-compulsive Disorder, 1994

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 are 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.

The World of Obsessive-Compulsive Disorder Dana Fennell, 2022-01-11 This book depicts the lives of people with OCD. Based primarily on interviews with those who have the disorder, this book follows them from when they first started to believe they had a problem, all the way to life after treatment--

The OCD Answer Book Patrick McGrath, 2007-12-01 At any one time at least five million people in the United States are experiencing the symptoms of Obsessive-Compulsive Disorder (OCD), a mental disorder defined by recurrent, unwelcome thoughts (obsessions) and repetitive behaviors (compulsions) that OCD sufferers feel driven to perform. The OCD Answer Book is an authoritative reference for these adults and their loved ones, providing sound advice and immediate answers to their most pressing questions. -What is an obsession? -What is a compulsion? -Is it possible to grow out of OCD? -Does OCD run in families? -What increases my risk for OCD? -If I check something several times does that mean that I suffer from OCD? -I heard that OCD and strep throat might be related to each other. Is that true? Written by an experienced psychologist in an easy-to-read Q&A format, The OCD Answer Book helps readers and their loved ones cope with OCD, conquer their fears, and seek therapy when necessary.

OCD Michael A. Tompkins, 2012-01-01 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 www.newharbinger.com for more books in this series.

Freedom from Obsessive Compulsive Disorder Jonathan Grayson, 2014-05-06 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.

The Mindfulness Workbook for OCD Jon Hershfield, Tom Corboy, 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.

Obsessive-Compulsive Disorder Cherlene Pedrick, Bruce M. Hyman, 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.

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